

LUNCH WEDNESDAY, FEB 19

	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
Pesto Grilled Chicken	5 oz	317	23.7	4.9	69	321	2.2	1	0.1	24		D, TN	G = gluten
Basil Vinaigrette	1 oz	114	11.7	1.7	3	264	3.2	0.1	0.8	0.3	VEG	S, E	D = dairy
Roasted Salmon	5 oz	305	16.3	2.2	101	663	1.4	0.3	0.1	36.4		F	E = eggs
Coconut Chickpea & Sweet Potato Curry	1 cup	219	14.6	9.9	0	418	20.6	5.4	5	5	VEG, V		TN = tree nuts
Farfalla Pasta alla Checca	1 cup	220	12	1.6	0	301	26.5	2.7	4.5	4.9	VEG, V	G	PN = peanuts
Grilled Vegetables	1/2 cup	71	4.9	0.5	0	300	6	1.4	3.4	1.9	VEG, V		SF = shellfish
Grilled Portabella Mushrooms	1/2 cup	70	5	0.5	0	252	4.5	1.3	2.5	4	VEG, V		PK - pork
Caesar Salad	1 cup + 1 oz dressing	226	13.7	5.1	30	486	14.8	0.3	8.1	13.5		S, D, G, E, F	F = fish
Heirloom Caprese Salad	1 cup	234	20	5.2	22	432	7.2	0.9	5.1	7	VEG	D	SE = sesame
Red Velvet Whoopie Pies	1 pie	379	19.2	11.8	80	352	48.2	1.7	26.8	6.4	VEG	D, G, E	
Vegan Red Velvet Whoppie Pies	1 pie	314	13.8	8.6	0	223	46.8	1.8	27.2	3.1	VEG,	S, G, TN	VEG = vegetarian
Hearty Chicken Noodle Soup	1 cup	167	4.3	0.4	43	458	19	1.9	2.4	13		G	V = vegan
Vegan Tomato Bisque	1 cup	83	3.9	0.6	0	282	11.5	3.3	7.1	2.1	VEG, V		
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	