

LUNCH MONDAY, APR 21

	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
Monday												
Chicken Brochettes	5 oz	294	12.2	1.1	127	393	1.5	0.7	0.2	42.3		
Beef Brochettes	5 oz	331	16	4.4	127	385	1.5	0.7	0.2	38		
Falafel	1 patty	95	4.5	0.4	0	131	11	3.2	1.9	3.6	VEG, V	G, SE
Pearl Cous Cous with Arugula, Sun Dried Tomato, Feta & Lemon	1/2 cup	261	9.6	1.5	4	221	37	0.6	3.5	6.8	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	
Basmati Rice	1/2 cup	157	3.3	0.3	0	443	29	1	1	2	VEG, V	
Grilled Herb Pita	1/2 pita	90	1	0	0	267	18	2	1	4	VEG, V	G
Hummus	2 oz	135	10.4	1.5	0	409	7.8	2.2	0.3	3.6	VEG, V	SE
Harissa	1 oz	43	2.6	0.4	0	147	3.8	0.5	1.9	0.5	VEG, V	
Tzatziki	1 oz	61	5.3	2.2	7	115	2.2	0.1	1.6	1.3	VEG	D
Garlic Sauce	1 oz	162	17.8	1.6	0	150	1	0.1	0.1	0.5	VEG	E
Kachumber Cucumber Salad	1/2 cup	46	2.5	0.2	0	108	5.8	1.4	3	1	VEG, V	
Classic Fattoush Salad	1 cup + 1 oz dressing	230	18.6	1.7	0	310	15.6	1.6	5.9	2.2	VEG, V	G
Pistachio & Rosewater Bundt Cake	2 inch square	412	20	2.5	64	196	54.2	1.4	33.9	6.8	VEG	D, G, E, TN
Vegan Pistachio & Rosewater Bundt Cake	2 inch square	363	15.9	4	0	178	51.7	2	32.8	4.4	VEG, V	S, G, TN
Moroccan Chicken Soup	1 cup	201	7.6	0.7	27	772	19.1	5.1	4.5	14.7		
Spiced Moroccan Vegetable Soup	1 cup	161	5.8	0.6	0	657	21.3	7.1	4.4	6.5	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