

LUNCH WEDNESDAY, JULY 30

	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												
Chicken Piccata with Artichoke & Caper Cream	5 oz + 2 oz sauce	696	38.6	7.5	140	1776	28.9	7.2	3.5	48.8		D, G
Grilled Salmon with Basil Vinaigrette	5 oz + 1 oz vinaigrette	368	22.7	3.4	98	677	3.9	0.2	0.8	36.7		S, E, F
Ratatouille	1/2 cup	108	7.7	0.7	0	358	9.8	3.5	5.4	1.9	VEG, V	
Steamed Vegetable Medley	1/2 cup	21	0.1	0	0	305	4.8	1.7	2.2	1.1	VEG, V	
Rustic Mashed Potatoes	1/2 cup	195	15.1	9.5	42	390	13.5	1.9	0.9	2.4	VEG	D
Roasted Butternut Squash	1/2 cup	129	9.4	0.9	0	295	12.4	2.1	2.3	1.1	VEG, V	
Classic Salad	1 cup + 1 oz dressing	258	22.9	3.2	7	223	11.3	2.2	6.8	3.2	VEG	D, TN
Arugula & Fennel Salad	1 cup + 1 oz dressing	219	18.1	1.3	0	100	15.6	2.6	8.3	3.1	VEG, V	TN
Red Velvet Cheesecake Bars	1 bar	283	17.9	10	67	311	27	1	21	5	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
Spicy Beef Soup 🌶️	1 cup	339	26.1	7.8	60	520	11.1	1.6	6.2	16.7		S, SE
Summer Bean Stew	1 cup	111	3.7	0.4	0	376	17	4	4	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