

LUNCH WEDNESDAY, JULY 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
Wednesday												
Smoked Grilled Tri Tip with au jus	5 oz + 2 oz au jus	314	16.7	6	120	802	2.3	0.5	0.4	35.5		
Horseradish Cream	1 oz	68	6.1	3.8	13	209	2.6	0.3	1.1	1		D, F
Hot Dog	1 hot dog	160	15	6	30	550	1	0	0	6		S
Turkey Hot Dog (Tinder Only)	1 hot dog	100	8	2.5	35	480	1	0	1	5		
White Bun	1 bun	160	2	0	0	320	29	1	4	5	VEG, V	S, G
Gluten Free Butter Lettuce Wrap	1 wrap	2	0	0	0	2	0.4	0.2	0.4	0.2	VEG, V	
Toppings:												
Ketchup	1 Tbsp	20	0	0	0	170	5	0	4	0	VEG, V	
Mustard	1 tsp	0	0	0	0	60	0	0	0	0	VEG, V	
Mayo	1 Tbsp	100	11	1.5	10	85	1	0	0	0	VEG	S, E
Relish	1 Tbsp	36	0	0	0	227	10	0	9	0	VEG, V	
Sauerkraut	2 Tbsp	5	0	0	0	180	1	0	0	0	VEG, V	
BBQ Vegan Chicken with BBQ Sauce	1 patty + 1 oz sauce	340	12.9	1.1	0	1110	34	0.1	13	23.3	VEG, V	S, G
House Mac N Cheese with Herb Breadcrumbs	1 cup	373	22.7	13.7	74	594	31.8	1.3	3.2	10.9	VEG	D, G
Roasted Rosemary Potatoes	1/2 cup	135	7.5	0.7	0	471	16	2	1	2	VEG, V	
Simply Steamed Vegetables	1/2 cup	21	0.1	0	0	0	4	1.7	1.8	1.1	VEG, V	
Potato & Egg Salad	1/2 cup	188	11	1.8	32	234	19.6	3	2.4	3.1	VEG	S, E
Poppyseed & Apple Slaw	1/2 cup	166	12.3	0.7	0	215	10.9	3.2	6.9	1.3	VEG, V	S
American Celebration Cake	2 inch square	299	11.6	1	29	82	43.8	0.8	31.4	3.4	VEG	S, D, G, E
Vegan Chocolate Chip Cookies	1 cookie	157	4.8	1.2	0	168	26.7	0.7	15.2	1.8	VEG, V	S, G, PN
New England Clam Chowder	1 cup	240	22.2	11.1	59	529	7.5	0.7	1	3.4		D, G, SF
Oyster Crackers	22 crackers	60	1.5	0	0	160	11	0	0	1	VEG, V	G
Vegan Com Chowder	1 cup	189	10.2	2.9	0	291	23.6	2.8	7.6	4	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