

LUNCH

MONDAY, FEBRUARY 6, 2023

CHICKPEA CAESAR WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	2855mg	8g	15g	37g	10mg	4g

TUSCAN PRIMAVERA PIE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
205	280mg	6g	7g	31g	0mg	5g

CREAMY CHIPOTLE CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
192	350mg	21g	12g	0g	55mg	0g

BAKED HAM



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
206	2000mg	35g	7g	1g	98mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, FEBRUARY 6, 2023

3-CHEESE SOUFFLÉ



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	650mg	22g	21g	5g	350mg	0g

RISOTTO FLORENTINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
218	450mg	6g	6g	35g	0mg	3g

CHICKEN FLORENTINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
375	450mg	21g	30g	5g	130mg	0g

BEEF LO MEIN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	950mg	14g	7g	25g	40mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen