LUNCH WEDNESDAY, NOV 11

	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												
Tri Tip Asado	5 oz	306	19.1	3.5	86	543	1.7	0.5	0	30.5		
Chimichurri	1 oz	113	13	1.8	0	120	0.8	0.1	0.3	0.2	VEG, V	
Chicken Milanese with Cherry Tomato Salad & Tomato Sauce	5 oz + 1/2 cup salad	581	36.4	7.7	120	694	30.4	2.5	4.2	32.6		D, G, E
Eggplant Milanese with Cherry Tomato Salad & Tomato Sauce	5 oz + 1/2 cup salad	338	26.1	2.6	0	436	24.1	4.9	6.4	6.1	VEG, V	
Smashed Potatoes	1/2 cup	156	10.8	1	0	375	14.1	2.1	1	1.6	VEG, V	
Red Pepper Chimichurri	1 oz	62	6.5	0.8	0	235	1.3	0.5	0.3	0.3	VEG, V	
Arroz Blanco	1/2 cup	113	0.2	0.1	0	245	24.7	0.4	0	2.2	VEG, V	
Vegetables a la Parrilla with Chimichurri	1/2 cup	116	9.6	1.2	0	259	8.7	4.1	4.7	1.6	VEG, V	
Ensalate de Palmitos	1/2 cup	111	9.5	1.3	0	312	6	2.8	1	2	VEG, V	
Three Bean Salad	1/2 cup	159	10.6	1.8	0	143	13	3	4	4	VEG, V	
Dulce de Leche Flan	2 inch square	291	9.3	5.1	107	119	46.3	0	46.3	7.5	VEG	D, E
Vegan Caramel Donuts	1 donut	248	12.9	3.7	0	201	30.9	0.7	18.2	2.7	VEG, V	G, TN
Vegan Locro Soup	1 cup	113	5.5	0.8	0	400	15	2.4	1.8	1.9	VEG, V	TN
Beef Stew	1 cup	240	10.5	2	50	1002	17.7	2.6	4.2	19		
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**