

LUNCH TUESDAY, MAY 13

	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														S = soy
Roasted Herb Chicken with Homemade Gravy	5 oz + 2 oz gravy	354	30.8	7.6	89	780	4.9	0.5	0.6	14.7		D, G	G = gluten	
Herb Roasted New York Strip with au jus	5 oz + 2 oz au jus	370	21	8.4	115	972	4.5	0.3	3.4	38.4			D = dairy	
Vegan Rigatoni with Portobello Mushrooms	1 cup	287	13.8	10	0	370	34.8	1.8	7.9	7	VEG, V	G	E = eggs	
Mashed Potatoes	1/2 cup	201	15	4.5	10	392	15.8	2.3	1.1	2.4	VEG	D	TN = tree nuts	
Steamed Green Beans	1/2 cup	17	0.1	0	0	151	3.9	1.9	0.8	1	VEG, V		PN = peanuts	
Roasted Cauliflower	1/2 cup	81	7.1	0.8	0	313	4.3	1.9	1.8	1.6	VEG, V		SF = shellfish	
Caesar Salad	1 cup + 1 oz dressing	226	13.7	5.1	30	486	14.8	0.3	8.1	13.5		S, D, G, E, F	PK = pork	
Three Bean Salad	1/2 cup	159	10.6	1.8	0	143	13	3	4	4	VEG, V		F = fish	
Chocolate Chip Cookies	1 cookie	120	6.5	4	17	101	15.2	0.6	9.7	0.9	VEG	S, D, G, E	SE = sesame	
Vegan Chocolate Chip Cookies	1 cookie	157	4.8	1.2	0	168	26.7	0.7	15.2	1.8	VEG, V	S, G		
Chickpea & Kale Soup	1 cup	157	5.1	0.7	9	689	18.6	5	6.6	4.5			VEG = vegetarian	
Vegan Minestrone	1 cup	108	4.4	1	0	472	16	3.7	4.6	3.7	VEG, V		V = vegan	
Daily														
Salad Dressings:														🔥 = spicy
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		