

LUNCH WEDNESDAY, MAR 26

	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												
Greek Beef Meatballs with Almonds	1 meatball	130	9.8	3.1	32	150	3	0.5	0.5	7		D, G, E, TN
Chicken Filling for Gyro	5 oz	303	17.5	4.5	98	488	3	1	1	32		D
Chickpea with Tahini	1/2 cup	196	7.3	0.9	0	247	26	7	5	9	VEG, V	SE
Sliced Cucumber	3 slices	2	0	0	0	0	0.5	0.1	0.2	0.1	VEG, V	
Sliced Red Onion	2 Tbsp	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V	
Shredded Lettuce	1/4 cup	1	0	0	0	1	0.2	0.1	0.2	0.1	VEG, V	
Sliced Tomatoes	1 slice	3	0	0	0	1	0.6	0.2	0.4	0.1	VEG, V	
Crumbled Feta	2 Tbsp	37	3	2.1	13	158	0.6	0	0.6	2	VEG	D
Pita Bread	1/2 pita	90	1	0	0	267	18	2	1	4	VEG, V	G
Tzatziki	1 oz	61	5.2	2.2	7	115	2.3	0.1	1.6	1.3	VEG	D
Potato & Zucchini Gratin	1/2 cup	219	15.8	8.7	48	499	11	1	3	9	VEG	D
Persian Herbed Rice	1/2 cup	143	2.5	0.3	0	508	27	1	1	2	VEG, V	
Roasted Greek Vegetables	1/2 cup	78	4.8	0.4	0	219	9	2	3	1	VEG, V	
Chopped Mediterranean Salad	1 cup + 1 oz dressing	208	21.6	3.1	6	354	3.2	1	1.1	2	VEG	D
Quinoa Salad with Cucumber, Mint & Parsley	1/2 cup	168	9.8	1.4	0	296	17.5	3.1	0.8	3.5	VEG, V	
Baklava	2 inch square	268	14.4	4.7	15	136	33.1	1.7	20.6	3.9	VEG	D, G, TN
Vegan Baklava	2 inch square	200	10	1.2	0	118	26.3	1.9	13.8	3.9	VEG, V	G, TN
Lentil Soup with Vegetables & Turmeric	1 cup	177	2.5	0.3	0	443	29	5	3	10	VEG, V	
Lemon Chicken Soup	1 cup	190	7.1	1	39	467	15	2	2	16		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