

LUNCH WEDNESDAY, MAY 14

	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
Wednesday												
Build Your Own Bahn Mi												
Chicken Bahn Mi	5 oz	376	24	4.7	77	1072	25.2	1	22	28		S, SE
Shrimp Bahn Mi	5 oz	175	10.2	1.7	99	1246	7.8	0.3	3.2	23		S, SF, F, SE
Vietnamese Crispy Tofu	5 oz	277	20.7	2.4	0	539	7.8	2.1	3.4	16.2	VEG, V	S
Baguette	1 piece	170	4.7	0.7	0	340	28	1	1	4	VEG, V	
Pickled Radish & Carrots	1/4 cup	14	0	0	0	156	3.5	0.6	2.6	0.2	VEG, V	
Cucumber	6 slices	4	0	0	0	0	1	0.2	0.4	0.2	VEG, V	
Cilantro	1 Tbsp	0	0	0	0	0	0	0	0	0	VEG, V	
Jalapeno	1 Tbsp	2	0	0	0	0	0.3	0.2	0.2	0.1	VEG, V	
Aioli	1 Tbsp	181	20.1	3	10	274	0.1	0.1	0	0.1	VEG	
Vegan Aioli	1 Tbsp	181	18.1	1	0	264	0.1	0.1	0	0.1	VEG, V	
Aromatic Tomato Fried Rice	1/2 cup	194	7.9	1.4	93	323	24.2	1.6	2.1	6.2	VEG	S, E, SE
Spicy Szechuan Green Beans	1/2 cup	94	6.1	0.8	0	444	8.8	3.2	2.2	2.7	VEG, V	S, SE
Stir Fried Noodles	1 cup	163	6.4	0.6	0	669	23.8	1.3	4.2	5.3	VEG, V	S, G
Tiger Salad	1 cup + 1 oz dressing	182	8.3	0.7	0	318	19.5	4.3	3.1	8.9	VEG, V	S, G, SE
Vietnamese Shaved Cabbage Salad	1 cup + 1 oz dressing	238	17.7	1.9	0	397	19	2.7	12.4	3.2	VEG, V	G, PN, SE
Brownies	1 brownie	287	14.6	8.9	51	167	39.9	1.3	29.2	2.8	VEG	S, D, G, E
Vegan Brownies	1 brownie	205	5.8	3.4	0	78	39.5	3	28.5	2.9	VEG, V	G
Curry Cauliflower & Parsnip Soup	1 cup	186	12	10.5	0	607	16.6	5.1	6.8	3	VEG, V	
Coconut Green Curry Soup with Chicken	1 cup	252	16.4	9.2	48	443	9.6	2.4	3.4	18		
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