

LUNCH THURSDAY, APR 10

	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												
Grilled Skirt Steak with Romesco	5 oz + 1 oz	466	34.5	8.9	107	649	5.2	0.9	2.1	32.3		
Blackened Salmon	5 oz	251	10.9	1.7	95	345	0	0	0	36.2		F
Tartar Sauce	1 oz	121	9.8	1.6	7.5	455	8.4	0.2	3	0.4	VEG	S, E
Winter Chickpea Stew	1 cup	213	8.7	0.8	0	499	29.4	6.6	2.8	6.2	VEG, V	
BBQ Vegan Meatballs	2 meatballs + 2 oz sauce	335	16.5	6.4	0	784	32	3.1	18.9	15.3	VEG, V	S
Tortellini Alfredo with Peas & Tomatoes	1 cup	437	17	6.9	58	555	56.1	1.4	2.7	16.2	VEG	D, G, E
Broccolini with Sun Dried Tomato Pesto	1/2 cup	123	10.7	2.2	5	296	5.1	1.6	0.8	3.9	VEG	D
Simply Steamed Heirloom Carrots	1/2 cup	27	0	0	0	278	6.5	1.6	3.3	0.5	VEG, V	
Smokey Chopped Salad	1 cup + 1 oz dressing	272	20.8	1.6	0	376	19.9	3.5	5.2	3.8	VEG, V	
Shaved Market Vegetable Salad	1 cup + 1 oz dressing	225	24.4	1.8	0	64	5.3	0.9	3.2	0.8	VEG, V	
Peanut Butter & Jelly Blondies	2 inch square	248	13.6	6.2	36	164	28.2	0.9	12.9	4.4	VEG	D, G, E, PN
Vegan Peanut Butter & Chocolate Blondie	2 inch square	171	6.3	1.5	0	109	26.1	1.1	16.7	4	VEG, V	G, TN, PN
Cream of Mushroom Soup	1 cup	199	15.2	7.7	37	522	8.9	2	4	6.8	VEG	D
Vegan Albondigas	1 cup	140	7	3	0	910	11	3	4	8	VEG, V	S
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