



HQ Campus Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26
MAIN COURSE	New Orleans Chicken	Stir-Fried Pork with Basil	Roasted Chicken with Mushrooms	Beef Lasagna	Chicken Schnitzel
ALLERGEN CONTENT	D	LS	GD	GED	GE
STAPLE FOOD	Mushroom Rice	Egg Fried Rice (with Peas & Corns)	Sweet Potato Puree	Roasted Potatoes	Macaroni with Tomato Sauce
ALLERGEN CONTENT	D	EL			G
VEGETABLES	Sauteed Spinach	Sauteed Bok Choy	Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	Steamed Carrot & Cauliflower	Steamed Corn, Carrot & Green Peas
ALLERGEN CONTENT	D				L
SPECIALTIES	Cheese Spring Roll	Steamed Vegetable Dumplings	Corn Roll	Garlic Bread	French Fries
ALLERGEN CONTENT	GD	G	G	GD	
SANDWICH BAR	Ham	Egg Salad	Tuna Salad	Bacon	Potato Salad
ALLERGEN CONTENT		E	SE		E
VEGETARIAN DISH (on request)	New Orleans Baked Mushroom	Stir-fried Tofu with Basil	Roasted Tofu with Mushrooms	Eggplant Lasagna	Zucchini Schnitzel
ALLERGEN CONTENT	D	LS	GD	GED	GE
SALAD BAR	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
DRINKS	Milk, Plain Yogurt, Apple Juice, Orange Juice, Lemonade	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice, Peach Juice	Milk, Fruit Yogurt, Apple Juice, Orange Juice, Grape Juice	Milk, Plain Yogurt, Apple Juice, Orange Juice, Lemonade
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



April 22 - 26 Lunch Menu Nutrition Facts (based on 2000 calorie diet)

Menu	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Sugar (g)
New Orleans Chicken	184	8	8	27	395	1
Stir-Fried Pork with Basil	672	10	30	40	1092	4
Roasted Chicken with Mushrooms	256	10	9	32	381	1
Beef Lasagna	366	13	28	28	297	6
Chicken Schnitzel	279	12	14	22	315	1
Mushroom Rice	326	45	14	8	61	4
Egg Fried Rice (with Peas & Corns)	233	13	7	14	338	2
Sweet Potato Puree	238	36	9	4	37	3
Roasted Potatoes	227	36	6	6	377	3
Macaroni with Tomato Sauce	444	44	2	11	388	6
Sauteed Spinach	67	6	3	2	247	0
Sauteed Bok Choy	70	7	5	7	482	2
Sauteed Mixed Vegetables (Bell Pepper, Zucchini, Mushroom)	140	18	6	7	400	5
Steamed Carrot & Cauliflower	66	13	0	3	57	5
Steamed Corn, Carrot & Green Peas	104	24	0	4	56	6

* ALL DATA FOR REFERENCE ONLY