

LUNCH THURSDAY, MAY 15

	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												
Applewood Brown Sugar Glazed Pork Loin	5 oz + 1 oz sauce	397	25.3	8.3	89	1209	12.3	0.2	9	27.6		D, PK
Blackened Swordfish	5 oz	311	15.4	2.9	54	707	3.2	0.7	1.2	28.6		F
Chipotle Aioli	1 oz	181	20.1	3	10	274	0.1	0.1	0	0.3	VEG	S, E
Vegan Lentils & Beets	1/2 cup	83	3.2	0.3	0	457	13	2	5	3	VEG, V	
Rigatoni with San Marzano Tomatoes & Ricotta	1 cup	339	10.2	5.4	29	258	45	4	8	16	VEG	D, G
Ratatouille	1/2 cup	108	7.7	0.7	0	358	9.8	3.5	5.4	1.9	VEG, V	
Grilled Broccolini	1/2 cup	65	5.5	0.5	0	265	3.5	1.4	0.9	1.5	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	
Tomato, Cucumber & Hearts of Palm	1/2 cup	110	10.2	0.9	0	245	4.9	1	3.1	1	VEG, V	
Banana Chocolate Chip Donuts	1 donut	248	12.4	3.5	31	215	32.3	0.7	16.4	2.9	VEG	S, D, G, E
Vegan Banana Chocolate Chip Donuts	1 donut	263	9.6	5	0	182	42.5	2.2	24.6	3.3	VEG, V	S, G, TN
French Onion Soup	1 cup	204	12.3	1	0	564	20	2.4	5.6	4.4		G
Shredded Gruyere	1 oz	116	9.1	5.3	31	94	0.1	0	0.1	8.4	VEG	D
Vegan Black Bean Soup	1 cup	125	6.5	1.5	0	614	15.7	4.6	3.3	4.4	VEG, V	
Crispy Tortilla Strips	1/4 cup	46	2.4	0.4	0	30	6	0.7	0	0.7	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