LUNCH THURSDAY, NOV 19

	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												
Chicken Cordon Bleu	1 breast	681	42.6	13.4	173	1132	25	2	2	48		D, G, E, PK
Garlic Dijon Sauce	2 oz	117	11.1	6.9	41	336	1.7	0.1	0.1	0.7		D
Shrimp Provencal	5 oz	218	12.6	1.6	99	587	10.2	0.8	4	12.3		SF
Portobella Mushrooms with Vegan Basil Vinaigrette	1/2 cup	120	10.5	1.3	0	493	6.7	1.4	3.2	4.2	VEG, V	S
Roasted Herb Gold Potatoes	1/2 cup	146	8.5	0.8	0	482	16.6	2.6	2.1	1.9	VEG, V	
Herb Basmati Rice Pilaf	1/2 cup	143	2.5	0.3	0	508	27	1	1	2	VEG, V	
Steamed Green Beans	1/2 cup	17	0.1	0	0	151	3.9	1.9	0.8	1	VEG, V	
Caesar Salad	1 cup + 1 oz dressing	226	13.7	5.1	30	486	14.8	0.3	8.1	13.5		S, D, G, E, F
Arugula & Fennel Salad	1 cup + 1 oz dressing	219	18.1	1.3	0	100	15.6	2.6	8.3	3.1	VEG, V	TN
Macarons	1 macaron	63	2.3	0.2	0	6	9.9	0.4	9	1.4	VEG	S, D, G, E, TN
Profiteroles	1 profiterole	130	7.9	4.4	79	39	11.4	0.3	5	3.5		S, D, G, E
Fruit Tartlets	1 tartlet	216	12	6.9	101	95	23.3	0.4	10.4	3.9		S, D, G, E
Vegan Chocolate Mousse Cups	1 cup	206	15.5	11	0	78	13.3	0	12.2	0.4	VEG, V	
French Onion Soup	1 cup	204	12.3	1	0	564	20	2.4	5.6	4.4		G
Shredded Gruyere	1 oz	116	9.1	5.3	31	94	0.1	0	0.1	8.4	VEG	D
Vegan Tomato Bisque	1 cup	83	3.9	0.6	0	282	11.5	3.3	7.1	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**