

LUNCH THURSDAY, NOV 20

	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												
Chicken Shawarma with Garlic Sauce	5 oz + 2 oz	431	31.4	2.5	97	876	3.6	0.9	0.6	33		E
Beef Brochettes	5 oz	331	16	4.4	127	385	1.5	0.7	0.2	38		
Falafel	1 patty	95	4.5	0.4	0	131	11	3.2	1.9	3.6	VEG, V	SE
Chickpeas & Dukkah with Heirloom Carrots	1/2 cup	123	6.9	0.7	0	339	13.4	3.1	1.9	2.8	VEG, V	TN, SE
Spiced Basmati Rice	1/2 cup	122	1.7	0.2	0	302	25.2	0.6	0.4	2.2	VEG, V	
Grilled Herb Pita	1/2 pita	90	2.5	0	0	267	18	2	1	4	VEG, V	G
Hummus	2 oz	135	10.4	1.5	0	267	7.8	2.2	0.3	3.6	VEG, V	SE
Harissa	1 oz	43	2.6	0.4	0	147	3.8	0.5	1.9	0.5	VEG, V	
Tzatziki	2 oz	122	10.5	4.4	15	229	4.5	0.2	3.2	2.6	VEG	D
Kachumber Cucumber Salad	1/2 cup	44	0.2	0	0	108	5.8	1.4	3	1	VEG, V	
Classic Fattoush Salad	1 cup + 1 oz dressing	230	18.6	1.7	0	310	15.6	1.6	5.9	2.2	VEG, V	G
Honey Cake with Almonds	2 inch square	352	22	13.4	109	184	38	1.2	33	3	VEG	D, G, E, TN
Vegan Honey Agave Cake with Almonds	2 inch square	343	20	10	0	108	38.8	1.7	30.5	4.3	VEG, V	S, G, TN
Moroccan Chicken Soup	1 cup	201	7.6	0.7	27	678	19.1	5.1	4.5	14.7		
Spiced Moroccan Vegetable Soup	1 cup	161	5.8	0.6	0	642	21.3	7.1	4.4	6.5	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