

LUNCH WEDNESDAY, JULY 23

	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
Lemongrass Satay Style Chicken	5 oz	281	14.3	3.2	66	1230	14.5	1.1	5	23.5		S, F, SE	G = gluten
Yellow Curry Pan Seared Sole with Toasted C	5 oz	251	22	14.9	32	511	5.3	2	2.8	10.4		F	D = dairy
Coconut Vegan Chicken with Yellow Curry	1 cup	315	25	13.2	0	565	12.6	5.4	5.2	13	VEG, V	S, G	E = eggs
Coconut Markut Kaffir Lime Rice	1/2 cup	162	3.1	2.4	0	161	30.1	0.8	2	2.5	VEG	D	TN = tree nuts
Mee Goreng Egg Noodles with Tofu	1 cup	279	10.6	1	0	710	35.7	6.9	2.9	13.7	VEG	S, G, E	PN = peanuts
Stir Fried Boc Choy	1/2 cup	72	6.4	0.6	0	272	3.3	0.6	2.7	0.9	VEG, V		SF = shellfish
Julienne Green Papaya Salad	1/2 cup	100	5.9	0.7	0	162	12.5	1.7	8.5	0.7	VEG, V	SE	PK = pork
Vegetable Salad with Balsamic Ginger Vinaig	1 cup + 1 oz	232	24.4	1.8	0	64	7	2.2	4	1.2	VEG, V	S	F = fish
New York Cheesecake	2 inch square	439	27.2	15.1	97	443	44.2	1.9	22.7	6.2	VEG	S, D, G, E	SE = sesame
Vegan Cheesecake	2 inch square	332	23.5	15.8	0	181	30.4	1.8	20	2.7	VEG, V	S, G	
Vegetable Soup with Pressed Rice Cakes	1 cup	306	15.2	8.7	0	593	36.1	2.9	3.8	9.3	VEG, V	S	VEG = vegetarian
Soto Ayam	1 cup	251	12	2.8	53	254	21.6	1.6	2.7	14		G, E	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	