

LUNCH THURSDAY, OCT 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
Thursday												
Chicken Breast	5 oz	218	11.5	3.3	122	805	4	0	1	25		
Pork Belly	5 oz	753	75.2	27.4	102	675	5	0	3	14		S, PK
Miso Broth	1 cup	113	6.1	1.2	4	932	9	1	4	6		S, PK
Shrimp	5 oz	266	14.7	1.5	228	403	6	0	4	29		SF, SE
Vegetable Broth	1 cup	114	6.3	0.9	0	870	13	2	1	3	VEG, V	S, SE
Sliced Tofu	5 oz	209	15.2	1.5	0	515	7	1	3	15	VEG, V	S, SE
Ramen Noodles	1 cup	274	5	0.5	0	535	49	0	0	8	VEG, V	S, G, SE
Udon Noodles	1 cup	231	0.3	0	0	283	48	0	0	7	VEG, V	G, SE
Toppings:												
Kimchi	2 Tbsp	15	0	0	0	400	3	0	0	1	VEG, V	
Fried Garlic	1 Tbsp	44	3.6	0.3	0	147	3	0	0	1	VEG, V	
Chili Oil 	1 tsp	40	4.5	0.3	0	0	0	0	0	0	VEG, V	
Hardboiled Egg	2 Tbsp	47	3.4	1	130	44	0	0	0	4	VEG	E
Teriyaki Glaze	1 Tbsp	25	0	0	0	402	6	0	5	1	VEG, V	S
Scallions	2 Tbsp	4	0	0	0	2	0.8	0.4	0.2	0.2	VEG, V	
Bean Sprouts	2 Tbsp	8	0.4	0	0	54	0	0	0	0	VEG, V	
Sambal 	1 tsp	0	0	0	0	75	0	0	0	0	VEG, V	
Grilled Bok Choy	1/2 cup	47	3.7	0.4	0	378	2	1	1	2	VEG, V	S, SE
Warm Sauteed Corn	1/2 cup	90	4.1	0.5	0	205	14	2	5	2	VEG, V	
Crunch Salad	1 cup + 1 oz dressing	221	20	2.4	0	619	8	4	3	4	VEG, V	S, TN
Mixed Green Salad with Peanut Dressing	1 cup + 1 oz dressing	159	7.5	0.8	0	545	16.1	1.1	11.7	2.6	VEG, V	S, PN, SE
Banana Nutella Wontons	1 wonton	105	5.2	3.7	38	82	13	1	6	2	VEG	D, G, E, TN
Vegan Almond Apricot Cake	2 inch square	305	14	6.3	0	168	40.3	1.6	24.5	2.9	VEG, V	G, TN
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