LUNCH

MONDAY, APRIL 13, 2026

GREEK WRAP

VG | MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
195	450mg	6g	10g	20g	9mg	3g

SHAWARMA BOWL

V | A (sesame in tahini sauce) | MEATLESS MONDAY

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

SEARED CHICKEN SHAWARMA

A (sesame in tahini sauce)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
135	450 mg	22g	5g	0g	105mg	0g

HAM QUICHE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
281	862mg	13g	17g	18g	137mg	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, APRIL 13, 2026

MEATLESS MONDAY

TORTELLINI PESTO W/ROASTED VEGETABLES VG

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
255	970mg	25g	14g	46g	85mg	1g

PINEAPPLE SEARED TOFU V A

sesame

MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	596mg	10g	9g	15g	0mg	2g

CHICKEN CARBONARA W/ PASTA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	389mg	18g	13g	20g	76mg	2g

KOREAN BEEF W/RICE A

sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	676mg	11g	17g	28g	30mg	1g

contains wheat · contains egg · contains milk · VG vegetarian · V vegan

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