LUNCH TUESDAY, NOV 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
Tuesday												
Tandoori Chicken Quarters	5 oz	406	31.2	7.3	134	394	6.1	0.2	3.8	24.1		D
Cucumber Mint Riata	2 oz	24	1	0.6	4	208	2.2	0.3	1.4	1.8	VEG	D
Korean BBQ Short Ribs	5 oz	348	28.7	11.6	54	1065	10.3	1	5.6	12.8		S, G, SE
Vegan Lobster Roll Filling	1/2 cup	171	15.2	1	0	652	7.6	3.5	1.1	3.4	VEG, V	S
Hot Dog Bun	1 bun	160	2	0	0	320	29	1	4	5	VEG, V	S, G
Turmeric Rice	1/2 cup	122	1	0.1	0	194	24.1	1.4	0	2	VEG, V	
Fried Buffalo Cauliflower	1/2 cup	153	6.7	1.2	42	343	19.8	1.7	3.4	5.6	VEG	S, D, G, E
Green Bean Almondine	1/2 cup	106	8.4	0.8	0	394	7.2	3.1	1.3	2.4	VEG, V	TN
Erewhon Kale & White Bean Salad	1 cup + 1 oz dressing	206	11.9	1.6	0	145	19.9	6.6	5.1	8	VEG, V	
Persian Cucumber Salad	1 cup	199	18.5	2.6	0	270	8.9	3.6	2.7	1.8	VEG, V	
Vanilla Strawberry Cupcakes	1 cupcake	276	16.2	8	50	79	31.7	0.5	22.9	2.1	VEG	D, G, E
Vegan Strawberry Cupcakes	1 cupcake	263	11.9	6.8	0	95	38.8	0.6	30.6	1.1	VEG, V	G
Chicken Noodle Soup	1 cup	167	4.3	0.4	43	558	19	1.9	2.4	13		G, E
Vegan Lentil Soup	1 cup	187	3.6	0.4	0	554	28.3	12.8	2.9	10.2	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**