

LUNCH THURSDAY, OCT 9

	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													S = soy
Pesto Grilled Chicken	5 oz	317	23.7	4.9	69	321	2.2	1	0.1	24		D, TN	G = gluten
Basil Vinaigrette	1 oz	114	11.7	1.7	3	264	3.2	0.1	0.8	0.3	VEG	S, E	D = dairy
Roasted Salmon	5 oz	305	16.3	2.2	101	663	1.4	0.3	0.1	36.4		F	E = eggs
Coconut Chickpea & Sweet Potato Curry	1 cup	219	14.6	9.9	0	418	20.6	5.4	5	5	VEG, V		TN = tree nuts
Farfalla Pasta alla Checca	1 cup	220	12	1.6	0	301	26.5	2.7	4.5	4.9	VEG, V	G	PN = peanuts
Grilled Vegetables	1/2 cup	71	4.9	0.5	0	300	6	1.4	3.4	1.9	VEG, V		SF = shellfish
Grilled Portabella Mushrooms	1/2 cup	70	5	0.5	0	252	4.5	1.3	2.5	4	VEG, V		PK - pork
Caesar Salad	1 cup + 1 oz dressing	226	13.7	5.1	30	486	14.8	0.3	8.1	13.5		S, D, G, E, F	F = fish
Heirloom Caprese Salad	1 cup	234	20	5.2	22	432	7.2	0.9	5.1	7	VEG	D	SE = sesame
Red Velvet Whoopie Pies	1 pie	379	19.2	11.8	80	352	48.2	1.7	26.8	6.4	VEG	D, G, E	
Vegan Red Velvet Whoopie Pies	1 pie	314	13.8	8.6	0	223	46.8	1.8	27.2	3.1	VEG, V	S, G, TN	VEG = vegetarian
Chicken Tomato Soup	1 cup	179	7.1	3.7	23	329	17	2.2	5.6	12		G	V = vegan
Vegan Tomato Bisque	1 cup	83	3.9	0.6	0	282	11.5	3.3	7.1	2.1	VEG, V		
Daily													🔥 = spicy
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	