

LUNCH MONDAY, DEC 8

	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
Monday												
Braised Short Ribs	5 oz	537	36.4	15.8	152	510	17.1	2	11.6	35.5		S, D
Crispy Shallots	2 Tbsp	68	5.3	0.4	0	150	4.9	0.1	0	0.7	VEG, V	G
Grilled Herb Salmon	5 oz	257	14.5	2.1	108	364	0.1	0	0	29.7		F
Quinoa Stuffed Peppers with Smokey Tomato Sauce	1 pepper + 2 oz sauce	253	5.5	0.7	0	788	47.9	7	17.9	6.8	VEG, V	
Rigatoni with Vegan Smoked Vodka Sauce	1 cup	340	11.8	5.4	0	381	46	2.8	3.7	8.3	VEG, V	G
Layered Manhattan Potatoes	1/2 cup	210	17.3	11	49	504	8.5	0.7	0.3	7.4	VEG	D
Grilled Zucchini, Squash, Peppers & Broccoli	1/2 cup	66	4.9	0.5	0	227	5.4	1.5	2.7	1.5	VEG, V	
Antipasto Salad	1 cup + 1 oz dressing	334	32.2	5.6	36	640	5.5	1.2	3.3	9		D, PK
Orzo Salad	1 cup	246	14.1	1.3	0	261	26.7	1.9	4.3	4.2	VEG, V	G
Cookie Pie	2 inch square	302	19.5	9.9	74	314	29.6	0.4	18.9	2.7	VEG	S, D, G, E
Vanilla Ice Cream	2/3 cup	170	9	5	35	50	21	0	14	3	VEG	D
Vegan Cookie Pie	2 inch square	238	12.4	2	0	229	29.3	0.6	12	2.4	VEG, V	S, G
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Creamy Chicken & Mushroom Soup	1 cup	169	9.9	4.3	42	993	8.8	2.3	3.5	11.1		D, G
Vegan "Cream" of Broccoli Soup	1 cup	160	13.8	5.4	0	436	5.9	1.5	2.4	1.4	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