

LUNCH TUESDAY, SEP 16

	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
Tuesday												
Cuban Tacos	5 oz	280	22.5	4.4	77	377	6.7	1.3	1.8	13.7		
Diced Mojo Chicken Thigh	5 oz	155	3.3	1.4	235	396	3	0.9	0.9	29		D, SF
Cilantro & Chili Shrimp	1 cup	263	15.4	1.7	0	631	22.4	4.1	6.7	12.1	VEG, V	S
Vegan Tofu & Sweet Potatoes with Mojo	1/2 cup	133	1.8	0.2	0	108	26.3	0.8	0.9	2.5	VEG, V	
Saffron Rice with Zucchini & Squash	1/2 cup	106	0.4	0.1	0	250	19.8	6.9	1.5	6.6	VEG, V	
Cuban Braised Beans with Cilantro & Lime	1/2 cup	166	2.8	0.3	0	199	38.1	2.7	17.9	1.6	VEG, V	
Sweet Plantains	2 tortillas	100	1.5	0	0	10	20	3	2	2	VEG, V	
Corn Tortillas	1 tortilla	140	3	1	0	333	26	1	1	4	VEG, V	G
Flour Tortillas	2 Tbsp	3	0	0	0	1	0.6	0.2	0.4	0.1	VEG, V	
Diced Tomato	2 Tbsp	4	0	0	0	0	0.8	0.2	0.4	0.1	VEG, V	
Diced Onion & Cilantro	2 Tbsp	60	5	3.5	20	15	1	0	1	1	VEG	D
Sour Cream	1 radish (6 slices)	1	0	0	0	2	0.2	0.1	0.1	0	VEG, V	
Sliced Radishes	1 oz	80	6	4	20	200	0	0	0	6	VEG	D
Queso Fresco	1 oz	10	0	0	0	240	2	0	1	0	VEG, V	
Salsa Verde	1/2 cup	141	6.4	0.6	0	275	16.5	3.4	2.3	3.8	VEG, V	
Mojito Quinoa & Rice Salad	1 cup + 1 oz	225	18.6	3.8	113	485	11.8	2.2	7.4	5	VEG	D, TN
Cuban Crunch Salad with Citrus Dressing	2 inch square	291	9.3	5.1	107	119	46.3	0	46.3	7.5	VEG	D, E
Traditional Flan	2 inch square	330	17.4	14.8	0	177	43	1.4	26.6	2.6	VEG, V	G
Vegan Mango Cake with Coconut	1 cup	294	9.6	1.9	27	783	35.6	2.9	6.4	16.1		G
Sopa de Pollo	1 cup	125	6.5	1.5	0	614	15.7	4.6	3.3	4.4	VEG, V	
Vegan Black Bean Soup	1/4 cup	46	2.4	0.4	0	30	6	0.7	0	0.7	VEG, V	
Crispy Tortilla Strips												
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