

LUNCH MONDAY, AUG 18

	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
Monday												
Butter Chicken	1 cup	388	29.2	13.3	117	514	7	2	3	25		D
Snapper Goan	5 oz + 2 oz sauce	268	19.3	13.2	25	348	10	3	4.4	15.5		F
Cauliflower & Chickpea Tikka Masala	1 cup	209	9.4	7.4	0	738	28	7	6.2	6.4	VEG, V	
Saffron Rice	1/2 cup	133	1.8	0.2	0	108	26.3	0.8	0.9	2.5	VEG, V	
Bombay Aloo Potatoes	1/2 cup	132	5.7	0.5	0	299	18.9	3.2	2	2.2	VEG, V	
Baingan Bharta	1/2 cup	139	9.8	8.5	0	323	11.4	4.5	5.8	2.4	VEG, V	
Kachumber Cucumber Salad	1/2 cup	46	2.5	0.2	0	108	5.8	1.4	3	1	VEG, V	
Wild Arugula & Shaved Asparagus Salad	1 cup + 1 oz dressing	212	16.6	2.8	7	608	11.3	2.1	2.3	6.6	VEG	D, G, TN
Pistachio & Rosewater Bundt Cake	2 inch square	376	20.9	2.7	64	200	41	2	20	7	VEG	D, G, E, TN
Vegan Pistachio & Rosewater Bundt Cake	2 inch square	363	15.9	4	0	178	38	2	24	4.4	VEG, V	S, G, TN
Creamy Cauliflower Pakora Soup	1 cup	148	1.4	1	0	701	33.1	7.3	7.5	5	VEG, V	
Red Curry & Chicken Soup	1 cup	284	18.3	12.1	54	869	8.4	1.9	3	21.1		SF, F, SE
Grilled Herb Naan Bread	1 piece	223	9.9	1.1	0	238	28.9	1.2	1.6	5	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