

LUNCH WEDNESDAY, MAR 19

|                                                          | 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 |
|----------------------------------------------------------|----------------------|----------|---------------|-------------------|------------------|-------------|-----------------|-------------------|-----------|-------------|---------------------|----------|
| <b>Wednesday</b>                                         |                      |          |               |                   |                  |             |                 |                   |           |             |                     |          |
| Tri Tip Asado                                            | 5 oz                 | 402      | 22            | 7.3               | 141              | 682         | 0.7             | 0.4               | 0         | 47.6        |                     |          |
| Chimichurri                                              | 1 oz                 | 113      | 13            | 1.8               | 0                | 120         | 0.8             | 0.1               | 0.3       | 0.2         | VEG, V              |          |
| Chicken Milanese with Cherry Tomato Salad & Tomato Sauce | 5 oz + 1/2 cup salad | 581      | 36.4          | 7.7               | 120              | 694         | 30.4            | 2.5               | 4.2       | 32.6        |                     | D, G, E  |
| Vegan Black Bean Empanada                                | 2 empanadas          | 386      | 22.2          | 4.8               | 0                | 444         | 39.4            | 5.8               | 1.6       | 8.2         | VEG, V              | G        |
| Vegan Chipotle Aioli                                     | 1 oz                 | 181      | 18.1          | 1                 | 0                | 264         | 0.1             | 0.1               | 0         | 0.1         | VEG, V              | S        |
| Smashed Potatoes                                         | 1/2 cup              | 156      | 10.8          | 1                 | 0                | 275         | 14.1            | 2.1               | 1         | 1.6         | VEG, V              |          |
| Red Pepper Chimichurri                                   | 1 oz                 | 62       | 6.5           | 0.8               | 0                | 235         | 1.3             | 0.5               | 0.3       | 0.3         | VEG, V              |          |
| Arroz Blanco                                             | 1/2 cup              | 113      | 0.2           | 0.1               | 0                | 245         | 24.7            | 0.4               | 0         | 2.2         | VEG, V              |          |
| Vegetables a la Parrilla with Chimichurri                | 1/2 cup              | 116      | 9.6           | 1.2               | 0                | 259         | 8.7             | 4.1               | 4.7       | 1.6         | VEG, V              |          |
| Ensalate de Palmitos                                     | 1/2 cup              | 111      | 9.5           | 1.3               | 0                | 312         | 6               | 2.8               | 1         | 2           | VEG, V              |          |
| Three Bean Salad                                         | 1/2 cup              | 159      | 10.6          | 1.8               | 0                | 143         | 13              | 3                 | 4         | 4           | VEG, V              |          |
| Dulce de Leche (Flan)                                    | 2 inch square        | 291      | 9.3           | 5.1               | 107              | 119         | 46.3            | 0                 | 46.3      | 7.5         | VEG                 | D, E     |
| Vegan Caramel Donuts                                     | 1 donut              | 248      | 12.9          | 3.7               | 0                | 201         | 30.9            | 0.7               | 18.2      | 2.7         | VEG, V              | G, TN    |
| Vegan Locro Soup                                         | 1 cup                | 113      | 5.5           | 0.8               | 0                | 400         | 15              | 2.4               | 1.8       | 1.9         | VEG, V              | TN       |
| Beef Stew                                                | 1 cup                | 240      | 10.5          | 2                 | 50               | 1002        | 17.7            | 2.6               | 4.2       | 19          |                     |          |
| <b>Daily</b>                                             |                      |          |               |                   |                  |             |                 |                   |           |             |                     |          |
| <b>Salad Dressings:</b>                                  |                      |          |               |                   |                  |             |                 |                   |           |             |                     |          |
| 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              |          |
| <b>Proteins:</b>                                         |                      |          |               |                   |                  |             |                 |                   |           |             |                     |          |
| 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     |
| <b>Deli:</b>                                             |                      |          |               |                   |                  |             |                 |                   |           |             |                     |          |
| 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