

LUNCH WEDNESDAY, MAR 12

	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												
Citrus Chicken	5 oz	335	20.9	3.8	109	583	8	2	2	28		
Grilled Salmon with Beurre Blanc & Fennel Slaw	5 oz + 2 oz + 1/4 cup	451	33.2	11.1	145	499	5.1	1.5	2.3	30.8		D, F
Vegan Cauliflower Steaks with Yellow Curry	1 steak + 2 oz	273	20	11	0	259	22	6.5	8.3	5.8	VEG, V	
Brown Rice & Quinoa with Spinach, Pepper & Onion	1/2 cup	90	1	0.2	0	401	18	3	2	3	VEG, V	
Cauliflower & Parsnip Puree	1/2 cup	73	4	2.4	14	240	9	2	2	2	VEG	D
Grilled Broccoli	1/2 cup	65	5.5	0.5	0	265	3.5	1.4	0.9	1.5	VEG, V	
Vegan Kale Caesar	1 cup + 1 oz dressing	253	22.9	3.7	0	815	9.1	0.5	0.5	0.8	VEG, V	
Garden Salad	1 cup + 1 oz dressing	293	26.2	1.9	0	352	17.9	3.4	8.2	2.6	VEG	D, G
Apple Pie	2 inch square	332	15.7	5.8	0	227	49	1.6	29.7	1.9	VEG, V	G
Chocolate Cream Pie	2 inch square	480	32	23	5	340	46	3	32	3	VEG	S, D, G
Lemon Meringue	2 inch square	270	8	3	28	300	48	0	31	1	VEG	S, G, E
Pecan Pie	2 inch square	520	25	8	75	530	70	1	29	5	VEG	G, E, TN
Vegan Red Velvet Whoppie Pies	1 pie	314	13.8	8.6	0	223	46.8	1.8	27.2	3.1	VEG, V	S, G TN
Hearty Chicken Soup	1 cup	192	14.7	3.5	27	657	7	1	2	8		
Vegan Tomato Basil Soup	1 cup	128	8.4	3.1	0	287	11.5	3.3	7.1	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