

LUNCH THURSDAY, FEB 20

	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												
Roasted Chicken Quarters	5 oz	396	30.6	7	106	682	2	0	1	27		
Honey BBQ Sauce	2 oz	121	3.5	0.5	0	412	23.8	0.4	18.5	0.4	VEG	S
Smoked Tri Tip	5 oz	329	21.8	3.7	86	658	1.6	0.2	0	30.4		
Chipotle Chimichuri	1 oz	113	13	1.8	0	120	1.6	0.1	0.6	0.4	VEG, V	
BBQ Vegan Meatballs	2 meatballs + 2 oz sauce	335	16.5	6.4	0	784	32	3.1	18.9	15.3	VEG, V	S
Loaded Mashed Potatoes	1/2 cup	176	11.8	7.2	35	387	15	2	1	4	VEG	D
Roasted Brussels Sprouts with Chipotle Maple Glaze	1/2 cup	114	7.1	0.7	0	304	12	2	8	2	VEG, V	
Steamed Green Beans	1/2 cup	17	0.1	0	0	151	3.9	1.9	0.8	1	VEG, V	
Steak House Wedge Salad	1 wedge + 1 oz dressing	176	16	4	26	420	4	1	2	4		S, D, E
Butter Lettuce with Fennel, Radicchio, Almonds & Mustard Seed	1 cup + 1 oz dressing	223	22	1.7	0	291	7	1	5	2	VEG, V	TN
Chocolate Eclairs	1 éclair	271	15.7	8.9	137	210	26	1	15	7	VEG	D, G, E
Vegan Coffee Cake	2 inch square	312	8.3	4.6	0	136	39	1	29	3	VEG, V	G, TN
Lemon Chicken Summer Soup	1 cup	190	7.1	1	39	438	15	2	2	16		G
Summer Black Bean Soup with Corn & Tomato	1 cup	144	6.5	1.5	0	514	16.7	4.8	3.5	4.4	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