

LUNCH THURSDAY, JULY 31

	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
Lomos Saltados	1 cup	395	18.9	3.6	44	916	32	3.9	2.1	24.1		S	G = gluten
Aji Verde Sauce	1 oz	157	16.6	2.6	9	260	2	1	1	1	VEG	S, E	D = dairy
Aji de Gallina	1 cup	301	15.2	2.8	86	498	6	0.9	2	34.6		D, G, TN	E = eggs
Seco sin Carne/Carrot & Potato Stew	1 cup	196	9.7	0.9	0	432	24.5	5.7	8.4	3.9	VEG, V	G	TN = tree nuts
Jasmine Rice	1/2 cup	122	1	0.1	0	284	25.2	0.6	0.4	2.2	VEG, V		PN = peanuts
Peruvian Plantains	1/2 cup	195	9.6	1	0	294	29.6	1.7	17.1	1	VEG, V		SF = shellfish
Simple Grilled Broccoli	1/2 cup	65	5.5	0.5	0	265	3.5	1.4	0.9	1.5	VEG, V		PK - pork
Peruvian Chopped Salad	1/2 cup	129	7.2	2.1	10	243	12.9	2.5	2.6	4.5	VEG	D	F = fish
Garden Salad	1 cup + 1 oz dressing	211	22.1	1.5	0	79	6.6	1.4	3.7	1.1	VEG, V		SE = sesame
Caramel Flan	2 inch square	291	9.3	5.1	107	119	46.3	0	46.3	7.5	VEG	D, E	
Vegan Tres Leches	2 inch square	342	20.7	10.5	0	272	35.2	1.2	20.2	2.6	VEG, V	G, TN	VEG = vegetarian
Aguavito de Pollo	1 cup	170	4.5	0.7	27	749	19.8	2	2.8	13.3			V = vegan
Curry Cauliflower & Parsnip Soup	1 cup	186	12	10.5	0	607	16.6	5.1	6.8	3	VEG, V		
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	