

LUNCH WEDNESDAY, JAN 29

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS	
Wednesday													S = soy
Vietnamese Coconut Chicken	1 cup	303	23.3	12	44	911	8.7	2	3.5	16.4		F	G = gluten
Char Siu Pork Ribs	5 oz (meat & bones)	334	20.4	6.7	57	1006	10.8	0.3	9	26.2		S, G, PK	D = dairy
Grilled Pineapple Teriyaki Tofu with Sesame Seeds & Scallions	5 oz	243	12.4	1.9	0	677	23.8	3.5	17.8	14	VEG, V	S, SE	E = eggs
Vegan Fried Rice	1/2 cup	176	7.1	1	0	424	24.6	2.2	2.7	3.6	VEG, V	S, SE	TN = tree nuts
Salt & Pepper Yams	1/2 cup	103	0.2	0	0	241	24.3	3.6	1.8	1.5	VEG, V		PN = peanuts
Gai Lan & Bamboo Shoots	1/2 cup	72	3.6	0.4	0	533	7.3	2.5	2.7	2.8	VEG, V	S, G	SF = shellfish
Chinese Style Salad	1 cup + 1 oz dressing	192	9.3	1	0	329	24.7	2.2	18.3	1.8	VEG, V	SE	PK - pork
Miso Salad	1 cup + 1 oz dressing	180	15.1	1	0	557	11.4	1.2	5.3	1	VEG, V	S	F = fish
Mandarin Almond Cake	2 inch square	348	25	9	80	51	25.3	2.2	18.4	7.4	VEG	D, G, E, TN	SE = sesame
Vegan Mandarin Almond Cake	2 inch square	329	16.2	4.5	0	65	37	2.9	18.1	4	VEG, V	G, TN	
Vegan Hot & Sour Soup	1 cup	100	3.8	0.6	0	887	11.3	1.6	3.9	6.6	VEG, V	S, G, SE	VEG = vegetarian
Korean Rice Cake Soup	1 cup	276	4.8	1	59	288	47.7	1.5	3.2	10.4		E	V = vegan
Daily													🔥 = spicy
Salad Dressings:													
Ranch	1 oz	130	14	2	5	260	2	0	1	0		S, D, E	
Italian	1 oz	124	12.3	1.1	0	318	4.5	0.4	3.7	0.2			
Sesame Ginger	1 oz	110	8	1.5	0	240	10	0	8	0		S, G	
Blue Cheese	1 oz	130	14	3	10	250	1	0	1	1		S, D, E	
Balsamic	1 oz	190	22	1.5	0	40	2	0	2	0	VEG, V		
Caesar	1 oz	210	23	4	5	400	1	0	1	1		S, D	
Greek	1 oz	112	12.6	1.8	0	122	0.5	0.1	0	0.1	VEG, V		
Proteins:													
Grilled Chicken	2 oz	98	2.6	0.7	48	44	0	0	0	17.5			
Tofu	2 oz	47	2.3	0.3	0	20	1.3	0.7	0	5.3	VEG, V	S	
Tuna Salad (with Mayo)	1/4 cup	100	6.7	1	11	290	6.8	0.2	2.9	3		S, E	
Deli:													
Ham	2 slices	60	1	0	20	570	3	0	3	10		PK	
Roast Beef	2 slices	70	3	1	25	310	0	0	0	12			
Turkey	2 slices	60	1	0	20	360	0	0	0	11			
Salami	2 slices	55	4.5	1.7	15	215	0.5	0	0	3		PK	
American Cheese	1 slice	110	9	6	25	350	1	0	0	6		D	
Swiss	1 slice	110	9	6	25	135	0	0	0	7	VEG	D	
Smoked Gouda	1 slice	100	8	6	25	220	0	0	0	6	VEG	D	
Provolone	1 slice	100	8	5	25	220	0	0	0	7	VEG	D	
Cheddar	1 slice	110	10	6	30	200	0	0	0	7	VEG	D	
Lettuce	1 leaf	1	0	0	0	1	0.2	0.1	0.2	0.1	VEG, V		
Tomatoes	1 slice	3	0	0	0	1	0.6	0.2	0.4	0.1	VEG, V		
Onions	1 slice	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V		
Pickles	6 slices	0	0	0	0	390	1	0	0	0	VEG, V		
Sourdough Bread	1 slice	150	0.5	0	0	360	31	1	0	5		G	
Country Bread	1 slice	120	1	0	0	210	23	0	2	3		S, G	
Whole Grain Bread	1 slice	110	2	0	0	160	21	3	3	4		S, G	
Wheat Bread	1 slice	120	1.5	0	0	320	22	1	3	4		S, G	