

LUNCH WEDNESDAY, DEC 3

	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												
Huli Huli Grilled Chicken Thigh with Soy Pineapple Glaze	5 oz + 2 oz sauce	258	13.6	3.6	77	1114	19.2	0.4	17.6	14.8		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