LUNCH

MONDAY, NOVEMBER 2, 2026

SMOKY PENNE W/GOAT CHEESE

VG · contains wheat · contains milk · MEATLESS MONDAY

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

ALMOND ROSEMARY LEMON TOFU

V · contains wheat · almonds · coconut milk · A · MEATLESS MONDAY

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

BEEF & BROCCOLI W/RICE

sesame · A

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 · VG vegetarian · V vegan

contains pork · contains fish · contains shellfish · contains nuts · A ask about allergen

DINNER

MONDAY, NOVEMBER 2, 2026

BROCCOLI & CHEESE BAKED POTATO CASSEROLE

VG

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

SPICY CHINESE EGGPLANT

V A contain sesame

MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	427mg	6g	6g	30g	0mg	4g

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
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen