

LUNCH THURSDAY, SEP 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
Thursday												
Braised Brisket with Root Vegetables	1 cup	372	27.3	10.4	90	503	9	2.4	3.9	23		
Bruce's House Smoked Salmon	3 oz	100	3.7	0.8	20	667	0	0	0	15.6		F
Horseradish Cream	1 oz	64	5.9	3.6	17	205	2.6	0.5	1.3	0.8	VEG	D
Grain Mustard Beurre Blanc	1 oz	69	5	3.1	18	149	3.3	0	0.1	0.4	VEG	D
Roasted Butternut Squash with Quinoa & Chickpeas	1/2 cup	118	4.5	0.4	0	238	16.9	3.2	2.4	3.5	VEG, V	
Lokshen Kugel	1 cup	351	21.1	12.3	138	374	26.7	1.3	0.8	13.8	VEG	D, G, E
Roasted Green Bean Almondine	1/2 cup	106	8.4	0.8	0	394	7.2	3.1	1.3	2.4	VEG, V	TN
Steamed Broccoli	1/2 cup	21	0.2	0	0	214	4	1.6	1	1.7	VEG, V	
Plant Based Waldorf Salad	1 cup + 1 oz dressing	290	22.8	1.7	0	489	16.2	1.9	11.3	2.6	VEG, V	S, TN
Roasted Pear & Spinach Salad	1 cup + 1 oz dressing	310	27.6	3.1	4	114	17.5	2.6	12.4	4.5	VEG	D, TN
Honey Cake	2 inch square	352	22	13.4	109	184	38	0	33	3	VEG	D, G, E
Vegan Lemon Bars	2 inch square	252	14.5	10	0	71	28	0.8	13.9	2.2	VEG, V	G
Matzah Ball Soup	1 cup	218	14	2.2	69	780	14.4	1.2	5.6	8.9		G, E
Potato Leek Soup	1 cup	252	9.6	5.8	0	793	32.4	4.7	3.9	6.2	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