

LUNCH TUESDAY, OCT 21

	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
Tuesday												
Chicken Vindaloo	1 cup	257	19.7	4.1	76	300	5.3	1.2	1.9	14.5		D, SF
Shimp Tandoori	5 oz	190	13.4	2	102	523	5.6	0.6	0.9	11.9		
Yellow Dal	1/2 cup	167	4.6	0.5	0	319	22.9	10.2	1.9	8.9	VEG, V	
Saffron Rice	1/2 cup	133	1.8	0.2	0	108	26.3	0.8	0.9	2.5	VEG, V	
Bombay Aloo Potatoes	1/2 cup	132	5.7	0.5	0	299	18.9	3.2	2	2.2	VEG, V	
Vegetable Samosas	1 samosa	187	10.9	1	0	263	19.8	1.9	1.2	2.8	VEG, V	G
Mint Chutney	1 oz	20	0.1	0	0	69	6	0.7	4.1	0.1	VEG, V	
Kachumber Cucumber Salad	1/2 cup	46	2.5	0.2	0	108	5.8	1.4	3	1	VEG, V	
Wild Arugula & Shaved Asparagus Salad	1 cup + 1 oz dressing	212	16.6	2.8	7	608	11.3	2.1	2.3	6.6	VEG	D, G, TN
Pistachio & Rosewater Bundt Cake	2 inch square	376	20.9	2.7	64	200	41	2	20	7	VEG	D, G, E, TN
Vegan Pistachio & Rosewater Bundt Cake	2 inch square	363	15.9	4	0	178	38	2	24	4.4	VEG, V	S, G, TN
Creamy Cauliflower Pakora Soup	1 cup	148	1.4	1	0	701	33.1	7.3	7.5	5	VEG, V	
Red Curry & Chicken Soup	1 cup	284	18.3	12.1	54	869	8.4	1.9	3	21.1		SF, F, SE
Grilled Herb Naan Bread	1 piece	223	9.9	1.1	0	238	28.9	1.2	1.6	5	VEG, V	G
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