

LUNCH THURSDAY, OCT 30

	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												
Oven Roasted Turkey	5 oz	271	10.2	0.9	105	880	5.2	0.2	3.9	42.8		
Goose Brown Gravy	2 oz	72	5.8	3.7	15	311	3.3	0.1	0.3	1.7		D, G
Creepy Cranberry Sauce	2 oz	67	0	0	0	2	16.1	1.1	14.2	0.1	VEG, V	
Bloody Beef Brochettes	5 oz	331	16	4.4	127	385	1.5	0.7	0.2	38		
Lentil & Monster Magnet Mushroom	1/2 cup	192	5	1.1	0	459	26.5	10.7	6.5	9.4	VEG, V	G
Roasted Chipotle Pumpkin & Butternut Squash	1/2 cup	129	9.7	0.9	0	376	11.4	2.2	2.5	1.5	VEG, V	
Pinheads Carrots & Peas	1/2 cup	70	2.8	0.3	0	190	9.1	2.9	3.9	2.5	VEG, V	
Muenster Mash Potatoes with Bulls Blood	1/2 cup	146	7.3	4.5	21	330	18.5	2.8	1.3	2.4	VEG	D
Blood Feast Beet Salad with Baby Kale & Rancid Roasted Apples	1 cup + 1 oz dressing	233	17.3	1.4	0	99	21.5	2.5	11.3	2.6	VEG, V	
Crypt Keeper's Caesar Salad	1 cup + 1 oz dressing	226	13.7	5.1	30	486	14.8	0.3	8.1	13.5		S, D, G, E, F
Bloody Borscht	1 cup	135	5.26	0.5	5	934	17.6	3.1	4.6	3.6		G
Sour Cream	1 Tbsp	30	2.5	1.7	10	8	0.5	0	0.5	0.5	VEG	D
Vampira's Vegan Vegetable Minestrone	1 cup	108	3.5	0.3	0	526	18	3.3	6	3.2	VEG, V	G
Venomous Vegan Pumpkin Spice Donuts with Maple Syrup Glaze	1 donut	241	15	1.3	0	182	26.1	1.9	16.2	3	VEG, V	G, TN
I Want Your Skull Cookies	1 cookie											
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