

LUNCH TUESDAY, MAY 20

|                                        | 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          |
| Chicken Vindaloo                       | 1 cup                 | 257      | 19.7          | 4.1               | 76               | 300         | 5.3             | 1.2               | 1.9       | 14.5        |                     |             | G = gluten       |
| Shimp Tandoori                         | 5 oz                  | 190      | 13.4          | 2                 | 102              | 523         | 5.6             | 0.6               | 0.9       | 11.9        |                     | D, SF       | D = dairy        |
| Yellow Dal                             | 1/2 cup               | 167      | 4.6           | 0.5               | 0                | 319         | 22.9            | 10.2              | 1.9       | 8.9         | VEG, V              |             | E = eggs         |
| Saffron Rice                           | 1/2 cup               | 133      | 1.8           | 0.2               | 0                | 108         | 26.3            | 0.8               | 0.9       | 2.5         | VEG, V              |             | TN = tree nuts   |
| Bombay Aloo Potatoes                   | 1/2 cup               | 132      | 5.7           | 0.5               | 0                | 299         | 18.9            | 3.2               | 2         | 2.2         | VEG, V              |             | PN = peanuts     |
| Vegetable Samosas                      | 1 samosa              | 187      | 10.9          | 1                 | 0                | 263         | 19.8            | 1.9               | 1.2       | 2.8         | VEG, V              | G           | SF = shellfish   |
| Mint Chutney                           | 1 oz                  | 20       | 0.1           | 0                 | 0                | 69          | 6               | 0.7               | 4.1       | 0.1         | VEG, V              |             | PK = pork        |
| Kachumber Cucumber Salad               | 1/2 cup               | 46       | 2.5           | 0.2               | 0                | 108         | 5.8             | 1.4               | 3         | 1           | VEG, V              |             | F = fish         |
| Wild Arugula & Shaved Asparagus Salad  | 1 cup + 1 oz dressing | 212      | 16.6          | 2.8               | 7                | 608         | 11.3            | 2.1               | 2.3       | 6.6         | VEG                 | D, G, TN    | SE = sesame      |
| Pistachio & Rosewater Bundt Cake       | 2 inch square         | 376      | 20.9          | 2.7               | 64               | 200         | 41              | 2                 | 20        | 7           | VEG                 | D, G, E, TN |                  |
| Vegan Pistachio & Rosewater Bundt Cake | 2 inch square         | 363      | 15.9          | 4                 | 0                | 178         | 38              | 2                 | 24        | 4.4         | VEG, V              | S, G, TN    | VEG = vegetarian |
| Creamy Cauliflower Pakora Soup         | 1 cup                 | 148      | 1.4           | 1                 | 0                | 701         | 33.1            | 7.3               | 7.5       | 5           | VEG, V              |             | V = vegan        |
| Red Curry & Chicken Soup               | 1 cup                 | 284      | 18.3          | 12.1              | 54               | 869         | 8.4             | 1.9               | 3         | 21.1        |                     | SF, F, SE   |                  |
| Grilled Herb Naan Bread                | 1 piece               | 223      | 9.9           | 1.1               | 0                | 238         | 28.9            | 1.2               | 1.6       | 5           | VEG, V              | G           | 🔥 = spicy        |
| 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        |                  |