

LUNCH TUESDAY, JULY 22

	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
Tuesday												
Roman Style Chicken	5 oz	321	24	5.2	80	909	7.4	0.8	3.4	18.5		
Shrimp Fra Diavolo with Tomato Sauce	5 oz	301	14	1	126	896	6.3	0.5	3.3	26.5		SF
Vegan Eggplant Parmesan	3 inch square	270	16	1	0	584	26.6	6.6	9.5	8	VEG, V	S
Creamy Parmesan Baked Pasta	1 cup	461	28.7	16.8	77	604	32.3	1.6	4.4	18.3	VEG, V	D, G
Broccoli Rabe with Roasted Pepper & Garlic	1/2 cup	40	3.6	0.3	0	225	1.7	1	0.7	1	VEG, V	
Smokey Candied Carrots	1/2 cup	68	0.2	0	0	299	16.8	2	12.4	0.7	VEG, V	
Walnut Gremolata	1 oz	100	9.2	0.8	0	159	3.3	1.3	0.6	2.4	VEG, V	TN
Black Rice Salad	1 cup	132	5.7	0.5	0	203	19.4	1.8	4.2	2.1	VEG, V	
La Scala Chopped Salad	1 cup + 1 oz dressing	262	19.7	5.2	24	669	12	3.1	3.4	10.4		D, PK
Panettone Bread Pudding with Amaretto	2 inch square	420	22.7	12.7	194	127	46	1.2	37	8.5	VEG	S, D, G, E
Vegan Apple Cake	2 inch square	323	15	1.8	0	165	44	2.6	27.6	3.8	VEG, V	G, TN
Italian Wedding Soup	1 cup	225	14	5.4	93	589	7.4	1.3	1	18.6		D, G, E, PK
Vegan Lentil Soup	1 cup	270	5.9	1.8	0	876	39.5	5.7	4.8	16	VEG, V	G
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