

LUNCH MONDAY, MAR 3

	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
Monday												
Chicken Marsala	5 oz	521	37.2	11.8	148	798	6.1	0.7	1.9	41.8		D
Shrimp Scampi	5 oz	423	30.2	18.5	358	781	1.8	0.1	0.4	30.4		D, SF
Barley & Pepper Stew	1 cup	227	4.9	0.6	0	762	40.4	9.5	7.3	7.2	VEG, V	S, G
Country Red Mashed Potatoes	1/2 cup	183	10.2	6.4	31	407	19.4	2.1	1.3	4.8	VEG	D
Rotini with Pesto Cream	1 cup	392	18.8	8.4	45	381	44.5	3.3	2	13.5	VEG	D, G
Grilled Vegetables	1/2 cup	71	4.9	0.5	0	300	6	1.4	3.4	1.9	VEG, V	
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
Baby Arugula & Farro Salad	1 cup + 1 oz dressing	292	20.7	1.5	0	674	24.4	4.3	6.2	3.8	VEG, V	G
Warm Apple Crisp	2 inch square	280	12.5	7	63	183	40.5	3.8	23.1	3.9	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Warm Apple Crisp	2 inch square	265	11.4	7.1	0	173	41.9	3.6	27.3	1	VEG, V	
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Beef Stew	1 cup	240	10.5	2	50	1002	17.7	2.6	4.2	19		
Creamy Tomato Soup	1 cup	151	10.8	5.3	0	272	11.4	3.2	6.5	2.1	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