

LUNCH TUESDAY, MAR 25

	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
Tuesday												
Coffee Rubbed New York Strip with Coffee au jus	5 oz + 2 oz au jus	365	21.2	8.3	114	972	4.5	0.3	3.4	38.4		
Grilled Herb Marinated Salmon	5 oz	305	16.3	2.2	101	663	1.4	0.3	0.1	36.4		F
Peach Salsa	1/4 cup	13	0.1	0	0	32	3	0.6	2.2	0.4	VEG, V	
Baked White Cheddar Mac & Cheese with Toasted Breadcrumbs	1 cup	373	22.7	13.7	74	594	31.8	1.3	3.2	10.9	VEG	D, G
Gochujang BBQ Tofu	5 oz	190	10.5	1.9	0	535	13.7	2.7	9.1	12.9	VEG, V	S, SE
Green Beans with Preserved Lemon Dressing	1/2 cup	114	9.7	0.9	0	394	6.9	2.7	1.9	1.7	VEG, V	
Rustic Garlic Mashed Potatoes	1/2 cup	195	15.1	9.5	42	390	13.5	1.9	0.9	2.4	VEG	D
Citrus Coleslaw	1/2 cup	192	16.1	1.5	0	110	11.4	2.9	7.9	1.4	VEG, V	SE
Black Bean & Corn Salad	1 cup + 1 oz	278	16.9	1.7	0	177	27.1	6.4	6.8	6.5	VEG, V	
Warm Chocolate Divine Cake	2 inch square	277	15.4	9.6	52	159	34.2	0.9	20.7	3.7	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Brownies	1 brownie	205	5.8	3.4	0	78	39.5	3	28.5	2.9	VEG, V	G
Chili Soup	1 cup	205	9.2	2.3	30	526	17.1	5.5	3.5	14.4		
Vegan Chili Soup	1 cup	184	5.5	1.6	0	429	23.8	8.4	3.9	16.4	VEG, V	S
Sour Cream	2 Tbsp	60	5	3.5	20	15	1	0	1	1	VEG	D
Vegan Sour Cream	2 Tbsp	85	5	2	0	160	9	0	2	1	VEG, V	S
Cheddar Cheese	2 Tbsp	55	5	3	15	100	0	0	0	3.5	VEG	D
Vegan Cheddar Cheese	2 Tbsp	40	3.5	3	0	95	3	0	0	0	VEG, V	
Green Onions	1 Tbsp	2	0	0	0	1	0.4	0.2	0.1	0.1	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