

LUNCH WEDNESDAY, NOV 12

	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												
Citrus Chicken	5 oz	335	20.9	3.8	109	583	8	2	2	28		
Garlic & Paprika Shrimp with Smokey Tomato Sauce	5 oz + 2 oz	290	20.2	1.7	188	826	5.2	1	2.9	22.8		SF
Vegan Vegetable Stew	1 cup	215	5.2	0.5	0	859	38	6	7	6	VEG, V	
Steamed Rice	1/2 cup	131	2.8	1.4	5	405	24	1	0	2	VEG	D
Corn Succotash	1/2 cup	133	6.7	0.7	0	278	16.8	3	2.8	3.8	VEG, V	
Roasted Cauliflower	1/2 cup	81	7.1	0.8	0	313	4.3	1.9	1.8	1.6	VEG, V	
Southwestern Ranch Salad	1 cup + 1 oz dressing	229	14.4	3.3	5	251	21	4.6	1.7	5.9	VEG	S, D, E
Three Bean Salad	1/2 cup	159	10.6	1.8	0	143	13	3	4	4	VEG, V	
Mango Bread Pudding with Rum Sauce	2 inch square + 1 oz	260	15.9	9.7	73	231	25	0.5	21.8	3.4	VEG	D, G, E
Vegan Mango Bread Pudding with Rum Sauce	2 inch square + 1 oz	264	13.1	7.2	0	207	31.2	1.2	25	1.7	VEG, V	S, G, TN
Chickpea & Kale Soup	1 cup	157	5.1	0.7	9	689	18.6	5	6.6	4.5		
Vegan Minestrone	1 cup	108	4.4	1	0	472	16	3.7	4.6	3.7	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