LUNCH THURSDAY, NOV 5

	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												
Roman Style Chicken	5 oz	341	25.6	5.5	93	991	7.4	0.8	3.4	18.8		
Shrimp Fra Diavolo	5 oz	301	14	1	126	896	6.3	0.5	3.3	26.5		SF
Vegan Eggplant Parmesan	3 inch square	270	16	1	0	584	26.6	6.6	9.5	8	VEG, V	
Creamy Parmesan Baked Pasta	1 cup	461	28.7	16.8	77	604	32.3	1.6	4.4	18.3	VEG	D, G
Broccoli Rabe with Roasted Pepper & Garlic	1/2 cup	40	3.6	0.3	0	225	1.7	1	0.7	1	VEG, V	
Smokey Candied Carrots	1/2 cup	68	0.2	0	0	299	16.8	2	12.4	0.7	VEG, V	
Walnut Gremolata	1 oz	100	9.2	0.8	0	159	3.3	1.3	0.6	2.4	VEG, V	TN
Black Rice Salad	1 cup	132	5.7	0.5	0	203	19.4	1.8	4.2	2.1	VEG, V	
La Scala Chopped Salad	1 cup + 1 oz dressing	262	19.7	5.2	24	669	12	3.1	3.4	10.4		D, PK
Panettone Bread Pudding with Amaretto	2 inch square	420	22.7	12.7	194	127	46	1.2	37	8.5	VEG	S, D, G, E
Vegan Apple Cake	2 inch square	323	15	1.8	0	165	44	2.6	27.6	3.8	VEG, V	G, TN
Italian Wedding Soup	1 cup	225	14	5.4	93	589	7.4	1.3	1	18.6		D, G, E, PK
Vegan Butternut Squash Soup	1 cup	140	8.4	4.9	0	572	14.6	2.2	3.9	1.6	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**