

LUNCH MONDAY, MAR 17

	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												
Beer Braised Corned Beef	5 oz	442	31.5	12.5	113	965	8.6	0.3	6.3	26.8		G
Horseradish Cream Sauce	1 oz	64	5.9	3.6	17	205	2.6	0.5	1.3	0.8		D, F
Pork Bangers with Onions	1 sausage	214	20	5	40	470	5.4	0	1	11		G, PK
Vegan Shepard's Pie	1 cup	273	15.8	4	0	647	21.1	4.5	3.3	13.4	VEG, V	S
Braised Cabbage, Potatoes & Carrots	1/2 cup	181	5.5	2.1	8	347	30.9	5	7.3	3.8		D, F
Garlic Red Bliss Mashed Potatoes	1/2 cup	147	8.8	5.5	22	313	15.4	2.1	1.8	2.5	VEG	D, F
Steamed Broccoli	1/2 cup	21	0.2	0	0	214	4	1.6	1	1.7	VEG, V	
Irish Pub salad with Creamy Tarragon Dressing	1 cup + 1 oz dressing	253	12.8	3.7	97	536	28.2	5.6	15	9.2	VEG	S, D, E
Mixed Green Salad	1 cup + 1 oz dressing	218	22.9	1.6	0	82	6.5	1.4	3.9	1.2	VEG, V	
Green Velvet Cake	2 inch square	382	19.5	5.6	42	167	49.3	0.5	33.5	4	VEG	D, G, E
Vegan Green Velvet Cake	2 inch square	325	18.1	7.6	0	115	39.1	0.9	22.8	2.3	VEG, V	G
Colcannon Potato Soup	1 cup	201	10.5	2.9	16	579	16.9	2.2	1.9	7.1		D, PK
Vegan Colcannon Soup	1 cup	194	10.7	4.6	0	410	18.4	3	4.1	2.4	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