

LUNCH THURSDAY, JULY 10

	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													S = soy
Coconut Thai Curry Chicken	1 cup	289	19.7	11	58	530	8.5	2.5	3.7	21.2		SF, F	G = gluten
Basil Pork	5 oz	372	30.3	7.4	76	899	2.9	0.3	0.5	21.5		S, SF, PK, F, SE	D = dairy
Jasmine Rice	1/2 cup	122	1	0.1	0	194	24.1	1.4	0	2	VEG, V		E = eggs
Thai Noodle Salad	1 cup	242	10.2	1.3	0	696	33	2.8	9.5	5.9	VEG, V	S, G, SE	TN = tree nuts
Vegetable & Tofu Curry	1 cup	154	12.5	9.9	0	407	8.7	2.9	3.9	5.1	VEG, V	S	PN = peanuts
Roasted Cauliflower & Carrots with Rice Wine Vinaigrette	1/2 cup	123	10.2	0.8	0	389	8	2	3.5	2.1	VEG, V		SF = shellfish
Thai Cucumber Salad	1/2 cup	82	6.3	0.6	0	390	6.1	0.6	3.9	0.6	VEG, V		PK - pork
Mixed Green Salad with Peanut Dressing	1 cup + 1 oz dressing	159	7.5	0.8	0	545	16.1	1.1	11.7	2.6	VEG, V	S, PN, SE	F = fish
Strawberry Cheesecake Bars	1 bar	310	20.3	10.5	57	271	29	1	24	4	VEG	D, G	SE = sesame
Vegan Berry Cheesecake Bars	1 bar	339	18.6	10.5	0	239	34.7	1.5	26	2.8	VEG, V	S, G	
Yellow Curry Soup	1 cup	186	16.1	9.1	0	408	10.9	2.6	2.8	2.1	VEG, V		VEG = vegetarian
Miso Soup	1 cup	54	2.2	0.4	0	498	5	1.3	1.2	4.7	VEG, V	S	V = vegan
Daily													🔥 = spicy
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	