



# ECE Campus Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	APRIL 22	APRIL 23	APRIL 24	APRIL 25	APRIL 26
<b>MAIN COURSE</b>	New Orleans Chicken	Stir Fried Pork with Basil	Chicken Fajita Wrap	Beef Lasagna	Pepperoni Pizza
<b>ALLERGEN INFORMATION</b>	D	S L	G	G E D	G D
<b>STAPLE FOOD</b>	Mushroom Rice	Egg Fried Rice ( with Peas & Corns)	Roasted Potato	Garlic Bread	Omelet Roll /Hot Dog
<b>ALLERGEN INFORMATION</b>		E L		G D	G E
<b>VEGETABLES</b>	Sauteed Spinach	Sauteed Bok Choy	Sauteed Mixed Vegetables( Bell Pepper, Zucchini, Mushroom )	Roasted Carrot & Cauliflower	Roasted Mixed Vegetables (Carrot, Bell Pepper, Zucchini)
<b>ALLERGEN INFORMATION</b>	D				
<b>VEGETARIAN DISH (on request)</b>	New Orleans Baked Mushroom	Stir-Fried Tofu with Basil	Vegetable & Bean Fajita Wrap	Eggplant Lasagna	Margherita Pizza
<b>ALLERGEN INFORMATION</b>	D	S L	G L	G E D	G D
<b>SIDE DISH</b>	Egg		Egg		Egg
<b>DRINKS</b>	Milk	Milk, Yogurt	Milk	Milk, Yogurt	Milk
<b>FRUITS</b>	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	92	4	4	14	198	1
Stir Fried Pork with Basil	336	5	15	20	546	2
Chicken Fajita Wrap	153	2	8	14	207	2
Beef Lasagna	183	7	14	14	149	3
Pepperoni Pizza	105	15	3	5	290	1
Mushroom Rice	104	3	0	2	107	1
Egg Fried Rice ( with Peas & Corns)	117	7	4	7	169	1
Roasted Potato	114	18	3	3	189	2
Garlic Bread	165	4	1	1	99	1
Omelet Roll	95	4	5	3	143	1
Hot Dog	232	21	10	8	420	3
Sauteed Spinach	34	3	2	1	124	0
Sauteed Bok Choy	35	4	3	4	241	1
Sauteed Mixed Vegetables( Bell Pepper, Zucchini, Mushroom )	70	12	3	2	112	1
Roasted Carrot & Cauliflower	33	7	0	2	29	3
Roasted Mixed Vegetables ( Carrot, Bell Pepper, Zucchini)	70	9	3	4	200	3

\* ALL DATA FOR REFERENCE ONLY