

LUNCH WEDNESDAY, OCT 15

	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	
Wednesday													S = soy
Chicken Marsala	5 oz	521	37.2	11.8	148	798	6.1	0.7	1.9	41.8		D	G = gluten
Shrimp Scampi	5 oz	423	30.2	18.5	358	781	1.8	0.1	0.4	30.4		D, SF	D = dairy
Barley & Pepper Stew	1 cup	227	4.9	0.6	0	762	40.4	9.5	7.3	7.2	VEG, V	S, G	E = eggs
Country Red Mashed Potatoes	1/2 cup	183	10.2	6.4	31	407	19.4	2.1	1.3	4.8	VEG	D	TN = tree nuts
Rotini with Pesto Cream	1 cup	392	18.8	8.4	45	381	44.5	3.3	2	13.5	VEG	D, 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
Bruce's Classic Raspberry Salad	1 cup + 1 oz dressing	258	22.9	3.2	7	223	11.3	2.2	6.8	3.2	VEG	D, TN	PK - pork
Baby Arugula & Farro Salad	1 cup + 1 oz dressing	292	20.7	1.5	0	674	24.4	4.3	6.2	3.8	VEG, V	G	F = fish
Warm Apple Crisp	2 inch square	280	12.5	7	63	183	40.5	3.8	23.1	3.9	VEG	S, D, G, E	SE = sesame
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D	
Vegan Warm Apple Crisp	2 inch square	265	11.4	7.1	0	173	41.9	3.6	27.3	1	VEG, V		VEG = vegetarian
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V		V = vegan
Beef Stew	1 cup	240	10.5	2	50	1002	17.7	2.6	4.2	19			
Creamy Tomato Soup	1 cup	151	10.8	5.3	0	272	11.4	3.2	6.5	2.1	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	