

LUNCH

MONDAY, NOVEMBER 3, 2025

SMOKY PENNE W/GOAT CHEESE



CALORIES
305

SODIUM
420mg

PROTEIN
11g

FAT
12g

CARBS
538

CHOLESTEROL
16mg

FIBER
3g

ALMOND ROSEMARY LEMON TOFU



almonds coconut milk



CALORIES
170

SODIUM
205mg

PROTEIN
8g

FAT
10g

CARBS
12g

CHOLESTEROL
0mg

FIBER
3g

sesame

BEEF & BROCCOLI W/RICE



CALORIES
287

SODIUM
487mg

PROTEIN
17g

FAT
15g

CARBS
21g

CHOLESTEROL
50mg

FIBER
0g

SOUTHWEST CHICKEN

CALORIES
155

SODIUM
450mg

PROTEIN
22g

FAT
5g

CARBS
5g

CHOLESTEROL
105mg

FIBER
0g

Thai Curry Mayo



(optional sauce for Almond Rosemary Lemon Tofu)



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, NOVEMBER 3, 2025

MEATLESS
MONDAY

BROCCOLI & CHEESE BAKED POTATO CASSEROLE

VG



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	145mg	8g	11g	28g	20mg	2g

SOUTHWEST STUFFED PEPPERS

V

MEATLESS
MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	865mg	8g	2g	25g	0mg	5g

WINGS OF FIRE 2 pcs



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	410mg	15g	11g	1g	80mg	0g

BEEF STUFFED PEPPERS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	270mg	19g	11g	18g	61mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen