

LUNCH WEDNESDAY, JULY 9

	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												
Shredded Kahlua Pork with Grilled Pineapple	5 oz	351	24.5	6.9	88	493	6	0.5	4.2	26.2		S, PK
BBQ Sauce	2 oz	119	1.8	0.3	0	611	26.4	0.2	25.3	0.6	VEG, V	S
Macadamia & Coconut Crusted Salmon with Passion Fruit Beurre Blanc	5 oz + 1 oz	571	46.2	15.3	114	598	9.7	2.6	4.9	33		D, TN, F
Hawaiian Tofu	1 cup	311	13	1.6	0	1241	34.2	2.8	7.9	15.4	VEG, V	S
Roasted Garlic Mashed Potatoes	1/2 cup	201	15	4.5	10	392	15.8	2.3	1.1	2.4	VEG	D
Wok Fried Green Beans with Roasted Garlic	1/2 cup	79	4.8	0.5	0	372	8.4	1.8	4.9	1.7	VEG, V	S
Stir Fried Vegetables	1/2 cup	110	7.8	0.9	0	389	8	2.8	3.2	2.6	VEG, V	S, SE
Citrus Salad with Macadamia Nuts	1 cup + 1 oz dressing	230	20.5	1.8	0	85	11.5	1.5	9.5	1.6	VEG, V	TN, SE
Hawaiian Spinach Salad	1 cup + 1 oz dressing	212	18.4	3.5	0	128	11.4	2.1	8	1.5	VEG, V	SE
Mango Mousse with Mango Caviar	1/2 cup	280	12.3	7.8	39	68	38.2	0	38.3	3.4		D
Vegan Coconut Mousse with Passion Caviar	1/2 cup	265	19.1	16.9	0	54	23.1	1.9	15.3	2.1	VEG, V	
Heirloom Tomato Soup	1 cup	77	4.9	0.5	0	299	7.8	2.2	4.9	1.6	VEG, V	
Sesame Carrot Ginger Soup	1 cup	204	16.2	10.5	0	284	15.3	3.8	8.4	2.1	VEG, V	SE
Hawaiian Rolls	1 roll	90	1.5	0.5	10	115	15	0	5	3	VEG	S, D, G, E
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