

LUNCH

MONDAY, APRIL 6, 2026

SMOKY PENNE W/GOAT CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	420mg	11g	12g	538	16mg	3g

ALMOND ROSEMARY LEMON TOFU



almonds coconut milk



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
170	205mg	8g	10g	12g	0mg	3g

BEEF & BROCCOLI W/RICE

sesame



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
287	487mg	17g	15g	21g	50mg	0g

SOUTHWEST CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
155	450mg	22g	5g	5g	105mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, APRIL 6, 2026



BROCCOLI & CHEESE BAKED POTATO CASSEROLE



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

BBQ JACKFRUIT W/SLAW SANDWICH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
314	420mg	16g	2g	58g	0mg	7g

MONTEREY STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	640mg	27g	27g	2g	97mg	0g

CHICKEN & DUMPLINGS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
332	775mg	17g	19g	21g	65mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen