

LUNCH WEDNESDAY, MAR 5

	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												
Giada de Laurentis												
Roman Style Chicken	5 oz	341	25.6	5.5	93	991	7.4	0.8	3.4	18.8		PK
Shrimp Fra Diavolo	5 oz	301	14	1	126	896	6.3	0.5	3.3	26.5		SF
Vegan Eggplant Parmesan	3 inch square	270	16	1	0	584	26.6	6.6	9.5	8	VEG, V	
Creamy Parmesan Baked Pasta	1 cup	461	28.7	16.8	77	604	32.3	1.6	4.4	18.3	VEG	D, G
Broccoli Rabe with Roasted Pepper & Garlic	1/2 cup	40	3.6	0.3	0	225	1.7	1	0.7	1	VEG, V	
Smokey Candied Carrots & Walnut Gremolata	1/2 cup	160	9.3	0.8	0	377	18	3	11.5	3	VEG, V	TN
Black Rice Salad	1 cup	132	5.7	0.5	0	203	19.4	1.8	4.2	2.1	VEG, V	
La Scala Chopped Salad	1 cup + 1 oz dressing	262	19.7	5.2	24	669	12	3.1	3.4	10.4		D, PK
Panettone Bread Pudding with Amaretto	2 inch square	420	22.7	12.7	194	127	46	1.2	37	8.5	VEG	D, G, E
Vegan Apple Cake	2 inch square	323	15	1.8	0	165	44	2.6	27.6	3.8	VEG, V	G, TN
Italian Wedding Soup	1 cup	225	14	5.4	93	589	7.4	1.3	1	18.6		D, G, E, PK
Vegan Giada Lentil Soup	1 cup	270	5.9	1.8	0	876	39.5	5.7	4.8	16	VEG, V	G
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