LUNCH MONDAY, NOV 2

	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												
Turkey Meatloaf	1 slice	327	16.2	5.4	88	951	19.6	2.3	3.5	26.1		S, D, E
Roasted Salmon	3 oz	100	3.7	0.8	20	1242	0	0	0	15.6		F
Dill Creme Fraiche	2 Tbsp	80	7	4.5	20	125	2	0	1	2	VEG	D
Caulfilower Steaks	1 steak	84	6.4	0.7	0	415	6.2	2.1	2.4	2	VEG, V	
Red Pepper Chimichurri	1 oz	62	6.5	0.8	0	235	1.3	0.5	0.3	0.3	VEG, V	
Vegan Roasted Garlic Mashed Potatoes	1/2 cup	109	5.4	0.5	0	275	14.1	2.1	1	1.6	VEG, V	
Tortellini Alfredo	1 cup	551	32.4	19.4	113	859	46.5	1.9	1.8	19.2	VEG	D, G, E
Roasted Garlic Green Beans with Preserved Lemon Dres	1/2 cup	114	9.7	0.9	0	394	6.9	2.7	1.9	1.7	VEG, V	
Baby Kale & Fennel Salad	1 cup + 1 oz dressing	219	18.1	1.3	0	100	15.6	2.6	8.3	3.1	VEG, V	TN
Heirloom Caprese Salad	1 cup	234	20	5.2	22	432	7.2	0.9	5.1	7	VEG	D
Blueberry Cheesecake Bites	2 inch square	395	24.4	13.4	64	329	40.1	0.6	33.2	6.2	VEG	D, G
Vegan Blueberry Cheesecake Bites	2 inch square	339	18.6	10.5	0	239	42.4	1.5	32	2.8	VEG, V	S, G
Cream of Parsnip with Bacon Soup	1 cup	205	11.8	5.4	28	801	20.9	5.7	6.6	4.4		D, PK
Spicy Tomato & Pasta Soup 🔥	1 cup	157	4.5	0.7	0	444	23.6	3.3	6	6.6	VEG, V	G
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**