

LUNCH THURSDAY, MAY 22

	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												
Al Pastor Chicken Thigh with Chipotle Crema & Queso Fresco	5 oz	379	17.7	4.6	170	736	17.9	2.9	10.4	39.8		D
Shrimp Enchiladas 🌶️	1 enchilada	209	6.9	2.6	159	481	14	2	1	24		D, SF
Vegan Chicken al Pastor	1 patty	362	13.2	1	0	876	38.3	2.8	11.4	23	VEG, V	S, G
Plant Based Frijoles Charros	1/2 cup	199	5.3	0.5	0	342	31.2	7.3	7.9	9.8	VEG, V	S
Cauliflower Tinga with Pickled Onion 🌶️	1/2 cup	83	5.1	0.5	0	367	9.1	3.9	3.7	1.9	VEG, V	
Spanish Rice with Roasted Peppers & Grilled Com	1/2 cup	153	2.7	0.2	0	235	29	1	1	3	VEG, V	
Arugula & Citrus Salad	1 cup + 1 oz dressing	271	25.7	3.9	13	456	8.7	1.1	7.1	3.8	VEG	D, TN
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	
Julia's Tarte Tatin	2 inch square	350	14.6	8.8	27	101	56	6	39	3	VEG	D, G
Vegan Tarte Tatin	2 inch square	332	16.1	7.4	0	98	48	7	39	3	VEG, V	TN
Lentejas con Soyrizo	1 cup	227	5.2	0.3	0	891	33.5	14.5	8.1	13.2	VEG, V	S
Caldo de Res Soup	1 cup	234	6	2	39	1135	26	7	9	22		
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