

LUNCH

MONDAY, AUGUST 31, 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, AUGUST 31, 2026

MEATLESS
MONDAY

BROCCOLI & CHEESE BAKED POTATO CASSEROLE

VG



CALORIES
245

SODIUM
145mg

PROTEIN
8g

FAT
11g

CARBS
28g

CHOLESTEROL
20mg

FIBER
2g

bun may
contain sesame

BBQ JACKFRUIT W/SLAW SANDWICH

V



A

MEATLESS
MONDAY

CALORIES
314

SODIUM
420mg

PROTEIN
16g

FAT
2g

CARBS
58g

CHOLESTEROL
0mg

FIBER
7g

MONTEREY STEAK



CALORIES
360

SODIUM
640mg

PROTEIN
27g

FAT
27g

CARBS
2g

CHOLESTEROL
97mg

FIBER
0g

CHICKEN & DUMPLINGS



CALORIES
332

SODIUM
775mg

PROTEIN
17g

FAT
19g

CARBS
21g

CHOLESTEROL
65mg

FIBER
0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen