

LUNCH MONDAY, MAR 10

	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 Cordon Bleu	1 breast	681	42.6	13.4	173	1132	25	2	2	48		D, G, E, PK
Garlic Dijon Sauce	2 oz	117	11.1	6.9	41	336	1.7	0.1	0.1	0.7		D
Applewood Grilled Salmon with Basil Vinaigrette	5 oz + 1 oz vinaigrette	368	22.7	3.4	98	677	3.9	0.2	0.8	36.7		S, E, F
Lentil Sweet Potato Stew	1 cup	168	3.3	0.4	0	795	28.8	7.8	6.5	7.5	VEG, V	
Roasted Herb Gold Potatoes	1/2 cup	135	7.5	0.7	0	471	16	2	1	2	VEG, V	
Herb Basmati Rice	1/2 cup	129	2.3	0.2	0	312	24.4	1.4	0	2.1	VEG, V	
Steamed Green Beans	1/2 cup	17	0.1	0	0	151	3.9	1.9	0.8	1	VEG, V	
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
Arugula & Fennel Salad	1 cup + 1 oz dressing	219	18.1	1.3	0	100	15.6	2.6	8.3	3.1	VEG, V	TN
Peanut Butter & Jelly Blondies	2 inch square	248	13.6	6.2	36	164	28.2	0.9	12.9	4.4	VEG	D, G, E, PN
Vegan Peanut Butter & Chocolate Blondie	2 inch square	171	6.3	1.5	0	109	26.1	1.1	16.7	4	VEG, V	G, TN, PN
Spicy Beef Soup 🌶️	1 cup	339	26.1	7.8	60	520	11.1	1.6	6.2	16.7		S, SE
Summer Bean Stew	1 cup	111	3.7	0.4	0	376	17	4	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