

LUNCH MONDAY, SEP 22

	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													S = soy
Grilled Skirt Steak with Romesco	5 oz + 1 oz	466	34.5	8.9	107	649	5.2	0.9	2.1	32.3			G = gluten
Blackened Shrimp	5 oz	250	11.2	1.3	332	685	0	0	0	35.6		SF	D = dairy
Tartar Sauce	1 oz	121	9.8	1.6	8	455	8.4	0.2	3	0.4	VEG	S, E	E = eggs
Spring Chickpea Stew	1 cup	166	6	0.6	0	716	23.5	7.1	5.3	6.9	VEG, V		TN = tree nuts
Tortellini Alfredo with Peas & Tomatoes	1 cup	437	17	6.9	58	555	56.1	1.4	2.7	16.2	VEG	D, G, E	PN = peanuts
Grilled Broccolini	1/2 cup	53	3.7	0.3	0	251	4.1	1.3	0.9	1.6	VEG, V		SF = shellfish
Simply Steamed Heirloom Carrots	1/2 cup	27	0	0	0	278	6.5	1.6	3.3	0.5	VEG, V		PK - pork
Smokey Chopped Salad	1 cup + 1 oz dressing	272	20.8	1.6	0	376	19.9	3.5	5.2	3.8	VEG, V		F = fish
Shaved Market Vegetable Salad	1 cup + 1 oz dressing	225	24.4	1.8	0	64	5.3	0.9	3.2	0.8	VEG, V		SE = sesame
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	VEG = vegetarian
Cream of Mushroom Soup	1 cup	199	15.2	7.7	37	522	8.9	2	4	6.8	VEG	D	V = vegan
Vegan Vegetable Soup	1 cup	64	3.3	0.4	0	488	8.1	1.4	3.2	1.5	VEG, V		🔥 = spicy
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	