

LUNCH MONDAY, OCT 27

	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		
Monday														S = soy
Smoked BBQ Brisket	5 oz	365	24.4	9.4	92	592	8.1	1.6	3.9	27				G = gluten
BBQ Sauce	2 oz	119	1.8	0.3	0	434	26.4	0.2	25.3	0.6	VEG, V			D = dairy
Blackened Salmon	5 oz	251	10.9	1.7	95	345	0	0	0	36.2		F		E = eggs
Creamy Slaw	1/2 cup	144	9.4	2.4	10	249	14.7	3.1	6	2	VEG	S, E		TN = tree nuts
Sweet Potato, Okra & Chickpea Gumbo	1 cup	216	10.1	1.1	0	774	25	6	4	7	VEG, V			PN = peanuts
Dirty Rice	1/2 cup	202	8.1	4.5	18	531	28	2	1	4	VEG	D		SF = shellfish
Collard Greens with Black Eyed Peas	1/2 cup	74	0.6	0.1	0	247	14	6	3	5	VEG, V			PK = pork
Simply Roasted Carrots	1/2 cup	89	5.3	0.5	0	338	10.8	1.7	7.4	0.6	VEG, V			F = fish
Shredded Iceberg & Radicchio	1 cup + 1 oz dressing	282	24	3.8	9	475	13.4	2	5.7	5.4	VEG	S, D		SE = sesame
Southern Macaroni Salad	1/2 cup	135	6.8	1.4	8	232	20	1	3	3	VEG	S, G, E		
Blueberry Cobbler	2 inch square	324	12.1	5.4	57	136	54.1	2.1	39.9	3.2	VEG	S, D, G, E		VEG = vegetarian
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D		V = vegan
Vegan Blueberry Cobbler	2 inch square	304	10.2	4.3	0	185	52.7	2.6	32.2	2.6	VEG, V	G, TN		
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V			🔥 = spicy
Bacon Potato Corn Chowder	1 cup	434	28.6	11.4	72	882	31.8	4.2	4.7	15.1		D, PK		
Vegan Red Bean Soup	1 cup	242	1.4	0.2	0	681	45	11	6	14	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		