

LUNCH TUESDAY, APR 1

	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												
Citrus Chicken	5 oz	335	20.9	3.8	109	583	8	2	2	28		
Grilled Salmon with Basil Vinaigrette	5 oz + 1 oz vinaigrette	368	22.7	3.4	98	677	3.9	0.2	0.8	36.7		S, E, F
Vegan Shepard's Pie	1 cup	273	15.8	4	0	647	21.1	4.5	3.3	13.4	VEG, V	S
Steamed Rice	1/2 cup	131	2.8	1.4	5	405	24	1	0	2	VEG	D
Corn Succotash	1/2 cup	133	6.7	0.7	0	278	16.8	3	2.8	3.8	VEG, V	
Roasted Cauliflower	1/2 cup	81	7.1	0.8	0	313	4.3	1.9	1.8	1.6	VEG, V	
Southwestern Ranch Salad	1 cup + 1 oz dressing	229	14.4	3.3	5	251	21	4.6	1.7	5.9	VEG	S, D, E
Three Bean Salad	1/2 cup	159	10.6	1.8	0	143	13	3	4	4	VEG, V	
Mango Bread Pudding with Rum Sauce	2 inch square + 1 oz	260	15.9	9.7	73	231	25	0.5	21.8	3.4	VEG	S, D, G, E
Vegan Mango Bread Pudding with Rum Sauce	2 inch square + 1 oz	264	13.1	7.2	0	207	31.2	1.2	25	1.7	VEG, V	S, G, TN
Chickpea & Kale Soup	1 cup	157	5.1	0.7	9	689	18.6	5	6.6	4.5		
Vegan Minestrone	1 cup	108	4.4	1	0	472	16	3.7	4.6	3.7	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