

LUNCH WEDNESDAY, JUNE 18

	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													S = soy
Paprikash Braised Chicken Thigh	5 oz	309	22.7	7.2	96	393	10.5	1.7	3.9	16		D	G = gluten
Pesto Spatzle	1/2 cup	282	12.7	2.3	59	496	32	1.3	0.3	8.9		D, G, E	D = dairy
Cabemet Braised Brisket	5 oz	402	27.6	9.5	82	376	8	1.2	2.5	23.5			E = eggs
Crispy Honey Mustard Tofu	5 oz	236	14.4	1.7	0	579	17.5	1	4.4	12.4	VEG	S	TN = tree nuts
Mustard Sauce	2 oz	142	9	1.5	0	528	15.8	0.4	9.5	0.5	VEG, V	S	PN = peanuts
Aromatic Jasmine Rice	1/2 cup	122	1	0.1	0	194	24.1	1.4	0	2	VEG, V		SF = shellfish
Red Wine Braised Cabbage with Yellow Raisins	1/2 cup	133	2.6	0.3	0	179	27.4	3.2	20.3	2.4	VEG, V		PK = pork
Roasted Baby Vegetables (Spring)	1/2 cup	69	3.3	0.3	0	213	8.5	1.7	1.4	2.2	VEG, V		F = fish
German Potato Salad with Crispy Bacon & Green Onions	1/2 cup	210	13.6	3.9	19	317	15.6	1.2	1.3	5.9		PK	SE = sesame
Plant Based Waldorf Salad	1 cup + 1 oz dressing	290	22.8	1.7	0	489	16.2	1.9	11.3	2.6	VEG, V	S, TN	VEG = vegetarian
Apple Tartin	2 inch square	239	11	4.8	15	35	34.3	2.6	25.1	1.3	VEG	D, G	V = vegan
Vegan Apple Donuts	1 donut	211	6.2	3.3	0	201	36.5	1.8	22.3	2.7	VEG, V	S, G, TN	
Traditional Borscht	1 cup	221	12.7	4	40	988	14	3.1	5.9	12.9			
Sour Cream	1 Tbsp	30	2.5	1.8	10	8	0.5	0	0.5	0.5	VEG	D	🔥 = spicy
German Vegan Potato Soup	1 cup	175	3.4	0.4	0	705	33	4.3	4	4.2	VEG, V		
Pretzel Bar:													
Rockenwagner Pretzel	1 pretzel	330	6	0.5	0	570	57	3	3	11	VEG, V	G, SE	
Honey Dijon	1 oz	52	0.5	0	0	157	12.5	0.6	11.8	0.6	VEG		
Grain Mustard Aioli	1 oz	149	16.3	2.4	9	324	0.1	0	0.1	0.2	VEG	S, E	
Cheese Sauce	1 oz	90	7.6	3.7	24	135	1.5	0	0.7	3.4	VEG	D	
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	