

LUNCH TUESDAY, FEB 18

	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
Tuesday												
Southern Style Smothered Chicken	5 oz + 2 oz sauce	449	24.6	6.8	115	912	20.3	1.6	2.2	35		D, G
Bacon	1 Tbsp	80	7	2	15	250	0	0	0	5		PK
Blackened Shrimp	5 oz	250	11.2	1.3	332	685	0	0	0	35.6		SF
Vegan Beyond Sausage Jambalaya	1 cup	294	14	3.4	0	1051	32.4	4.4	2.3	11.8	VEG, V	
Simply Steamed Green Beans	1/2 cup	17	0.1	0	0	151	3.9	1.9	0.8	1	VEG, V	
Roasted Garlic Mashed Potatoes	1/2 cup	147	8.8	5.5	22	313	15.4	2.1	1.8	2.5	VEG	D
Collard Greens	1/2 cup	96	5.4	0.7	0	485	12.9	3.2	7	2.1	VEG, V	
Southern Macaroni & Egg Salad	1/2 cup	147	6.2	1	19	262	21.8	1.1	2.6	3.8	VEG	S, G, E
Bruce's Classic Raspberry Salad	1 cup + 1 oz dressing	258	22.9	3.2	7	223	11.3	2.2	6.8	3.2	VEG	D, TN
Blackberry Crisp	2 inch square	286	9.8	5.3	75	174	47.8	8.1	32.2	4.9	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Peach Cobbler	2 inch square	289	10.1	2.2	0	192	48.3	1.9	31.9	2.7	VEG, V	G, TN
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Chicken Dumpling Soup	1 cup	218	8.1	4.3	42	802	19.3	1.3	1.9	16.2		D, G
Vegan Corn Chowder	1 cup	189	10.2	2.9	0	291	23.6	2.8	7.6	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