



## **LAKWOOD J2 TAP PIZZA MENU:**

Pizza: (*Count as pizza for week*)

Cheese

Vegetables

Mushroom & Onion

Vegetable

Cheeseless

Cheeseless vegetable

Whole wheat

**Whole wheat personal pie on a wrap: 12" wrap with 2 oz. of reduced fat Cheese and vegetables.**

*(Count as: Full meal for breakfast or lunch.)*

**Whole wheat personal pie w/ veg on a wrap**

*(Count as: Starch and vegetables.)*

**Tuna wrap:** 12" wrap with 1 scoop of light Tuna, lettuce tomato and pickles.

*(Count as: Full lunch meal.)*

**Avocado wrap:** 12" wrap with  $\frac{1}{4}$  avocado, low fat mayo, lettuce tomato and onion.

*(Count as: Starch and fat.)*

**Egg wrap:** 12" wrap ,1 sliced egg, 1 teaspoon of low fat mayo, lettuce, tomato, onion.

*(Count as: Full meal for breakfast or lunch.)*

**Vegetable wrap:** 12" wrap lettuce tomato pickle and onion (add approved dressing)

*(Count as: Starch and vegetables.)*

**Egg omelet wrap:** 3 egg whites, 1 oz. of reduced fat shredded cheese, lettuce and tomato.

*(Count as: Full meal for breakfast or lunch.)*



**Tuna melt wrap:** 12" wrap ½ scoop low fat tuna, 1 oz. low fat mozzarella cheese and vegetables.

*(Count as: Full lunch meal.)*

**Salad bar:**

**SALAD BAR:**

*(Count as: Free)*

Grilled vegetables

Sliced red onion

Cucumbers

Hot pepper rings

mushrooms

Tomatoes

Carrots

Cucumbers

Beets

Broccoli

Egg whites

Israeli pickles

Hearts of palm

Israeli salad

Radishes

Sauerkraut

*(Count as: Fat)*

Avocado (¼)

Slivered Almonds (1 TBSP as a fat)

Green olives(5 or 2 TBSP)

*(Count as: Fruit)*



Craisins (¼) Cup

*(Count as: Protein)*

Light feta cheese 2 oz

Chickpeas ½ cup

Salmon

Sliced egg

Tuna 1 scoop

Kidney beans ½ C

*(Count as starch)*

Quinoa

**Tuna plate:**

4.5 oz fish , veggies and lowfat mayo

*(Count as: Full lunch or dinner)*

**Tilapia fish:** 6 oz. of fish with veggies

*(Count as: Full lunch or dinner)*

**Sarimi salad:** 3 oz sarimi w/ ½ cup brown rice

*(Count as: ½ protein and starch.)*

**SUSHI (2 PCS) & SASHIMI (3 PCS):**

1. Tuna Sushi (2)

2. Tuna Sashimi (3)

3. Salmon Sushi (2)

4. Salmon Sashimi (3)

5.. Vegetable Sushi (2)

*Sushi, count as: Sushi allowance for the week*

*Sashimi, count as: Protein*

**VEGETABLE ROLL (8 PCS) & HAND ROLL:**



8. Cucumber Roll
9. Avocado Roll
10. Vegetable roll (*avocado, cucumber, carrot*)
11. Avocado Cucumber Roll

*(Count as: Sushi allowance for the week)*

**ROLL & HAND ROLL (8 PCS):**

12. Tuna Avocado Roll
13. Spicy Tuna Roll
14. Spicy Salmon Roll
15. Tuna Roll
16. Salmon Roll
17. California Roll (*crab, avocado, cucumber*)
18. Alaskan Roll (*salmon, avocado*)
19. Philadelphia Roll (*salmon, cream cheese*)
20. Rubin Roll (*tuna, avocado, cucumber*)

*(Count as: Sushi allowance for the week)*

**Cooked Rolls:**

21. California Roll (*kani, cucumber and avocado*)
22. Spicy Kani Roll
23. Miri Roll (*tuna salad, cucumber and avocado*)
24. Spicy Boston Roll (*spicy baked salmon, cucumber, avocado*)
25. Lexington Roll (*baked tuna, cucumber, avocado*)

*(Count as sushi allowance for the week )*

**VIP ROLLS:**

*(Count as: Sushi allowance for the week)*

- Crazy Roll (*tuna, salmon, avocado, spicy tuna on top*)  
Rainbow Dragon (*California roll topped with tuna, yellow tail, salmon, white tuna*)  
Pepper Tuna Roll (*spicy tuna, crunch inside, pepper tuna, avocado on top*)  
Lucky Roll (*crunchy and spicy tuna inside, salmon, and mango on top*)  
White Home Roll (*salmon, avocado inside, white tuna on top*)

Sear Salmon Roll (*crab stick and salmon, seared salmon on top with spicy & sweet sauce*)



Spicy Tuna Roll (*spicy salmon and cream cheese, crunch, salmon, tuna, avocado on top, spicy sauce*)

Narudo Maki (*tuna, salmon, white tuna, yellow tail, wrapped in cucumber, no rice, no nori*)  
Count as: Protein and vegetable. \*Not counted as sushi allowance for the week\*