

LUNCH THURSDAY, MAR 20

	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
Thursday												
Chicken Piccata with Artichoke & Caper Cream	5 oz + 2 oz sauce	696	38.6	7.5	140	1776	28.9	7.2	3.5	48.8		D, G
Grilled Shrimp Scampi	5 oz	327	27.5	12.3	206	737	3	0.1	0.7	16.3		D, SF
Vegan Chicken Parmesan	1 patty + 2 oz sauce	339	15.7	1.5	0	1128	27.7	1.6	4.6	24.3	VEG, V	S, G
Penne Pasta with Pesto	1 cup	300	10	5	25	491	43.5	2.2	2.6	11	VEG	D, G
Roasted Broccoli	1/2 cup	65	4.9	0.4	0	313	4.6	1.8	1.2	1.9	VEG, V	
Roasted Vegetables	1/2 cup	82	6.4	0.6	0	404	6.2	1.8	3.2	1.1	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
Wild Arugula with Pickled Vegetables	1 cup + 1 oz dressing	236	21.8	1.6	0	356	11.5	1.6	8.3	1.2	VEG, V	TN
Boston Cream Pie	2 inch square	436	23.3	14.1	103	227	55.9	1.9	39	5.5	VEG	S, D, G, E
Vegan 7 Layer Bars	2 inch square	270	17	9.3	0	85	29.5	2.2	19.4	1.9	VEG, V	G, TN
Roasted Garlic & Tomato Soup	1 cup	83	3.9	0.6	0	346	11.5	3.3	7.1	2.1	VEG, V	
Vegan Minestrone	1 cup	137	3.6	0.4	0	617	22.9	5	5.9	5.2	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