

LUNCH MONDAY, APR 28

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS	
Monday													S = soy
Braised Short Ribs	5 oz	537	36.4	15.8	152	510	17.1	2	11.6	35.5		S, D	G = gluten
Crispy Shallots	2 Tbsp	68	5.3	0.4	0	150	4.9	0.1	0	0.7	VEG, V	G	D = dairy
Grilled Herb Chicken	5 oz	263	14.8	1	91	538	0.7	0.1	0	30.2			E = eggs
Quinoa Stuffed Peppers with Smokey Tomato Sauce	1 pepper + 2 oz sauce	253	5.5	0.7	0	787	47.9	7	17.9	6.8	VEG, V		TN = tree nuts
Rigatoni with Vegan Smoked Vodka Sauce	1 cup	340	11.8	5.4	0	381	46	2.8	3.7	8.3	VEG, V	G	PN = peanuts
Layered Manhattan Potatoes	1/2 cup	210	17.3	11	49	504	8.5	0.7	0.3	7.4	VEG	D	SF = shellfish
Grilled Zucchini, Squash, Peppers & Broccoli	1/2 cup	66	4.9	0.5	0	227	5.4	1.5	2.7	1.5	VEG, V		PK - pork
Antipasto Salad	1 cup + 1 oz dressing	334	32.2	5.6	36	640	5.5	1.2	3.3	9		D, PK	F = fish
Orzo Salad	1 cup	246	14.1	1.3	0	261	26.7	1.9	4.3	4.2	VEG, V	G	SE = sesame
Cookie Pie	2 inch square	302	19.5	9.9	74	314	29.6	0.4	18.9	2.7	VEG	S, D, G, E	
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D	VEG = vegetarian
Vegan Cookie Pie	2 inch square	238	12.4	2	0	229	29.3	0.6	12	2.4	VEG, V	S, G	V = vegan
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V		
Creamy Chicken & Mushroom Soup	1 cup	169	9.9	4.3	42	993	8.8	2.3	3.5	11.1		D, G	🔥 = spicy
Vegan "Cream" of Broccoli Soup	1 cup	106	7.3	1.1	0	720	9.3	2.1	3	1.9	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	