**LUNCH MONDAY, NOV 16**

| | 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** | | | | | | | | | | | | |
| Spanish Braised Chicken & Chorizo | 1 cup | 387 | 23 | 7 | 65 | 1200 | 22.3 | 6.4 | 2.2 | 24.4 | | PK |
| Shrimp with Salsa Roja | 5 oz | 186 | 10.5 | 1.3 | 156 | 541 | 5.2 | 0 | 2 | 15.6 | | SF |
| Cauliflower Steaks with Salsa Roja | 1 steak + 1/4 cup | 94 | 6.4 | 0.7 | 0 | 585 | 8.2 | 2.1 | 3.4 | 2 | VEG, V | |
| Saffron Rice | 1/2 cup | 133 | 1.8 | 0.2 | 0 | 108 | 26.3 | 0.8 | 0.9 | 2.5 | VEG, V | |
| Papas Arrugadas with Mojo de Cilantro | 1/2 cup | 192 | 15.3 | 1.5 | 0 | 363 | 13.6 | 2.1 | 1.5 | 1.6 | VEG, V | |
| Pisto Manchego | 1/2 cup | 105 | 5.3 | 0.7 | 0 | 405 | 14.6 | 4.1 | 9.1 | 3 | VEG, V | |
| Manchego Cheese | 1 oz | 129 | 11.1 | 7.4 | 19 | 242 | 0 | 0 | 0 | 7.1 | VEG | D |
| Shaved Brussels Sprouts Salad | 1 cup + 1 oz dressing | 278 | 23.7 | 3 | 5 | 359 | 11.7 | 3.3 | 5.7 | 6.5 | VEG | D, TN |
| Garden Salad | 1 cup + 1 oz dressing | 190 | 22 | 1.5 | 0 | 40 | 2 | 0 | 2 | 0 | VEG, V | |
| Almond Cake with Pear | 2 inch square | 362 | 24.7 | 9.4 | 81 | 111 | 32.2 | 4.7 | 20.6 | 6.9 | VEG | D, G, E, TN |
| Vegan Almond Cake with Pear | 2 inch square | 335 | 16.2 | 4.5 | 0 | 78 | 43 | 3.1 | 18.1 | 4.8 | VEG, V | G, TN |
| Creamy Red Pepper Soup | 1 cup | 198 | 16.7 | 3.8 | 16 | 520 | 10.1 | 2.4 | 4.3 | 3.1 | VEG | D, TN |
| Kidney Bean Soup | 1 cup | 110 | 3.6 | 0.3 | 0 | 306 | 17.2 | 4.1 | 4.9 | 3.9 | 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**