



ECE Campus Lunch Menu



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--------------------------|--|--|--------------------------------|------------------|
| | FEBRUARY 26 | FEBRUARY 27 | FEBRUARY 28 | FEBRUARY 29 | MARCH 1 |
| MAIN COURSE | Thai Grilled Chicken | BBQ Pork Loin | Chicken Fajita Wrap | Beef Goulash | Pepperoni Pizza |
| ALLERGEN CONTENT | S L | L | G | G L | G D |
| STAPLE FOOD | Thai Fried Noodle | Roasted Potato | Salsa Rice/ Corn Chips with Tomato Salsa | Brown Rice with Lentils | Sushi Roll |
| ALLERGEN CONTENT | S L E | D | D | L | E |
| VEGETABLES | Sauteed Cabbage & Carrot | Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini) | Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom) | Steamed Broccoli & Cauliflower | Vegetables Stick |
| ALLERGEN CONTENT | S L | | | | |
| VEGETARIAN DISH (on request) | Thai Grilled Eggplant | BBQ Mushroom & Vegetables | Vegetable & Bean Fajita | Chickpea & Vegetable Goulash | Vegetarian Pizza |
| ALLERGEN CONTENT | | L | G L | G L | G D |
| SIDE DISH | Egg | | Egg | | Egg |
| DRINKS | Milk | Milk, Yogurt | Milk | Milk, Yogurt | Milk |
| FRUITS | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit | Seasonal Fruit |

* ALLERGY CONTENT: (D) DAIRY (E) EGG (G) GLUTEN (L) LEGUMES (N) NUTS (S) SEAFOOD

Nutrition Facts



February 26-March 1 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

| Menu | Calories | Carbs (g) | Fat (g) | Protein (g) | Sodium (mg) | Sugar (g) |
|--|----------|-----------|---------|-------------|-------------|-----------|
| Thai Grilled Chicken | 88 | 3 | 5 | 14 | 217 | 1 |
| BBQ Pork Loin | 150 | 9 | 4 | 23 | 247 | 2 |
| Chicken Fajita Wrap | 153 | 2 | 8 | 14 | 207 | 2 |
| Beef Goulash | 136 | 4 | 6 | 17 | 280 | 2 |
| Pepperoni Pizza | 105 | 15 | 3 | 5 | 290 | 1 |
| Thai Fried Noodle | 83 | 2 | 12 | 4 | 192 | 2 |
| Roasted Potato | 114 | 18 | 3 | 3 | 189 | 2 |
| Salsa Rice | 64 | 0 | 2 | 18 | 127 | 1 |
| Corn Chips with Tomato Salsa | 138 | 11 | 11 | 1 | 270 | 1 |
| Brown Rice with Lentils | 60 | 12 | 1 | 2 | 23 | 1 |
| Sushi Roll | 218 | 15 | 11 | 14 | 276 | 1 |
| Sauteed Cabbage & Carrot | 46 | 6 | 3 | 1 | 227 | 3 |
| Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini) | 70 | 9 | 3 | 4 | 200 | 3 |
| Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom) | 70 | 12 | 3 | 2 | 112 | 1 |
| Steamed Broccoli & Cauliflower | 13 | 6 | 0 | 3 | 32 | 2 |
| Vegetables Stick | 25 | 7 | 0 | 2 | 25 | 3 |

* ALL DATA FOR REFERENCE ONLY