

LUNCH MONDAY, JUN 2

|                                                 | 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   |                  |
|-------------------------------------------------|-----------------------|----------|---------------|-------------------|------------------|-------------|-----------------|-------------------|-----------|-------------|---------------------|------------|------------------|
| Monday                                          |                       |          |               |                   |                  |             |                 |                   |           |             |                     |            | S = soy          |
| Braised Short Ribs                              | 5 oz                  | 537      | 36.4          | 15.8              | 152              | 510         | 17.1            | 2                 | 11.6      | 35.5        |                     | S, D       | G = gluten       |
| Crispy Shallots                                 | 2 Tbsp                | 68       | 5.3           | 0.4               | 0                | 150         | 4.9             | 0.1               | 0         | 0.7         | VEG, V              | G          | D = dairy        |
| Grilled Herb Chicken                            | 5 oz                  | 263      | 14.8          | 1                 | 91               | 538         | 0.7             | 0.1               | 0         | 30.2        |                     |            | E = eggs         |
| Quinoa Stuffed Peppers with Smokey Tomato Sauce | 1 pepper + 2 oz sauce | 253      | 5.5           | 0.7               | 0                | 905         | 47.9            | 7                 | 17.9      | 6.8         | VEG, V              |            | TN = tree nuts   |
| Rigatoni with Vegan Smoked Vodka Sauce          | 1 cup                 | 353      | 12.9          | 3.2               | 0                | 610         | 47.7            | 3.9               | 5         | 8.1         | VEG, V              | G          | PN = peanuts     |
| Layered Manhattan Potatoes                      | 1/2 cup               | 210      | 17.3          | 11                | 49               | 504         | 8.5             | 0.7               | 0.3       | 7.4         | VEG                 | D          | SF = shellfish   |
| Grilled Zucchini, Squash, Peppers & Broccoli    | 1/2 cup               | 66       | 4.9           | 0.5               | 0                | 227         | 5.4             | 1.5               | 2.7       | 1.5         | VEG, V              |            | PK = pork        |
| Antipasto Salad                                 | 1 cup + 1 oz dressing | 334      | 32.2          | 5.6               | 36               | 640         | 5.5             | 1.2               | 3.3       | 9           |                     | D, PK      | F = fish         |
| Orzo Salad                                      | 1 cup                 | 246      | 14.1          | 1.3               | 0                | 261         | 26.7            | 1.9               | 4.3       | 4.2         | VEG, V              | G          | SE = sesame      |
| Cookie Pie                                      | 2 inch square         | 302      | 19.5          | 9.9               | 74               | 314         | 29.6            | 0.4               | 18.9      | 2.7         | VEG                 | S, D, G, E |                  |
| Vanilla Ice Cream                               | 2/3 cup               | 170      | 9             | 5                 | 35               | 50          | 21              | 0                 | 14        | 3           | VEG                 | D          | VEG = vegetarian |
| Vegan Cookie Pie                                | 2 inch square         | 238      | 12.4          | 2                 | 0                | 229         | 29.3            | 0.6               | 12        | 2.4         | VEG, V              | S, G       | V = vegan        |
| Vegan Whipped Cream                             | 1 Tbsp                | 30       | 2.7           | 1.5               | 0                | 2           | 2               | 0                 | 2         | 0           | VEG, V              |            |                  |
| Creamy Chicken & Mushroom Soup                  | 1 cup                 | 169      | 9.9           | 4.3               | 42               | 993         | 8.8             | 2.3               | 3.5       | 11.1        |                     | D, G       | 🔥 = spicy        |
| Vegan "Cream" of Broccoli Soup                  | 1 cup                 | 106      | 7.3           | 1.1               | 0                | 720         | 9.3             | 2.1               | 3         | 1.9         | 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       |                  |