LUNCH WEDNESDAY, NOV 18

	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												
Oven Roasted Turkey Breast	5 oz	271	10.2	0.9	105	880	5.2	0.2	3.9	42.8		
Brown Gravy	2 oz	72	5.8	3.7	15	311	3.3	0.1	0.3	1.7		D, G
Cranberry Sauce	2 oz	67	0	0	0	2	16.1	1.1	14.2	0.1	VEG, V	
Rosemary Grilled Salmon with Orange Zest & Cranberry	5 oz	384	23.2	4.1	100	682	6.9	1.4	4.1	34		F
Vegan Herb Chik'n	5 oz	280	12	1	0	810	21	0	1	23	VEG, V	S, G
Vegan Gravy	2 oz	43	3.1	2.4	0	219	3.3	0.3	0.8	0.6	VEG, V	
Vegan Winter Squash Quinoa	1/2 cup	176	10	2.2	0	241	19.3	2.1	3.5	3.2	VEG, V	TN
Herb Traditional Stuffing	1/2 cup	147	8.5	2.9	57	555	10.5	1.9	1.6	8.1		D, G, E
Olive Oil Mashed Yukon Gold Potatoes	1/2 cup	196	12.7	2.6	0	347	19	1.6	1.9	2.2	VEG, V	
Toasted Hazelnut Green Beans	1/2 cup	98	8	0.7	0	336	5.8	2	2.2	1.9	VEG, V	TN
Shaved Fennel & Pomegranate Citrus Salad	1 cup + 1 oz dressing	233	16.3	1.5	0	119	19.5	3.4	9.8	2.2	VEG, V	
Shaved Asparagus Salad	1 cup + 1 oz dressing	212	16.6	2.8	7	608	11.3	2.1	2.3	6.6	VEG	D, G, TN
Pecan Pie	1 tin	372	13.4	4.4	69	146	63.2	0.7	36.3	3.4	VEG	S, G, E, TN
Pumpkin Pie	1 tin	284	11.6	4.6	70	372	42.4	2.5	27.2	4.9	VEG	D, G, E
Apple Pie	2 inch square	332	15.7	5.8	11	227	49	1.6	29.7	1.9	VEG, V	G
Vegan Warm Apple Cobbler	2 inch square	271	5.9	3.5	0	75	55.6	2.9	40.6	1.8	VEG, V	G, TN
Whipped Cream	1 Tbsp	22	1.9	1.2	7	2	1.5	0	1.3	0.1	VEG	D
Vegan Whipped Cream	1 Tbsp	30	2.7	1.5	0	2	2	0	2	0	VEG, V	
Butternut Squash Soup	1 cup	215	15.6	6.2	28	486	18.2	2.7	5.2	3.4	VEG	D
Vegan Butternut Squash Soup	1 cup	231	16.8	6.7	0	285	17.8	2.7	5.2	3.1	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**