LUNCH THURSDAY, NOV 12

	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												
Grilled Skirt Steak with Mandarin Sweet Chili Sauce	5 oz + 1 oz sauce	493	22	6.6	84	1166	33.7	1.2	29.7	39.3		S, SE
Lettuce Cups:												
Lettuce	2 lettuce cups	2	0	0	0	2	0.4	0.2	0.4	0.2	VEG, V	
Ground Chicken, Soy & Mushroom Filling	1/2 cup	293	18.6	3.9	50	821	17.1	1.6	9.4	13.5		S, G, SE
Sesame Tofu Filling	1/2 cup	173	12.3	1.6	0	516	8.6	1.7	5	9.2	VEG, V	S, SE
Toppings:												
Crispy Shallot	2 Tbsp	48	2.8	0.2	0	4	5.4	0	0	0.8	VEG, V	G
Pickled Onions	2 Tbsp	9	0	0	0	177	2	0.2	1.4	0.1	VEG, V	
Sambal Sauce 🔥	1 tsp	0	0	0	0	75	0	0	0	0	VEG, V	
Green Onions	2 Tbsp	4	0	0	0	2	0.8	0.4	0.2	0.2	VEG, V	
Soy Glaze	1 tsp	9	0	0	0	97	2.3	0	2.3	0.1	VEG, V	S
Jasmine Rice	1/2 cup	122	1	0.1	0	284	25.2	0.6	0.4	2.2	VEG, V	
Furikake	1 tsp	6	0	0	0	30	1.2	1.2	0	0	VEG, V	S, G, SE
Soba Noodles with Vegetables	1 cup	251	9.5	1.4	0	795	37.1	1.9	3.8	7.2	VEG, V	S, G, SE
Roasted Broccoli & Baby Corn	1/2 cup	106	8.9	0.6	0	459	4.7	2.2	0.1	2.5	VEG, V	S
Chinese Style Salad	1 cup + 1 oz dressing	192	9.3	1	0	329	24.7	2.2	18.3	1.8	VEG, V	SE
Miso Salad	1 cup + 1 oz dressing	199	17.2	1.2	0	557	11.4	1.2	5.3	1	VEG, V	S, SE
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	
Thai Chicken Coconut Soup (Tom Kha Gai)	1 cup	241	15.5	12.1	42	390	11	2.9	5.1	16.6		S, SF
Sweet Potato & Carrot Soup	1 cup	177	9.6	5.4	0	461	22.3	4.2	5.4	2.1	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

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