

LUNCH

MONDAY, APRIL 22, 2024

BLACK BEAN NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	700mg	12g	12g	21g	31mg	4g

SHAWARMA BOWL w/LEMON TAHINI SAUCE (CONTAINS SESAME)



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
237	446mg	7g	9g	32g	0mg	5g

BREADED CHEDDAR CHICKEN w/ CREAM SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
432	650mg	21g	32g	15g	140mg	0g

LEMON PEPPER TILAPIA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
138	450mg	21g	6g	0g	48mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, APRIL 22, 2024

SOUTHWEST VEGETABLE WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
283	747mg	14g	10g	40g	19mg	5g

CREAMY TOMATO BASIL PASTA

cauliflower & cashew sauce
gluten-free pasta



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	550mg	15g	6g	40g	0mg	8g

BONELESS BUFFALO CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	1200mg	13g	16g	28g	40mg	0g

CHEESEBURGER CASSEROLE



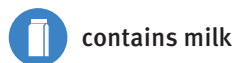
CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
428	571mg	22g	21g	36g	75mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



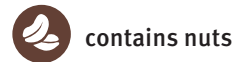
contains pork



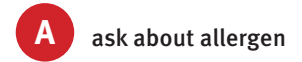
contains fish



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ask about allergen