

LUNCH TUESDAY, FEB 25

	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												
Chicken Gumbo with Andouille	1 cup	340	21	9.1	89	689	17	2.7	6.3	21.4		D, G, PK
Shrimp Etoufee	1 cup	250	13.4	6	180	987	11.8	2	3.2	21.7		D, G, SF
Vegan Tofu Etoufee	1 cup	234	16.6	7.7	0	902	13.1	2	3.6	10.9	VEG, V	S, G
Braised Red Beans	1/2 cup	193	8	2.5	24	312	19.3	4.7	1.6	11.8		PK
Steamed White Rice	1/2 cup	113	0.2	0.1	0	98	24.7	0.4	0	2.2	VEG, V	
Corn on the Cob	1/3 cob	17	0.1	0	0	129	4	0.5	0.6	0.5	VEG, V	
Herb Garlic Butter	1 Tbsp	102	11.5	7.3	31	82	0	0	0	0.1	VEG	D
Louisiana Sunburst Salad	1 cup + 1 oz dressing	268	22.6	2.7	0	126	14.1	1.4	11.5	2.8	VEG	D, TN
Three Bean Salad	1/2 cup	159	10.6	1.8	0	143	13	3	4	4	VEG, V	
Praline Cheesecake	2 inch square	390	22.8	16.8	109	301	26.8	0.9	18.9	8.7	VEG	D, G, E, TN
Vegan Praline Cheesecake	2 inch square	373	25.5	7.7	0	205	30.8	2	13	7.5	VEG, V	G, TN
Shrimp Bisque	1 cup	257	23.6	12	57	494	6.4	0.5	1.9	1.9		D, SF
Sweet 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