



Celebrity's Lean & Light Menus

Created in consultation with nutritionists from Duke University, selections offered on lunch and dinner menus meet the national recommendation set by the American Dietetic Association and the American Cancer Society as having less than 30 percent of their total calories from fat. The nutritional values for the entrée are indicated for each of these dishes.

Appetizers:

Mushroom Crepe with Vegetables and a sweet Bell Pepper Coulis
Grilled Vegetable Terrine
Atlantic Seafood Supreme with a choice of two Sauces
Asparagus, Artichoke and Heart of Palm with Washington Dressing
Fruit Supreme Amaretto

Soups:

Chilled Gazpacho Andalouse
Oriental Vegetable Consomme
Chilled Melon and Mint
Duck Consomme Cantonese
Clear Oxtail with Sherry

Salad Dressings:

Minty Cucumber
Spicy Tomato
Raspberry
Carrot Ginger
Yogurt Pepper

Entrees:

Chicken in Wine Vinegar
Grilled Squid Diable
Rack of Veal and Tender Steamed Vegetables
Dane of Salmon with Fruit and Fennel Chutney
Roasted Pork Loin with Sundried Tomatoes

Desserts:

Panna Cotta, Peach Passion Fruit Coulis
Snow Clouds with Blackberry Coulis
Feuillete of Melon in Port Wine
Low-fat Pear and Ginger Frozen Yoqurt
Poached Pear with Berry Sauce