LUNCH

MONDAY, NOVEMBER 9, 2026

GREEK WRAP

VG · contains wheat · contains milk · MEATLESS MONDAY

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

SHAWARMA BOWL

sesame in tahini sauce

V · A · MEATLESS MONDAY

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

SEARED CHICKEN SHAWARMA

sesame in tahini sauce

A

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

HAM QUICHE

contains wheat · contains milk · contains egg · contains pork

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, NOVEMBER 9, 2026

TORTELLINI PESTO W/ROASTED VEGETABLES

MEATLESS MONDAY

VG

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

PINEAPPLE SEARED TOFU

sesame

V A

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

sesame

A

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