

LUNCH THURSDAY, NOV 6

|                                                    | 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                                           |                       |          |               |                   |                  |             |                 |                   |           |             |                     |            |
| Huli Huli Grilled Chicken with Soy Pineapple Glaze | 5 oz                  | 438      | 26.2          | 0.7               | 101              | 1744        | 26.4            | 0.6               | 23.1      | 37.2        |                     | S          |
| Miso Glazed Sole                                   | 5 oz                  | 305      | 12            | 1                 | 101              | 930         | 11.6            | 1                 | 7.8       | 37.7        |                     | S, F, SE   |
| Ginger Lime Sauce                                  | 2 oz                  | 184      | 18.3          | 11.3              | 67               | 389         | 4.5             | 0.5               | 0.6       | 1.7         | VEG                 | S, D       |
| Miso Glazed Tofu, Mushrooms & Bok Choi             | 1 cup                 | 203      | 11.4          | 1.4               | 0                | 1129        | 15.5            | 2.4               | 9.8       | 12.7        | VEG, V              | S          |
| Jasmine Rice                                       | 1/2 cup               | 134      | 0.3           | 0                 | 0                | 224         | 24.1            | 1.4               | 0         | 2           | VEG, V              |            |
| Kimchi Noodles 🍲                                   | 1 cup                 | 293      | 14.2          | 1.8               | 0                | 657         | 33.1            | 2.9               | 4.4       | 7.5         | VEG, V              | S, G       |
| Steamed Veggies                                    | 1/2 cup               | 23       | 0.2           | 0.1               | 0                | 24          | 4.9             | 1.8               | 2.3       | 1.3         | VEG, V              |            |
| Hawaiian Potato Salad                              | 1/2 cup               | 165      | 6             | 1                 | 31               | 243         | 25.2            | 3.5               | 4.6       | 3.6         | VEG                 | S, E       |
| Hawaiian Spinach Salad                             | 1 cup + 1 oz dressing | 212      | 18.4          | 3.5               | 0                | 128         | 11.4            | 2.1               | 8         | 1.5         | VEG, V              | SE         |
| Warm Chocolate Divine Cake                         | 2 inch square         | 277      | 15.4          | 9.6               | 52               | 159         | 34.2            | 0.9               | 20.7      | 3.7         | VEG                 | S, D, G, E |
| Vanilla Ice Cream                                  | 2/3 cup               | 170      | 9             | 5                 | 35               | 50          | 21              | 0                 | 14        | 3           | VEG                 | D          |
| Vegan Lemon Bars                                   | 2 inch square         | 252      | 14.5          | 10                | 0                | 71          | 28              | 0.8               | 13.9      | 2.2         | VEG, V              | G          |
| Creamy Parsnip Soup                                | 1 cup                 | 192      | 11.6          | 7.1               | 38               | 605         | 20              | 4.8               | 6.4       | 3.1         |                     | D          |
| Broccoli Soup                                      | 1 cup                 | 106      | 7.3           | 1.1               | 0                | 720         | 9.3             | 2.1               | 3         | 1.9         | 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