



The Red Lion Diner now offers you food choices from  
The DCN Weight Loss Group

**Breakfast (Served Anytime)**

4 Egg White Omelette with assorted veggies, a parfait glass of strawberries, 1 slice of whole wheat toast dry, 2 slices of bacon and sugar free syrup. About 397 calories **\$8.75**

3 oz. of Nova Lox served with 2 slices of rye toast with lettuce, tomato and cucumber and a parfait glass full of strawberries. About 340 calories **\$9.25**

**Lunch (Served from 11AM to 3PM)**

A very large salad topped off with 4 oz. of chicken breast, 4 oz. of cooked dry salmon or 8 cooked shrimp. Choose from salsa, balsamic vinaigrette or fat free dressing as the topping. About 385 calories **\$8.25**

**Dinner (Served from 3PM to 10PM)**

Start off with a salad of assorted vegetables served with balsamic vinaigrette, Choose a 6 oz. chicken breast topped with onions and peppers or 6 oz. salmon cooked dry, a baked potato with salsa on the side, also select one of the green vegetables of the day. Fresh strawberries for desert. About 651 calories **\$11.25**

A very large salad topped with 2 hard boiled eggs and 6 oz. of chicken breast, 6 oz. of cooked dry salmon or 10 cooked shrimp. Choose salsa, balsamic vinaigrette or fat free dressing as the topping. Fresh strawberries for desert. About 660 calories **\$10.95**

The DCN Weight Loss Group wants to thank the Red Lion Diner for having this special menu displaying meals with calories. The DCN Weight Loss Group is a weight management group that meets in the Warminster, Pa. area with three meeting places every week. For more information call 267-994-7870.