

LUNCH WEDNESDAY, OCT 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
Wednesday												
Grilled Cilantro Chicken with Tomato Relish (Susan Feniger)	5 oz + 1/4 cup	412	24.7	4.8	115	620	8.5	1.6	4.8	38.8		
Grilled Salmon with Lemon Beurre Blanc & Fennel Slaw	5 oz + 2 oz + 1/4 cup	451	33.2	11.1	145	499	5.1	1.5	2.3	30.8		D, F
Roasted Cauliflower, Pickled Raisins, Almonds, Mint & Vegan Feta (Bert)	1/2 cup	125	7.8	3.5	0	438	13	1	7	1	VEG, V	TN
Wild Rice with Butternut Squash	1/2 cup	123	4.9	0.4	0	382	18	2	1	3	VEG, V	
Roasted Spring Vegetables	1/2 cup	90	6.4	0.6	0	300	8	2	4	1	VEG, V	
Steamed Broccoli	1/2 cup	21	0.2	0	0	214	4	1.6	1	1.7	VEG, V	
Quinoa Salad with Cucumber, Tomato & Mint (Mary Sue & Susan)	1/2 cup	168	9.8	1.4	0	296	17.5	3.1	0.8	3.5	VEG, V	
Beets & Beluga Lentils, Leeks with Labneh (Suzanne Goin)	1/2 cup	192	11.9	2.4	8	248	16.7	5.1	5.7	7.1	VEG	D, TN
Chocolate Mousse Cake	2 inch square	209	9.5	5.3	63	153	26.7	1.2	21.7	4.5	VEG	S, D, E
Vegan Chocolate Mousse	1/2 cup	245	18.2	4.5	0	67	18.5	1.6	14.9	3.7	VEG, V	S, G
Carrot Soup	1 cup	146	6.7	3.8	15	813	19	4	8	3	VEG	D
Minestrone	1 cup	119	5.6	1.4	0	706	16	4	5	3	VEG, V	
Vegan Parmesan	1 oz	80	5	4.5	0	390	8	0	0	0	VEG, V	
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