

LUNCH MONDAY, AUG 11

	SERVING SIZE	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTER OL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	SUGAR (G)	PROTEIN (G)	DIETARY PREFERENCES	CONTAINS
Monday												
Beef Bulgogi with Caramelized Sweet Onions	1 cup	390	17.9	4.6	127	1225	10.1	1	6	37		S, SE
Basil Pork	5 oz	372	30.3	7.4	76	899	2.9	0.3	0.5	21.5		S, SF, PK, F, SE
Steamed Jasmine Rice	1/2 cup	122	1	0.1	0	284	25.2	0.6	0.4	2.2	VEG, V	
Thai Noodle Salad	1 cup	242	10.2	1.3	0	696	33	2.8	9.5	5.9	VEG, V	S, G, SE
Vegetable & Tofu Curry	1 cup	154	12.5	9.9	0	407	8.7	2.9	3.9	5.1	VEG, V	S
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	
Thai Cucumber Salad	1/2 cup	82	6.3	0.6	0	390	6.1	0.6	3.9	0.6	VEG, V	
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
Peanut Butter & Jelly Blondies	2 inch square	248	13.6	6.2	36	164	28.2	0.9	12.9	4.4	VEG	D, G, E, PN
Vegan Peanut Butter & Chocolate Blondie	2 inch square	171	6.3	1.5	0	109	26.1	1.1	16.7	4	VEG, V	G, TN, PN
Yellow Curry Soup	1 cup	186	16.1	9.1	0	408	10.9	2.6	2.8	2.1	VEG, V	
Miso Soup	1 cup	54	2.2	0.4	0	498	5	1.3	1.2	4.7	VEG, V	S
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