

NUTRITIONAL FACTS

MONDAY

Appetizers

Fiseo seco

Prot.8.4 • Fat.Sat.0.6 • Carbs.6.5 • DB0.8 • Sg0.4 • Na.246

Quesadillas fritas

Prot.0.7 • Fat.Sat.0 • Carbs.3.1 • DB1.1 • Sg2 • Na.10.5

Soups

Pozole rojo

Prot.4.5 • Fat.Sat.0.5 • Carbs.20.5 • DB1.6 • Sg0 • Na.564.2

Sopa de tortilla

Prot.2.2 • Fat.Sat.3.5 • Carbs.10.5 • DB0 • Sg0.7 • Na.124.4

Pozole de setas

Prot.3 • Fat.Sat.1.1 • Carbs.13.2 • DB1 • Sg0.6 • Na.299.2

Main Dishes

Pollo en mole

Prot.25.50 • Fat.Sat.6.30 • Carbs.40.50 • DB1.60 • Sg4.80 • Na.480.80

Chiles en Nogada

Prot.38.5 • Fat.Sat.1.5 • Carbs.3.6 • DB0 • Sg0 • Na.254.4

Chiles en Nogada

Prot.37.4 • Fat.Sat.6.6 • Carbs.3.7 • DB0 • Sg1.1 • Na.1052.5

Tacos de canasta veganos

Prot.7.28 • Fat.Sat.0.45 • Carbs.37.68 • DB7.26 • Sg2.96 • Na.120.12

Alambre vegano

Prot.5.3 • Fat.Sat.3.30 • Carbs.7.1 • DB0 • Sg0 • Na.136.80

Sides

Verduras al vapor

Prot.3.1 • Fat.Sat.0 • Carbs.23.1 • DB2.3 • Sg1.1 • Na.4.1

Frijoles bayos

Prot.5.89 • Fat.Sat.0.19 • Carbs.48.33 • DB3.1 • Sg76.2 • Na.90.97

Arroz infusionado con cilantro

Prot.4.6 • Fat.Sat.0 • Carbs.14.8 • DB0 • Sg0 • Na.23.1

Ensalsa de espinaca y aguacate

Prot.0.702 • Fat.Sat.1.40 • Carbs.3.9 • DB0.60 • Sg1.70 • Na.6.00

Desserts

Dulces mexicanos

Surtido rico

Pastel de chocolate vegano

177kcal   

Nutritional nomenclature

Protein • Prot.
Saturated Fat • Sat Fat.
Carbohydrates • Carbs
Dietary Fiber • DB
Sugars • Sg.
Sodium • Na.

NUTRITIONAL FACTS

TUESDAY

Appetizers

Cheese “volcanes”

Prot.17.68 • Fat.Sat.1.13 • Carbs.13 • DB5.54 • Sg32.39 • Na.98.41

Pesto Paysanne Vegetables

Prot.8.2 • Fat.Sat.8.6 • Carbs.10.7 • DB0.4 • Sg1 • Na.240.6

Poblano strips with cream & cheese

Prot.6.4 • Fat.Sat.4 • Carbs.6.2 • DB1.9 • Sg4 • Na.262

Soups

Pasta soup

Prot.4.5 • Fat.Sat.0.3 • Carbs.9.1 • DB0.9 • Sg0 • Na.771.5

Green Beans Cream

Prot.10.5 • Fat.Sat.1.3 • Carbs.15.4 • DB1 • Sg1.2 • Na.479.6

Lime soup

Prot.2.6 • Fat.Sat.0 • Carbs.17.5 • DB1.5 • Sg0.7 • Na.14.3

Main Dishes

Cacio e pepe chicken

Prot.29.3 • Fat.Sat.11.9 • Carbs.4.8 • DB0.5 • Sg2.4 • Na.340.5

Beef tepanyaki

Prot.11.8 • Fat.Sat.1.3 • Carbs.35.4 • DB1.5 • Sg0 • Na.160.3

Twin Tide Fish

Prot.18.5 • Fat.Sat.0.9 • Carbs.6.8 • DB0.1 • Sg0.1 • Na.313.7

Vegan “enfrijolada”

Prot.9.63 • Fat.Sat.0.08 • Carbs.10.65 • DB2.33 • Sg0.66 • Na.3.97

Vegan Chop Suey

Prot.8.87 • Fat.Sat.0.66 • Carbs.44.01 • DB1.27 • Sg0 • Na.396.82

Sides

Gamja Jorim

Prot.11.4 • Fat.Sat.8.9 • Carbs.5.6 • DB0.5 • Sg1.3 • Na.409.6

Carrots & Corn

Prot.4.2 • Fat.Sat.4 • Carbs.2.5 • DB0.6 • Sg1 • Na.93.5

Risotto

Prot.14.60 • Fat.Sat.0 • Carbs.11.30 • DB3.40 • Sg5.10 • Na.305.40

Cold peanut salad

Prot.1.42 • Fat.Sat.0.32 • Carbs.11.96 • DB1.17 • Sg32.2 • Na.174.12

Vegan "big mac" salad

Prot.4.4 • Fat.Sat.0.44 • Carbs.13.31 • DB3.13 • Sg0.13 • Na.153.18

Desserts

Rice pudding

144kcal

Mini vanilla popsicle

177kcal

Pecan pancake

167kcal

Nutritional nomenclature

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Dietary Fiber • DB
Sugars • Sg.
Sodium • Na.

NUTRITIONAL FACTS

THURSDAY

Appetizers

Fattoush Salad

Prot.39.48 • Fat.Sat.5.92 • Carbs.92.31 • DB4.08 • Sg5.33 • Na.311.8

Lyonnaise Salad

Prot.10.23 • Fat.Sat.41.36 • Carbs.13.44 • DB2.35 • Sg30.4 • Na.746.46

Cucumber salad

Prot.11.16 • Fat.Sat.7.73 • Carbs.15.81 • DB3.8 • Sg0 • Na.135.58

Soups

Chicken & Corn Soup

Prot.3.5 • Fat.Sat.0 • Carbs.3.4 • DB0.4 • Sg3.2 • Na.725

Broccoli Cheddar Soup

Prot.19.46 • Fat.Sat.11.3 • Carbs.14.86 • DB2.41 • Sg30.32 • Na.442.89

Korean radish soup

Prot.5.79 • Fat.Sat.0.21 • Carbs.13.06 • DB3.11 • Sg1.81 • Na.406.84

Main Dishes

Tomato & Pesto Chicken

Prot.36.60 • Fat.Sat.14.51 • Carbs.11.24 • DB1.20 • Sg0.70 • Na.549.70

Oriental-style Ground Beef

Prot.31.7 • Fat.Sat.6.1 • Carbs.0.3 • DB0.9 • Sg0.9 • Na.81.7

Mediterranean Roasted Fish

Prot.15.6 • Fat.Sat.0.3 • Carbs.0.4 • DB0.3 • Sg0.1 • Na.42.6

Vegan soy fajitas

Prot.57.35 • Fat.Sat.0.48 • Carbs.65.45 • DB27.23 • Sg1.31 • Na.16.42

Spiced Mushroom Ragu

Prot.4.52 • Fat.Sat.0.90 • Carbs.25.91 • DB10.11 • Sg16.57 • Na.244.73

Sides

White rice with peas

Prot.2 • Fat.Sat.0.43 • Carbs.7.64 • DB2.71 • Sg29 • Na.20.87

Charro beans

Prot.1.10 • Fat.Sat.0.20 • Carbs.26.80 • DB2.80 • Sg15.30 • Na.389.40

Cabbage beer stew

Prot.389.40 • Fat.Sat.3.74 • Carbs.14.58 • DB4.39 • Sg0.48 • Na.6.07

Watermelon & peach salad

Prot.3.6 • Fat.Sat.1.1 • Carbs.12 • DB2.3 • Sg1.0.5 • Na.103.7

Moroccan Carrot Salad

Prot.1.30 • Fat.Sat.0.8 • Carbs.10.5 • DB1 • Sg0.30 • Na.3.60

Desserts

Orange pie

308kcal

Red velvet mousse

123kcal

Vegan chocolate pudding

144kcal

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NUTRITIONAL FACTS

FRIDAY

Appetizers

Pears and Pecans Salad

Prot.3.3 • Fat.Sat.1.70 • Carbs.4.1 • DB1.20 • Sg2.3 • Na.104.90

Macaronni

Prot.3.5 • Fat.Sat.5.6 • Carbs.22 • DB0 • Sg0 • Na.88.1

Soups

Veggy Broth

Prot.3.34 • Fat.Sat.0.66 • Carbs.3.41 • DB0.49 • Sg0.19 • Na.818.2

Chileatole

Prot.9.89 • Fat.Sat.12.73 • Carbs.24.34 • DB2.43 • Sg3.04 • Na.109.3

Vegan french onion soup

Prot.8.60 • Fat.Sat.2.80 • Carbs.10.90 • DB0 • Sg0 • Na.456.70

Main Dishes

Louisina-style chicken

Prot.44.2 • Fat.Sat.3 • Carbs.5.1 • DB0.4 • Sg1.5 • Na.470

Red Wine Braised Shortrib

Prot.38.4 • Fat.Sat.11.8 • Carbs.3.2 • DB0.3 • Sg0.2 • Na.326.4

Fish in basil sauce

Prot.27.9 • Fat.Sat.4.4 • Carbs.21.9 • DB0 • Sg0 • Na.666.8

“Pibil” mushrooms

Prot.7.50 • Fat.Sat.0 • Carbs.28.40 • DB5.00 • Sg0 • Na.114.30

Mediterranean Lentil

Prot.2.3 • Fat.Sat.0 • Carbs.33.6 • DB2.3 • Sg0 • Na.567.8

Sides

Mexican nopales

Prot.2.20 • Fat.Sat.0.10 • Carbs.20.50 • DB0 • Sg0 • Na.351.00

White rice with celery

Prot.2.6 • Fat.Sat.0.5 • Carbs.5.2 • DB0 • Sg0 • Na.0

Roasted Pesto Tomato

Prot.1.9 • Fat.Sat.0.2 • Carbs.7.7 • DB2.0.6 • Sg0.7 • Na.475

Vegan Herbed Potato Salad

Prot.1.8 • Fat.Sat.0.8 • Carbs.12.2 • DB3.5 • Sg8.8 • Na.88.9

Desserts

Neapolitan flan

269kcal

Almond Panna Cotta & Strawberry Coulis

163kcal

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