

LUNCH THURSDAY, JAN 30

	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
Thursday												
Braised Short Ribs	5 oz	537	36.4	15.8	152	510	17.1	2	11.6	35.5		S, D
Crispy Shallots	2 Tbsp	68	5.3	0.4	0	150	4.9	0.1	0	0.7	VEG, V	G
Simply Grilled Herb Chicken	5 oz	263	14.8	1	91	538	0.7	0.1	0	30.2		
Quinoa Stuffed Peppers with Smokey Tomato Sauce	1 pepper + 2 oz sauce	253	5.5	0.7	0	905	47.9	7	17.9	6.8	VEG, V	
Rigatoni with Vegan Smoked Vodka Sauce	1 cup	353	12.9	3.2	0	610	47.7	3.9	5	8.1	VEG, V	G
Layered Manhattan Potatoes	1/2 cup	210	17.3	11	49	504	8.5	0.7	0.3	7.4	VEG	D
Grilled Zucchini, Peppers & Broccoli	1/2 cup	66	4.9	0.5	0	227	5.4	1.5	2.7	1.5	VEG, V	
Antipasto Salad	1 cup + 1 oz dressing	334	32.2	5.6	36	640	5.5	1.2	3.3	9		D, PK
Orzo Salad	1 cup	246	14.1	1.3	0	261	26.7	1.9	4.3	4.2	VEG, V	G
Cookie Pie	2 inch square	302	19.5	9.9	74	314	29.6	0.4	18.9	2.7	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Cookie Pie	2 inch square	238	12.4	2	0	229	29.3	0.6	12	2.4	VEG, V	S, G
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Chicken Noodle Soup	1 cup	167	4.3	0.4	43	458	19	1.9	2.4	13		G
Vegan Cream of Mushroom Soup	1 cup	256	22.3	9.2	0	285	9.7	2.6	5	3.4	VEG, V	
Daily												
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

S = soy
G = gluten
D = dairy
E = eggs
TN = tree nuts
PN = peanuts
SF = shellfish
PK - pork
F = fish
SE = sesame

VEG = vegetarian
V = vegan

🔥 = spicy