

LUNCH

MONDAY, SEPTEMBER 7, 2026

GREEK WRAP



CALORIES
195

SODIUM
450mg

PROTEIN
6g

FAT
10g

CARBS
20g

CHOLESTEROL
9mg

FIBER
3g

sesame in tahini sauce

SHAWARMA BOWL



CALORIES
237

SODIUM
446mg

PROTEIN
7g

FAT
9g

CARBS
32g

CHOLESTEROL
0mg

FIBER
5g

sesame in tahini sauce

SEARED CHICKEN SHAWARMA



CALORIES
135

SODIUM
450 mg

PROTEIN
22g

FAT
5g

CARBS
0g

CHOLESTEROL
105mg

FIBER
0g

HAM QUICHE



CALORIES
281

SODIUM
862mg

PROTEIN
13g

FAT
17g

CARBS
18g

CHOLESTEROL
137mg

FIBER
0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, SEPTEMBER 7, 2026



TORTELLINI PESTO W/ ROASTED VEGETABLES



CALORIES
255

SODIUM
970mg

PROTEIN
25g

FAT
14g

CARBS
46g

CHOLESTEROL
85mg

FIBER
1g

sesame

PINEAPPLE SEARED TOFU



CALORIES
145

SODIUM
596mg

PROTEIN
10g

FAT
9g

CARBS
15g

CHOLESTEROL
0mg

FIBER
2g

CHICKEN CARBONARA W/ PASTA



CALORIES
270

SODIUM
389mg

PROTEIN
18g

FAT
13g

CARBS
20g

CHOLESTEROL
76mg

FIBER
2g

sesame

KOREAN BEEF W/ RICE



CALORIES
316

SODIUM
676mg

PROTEIN
11g

FAT
17g

CARBS
28g

CHOLESTEROL
30mg

FIBER
1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen