LUNCH

MONDAY, NOVEMBER 16, 2026

CHICKPEA CAESAR WRAP

VG · contains wheat · contains milk · contains egg · MEATLESS MONDAY

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

SMOKY LENTIL SOUP W/SPINACH

coconut milk

V · A · MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
115	350mg	7g	3g	15g	0mg	4g

CREAMY CHIPOTLE CHICKEN

contains milk

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

CHEESE RAVIOLI W/BOLOGNESE

contains wheat · contains milk · contains egg

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
370	900mg	18g	16g	38g	25mg	4g

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 16, 2026

3-CHEESE SOUFFLÉ

VG · contains milk · contains egg · MEATLESS MONDAY

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

RISOTTO FLORENTINE

V · MEATLESS MONDAY

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

CHICKEN FLORENTINE

contains milk

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

HOT TURKEY & BACON CROISSANT

contains wheat · contains pork · contains milk

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
455	1,070mg	22g	25g	35g	101mg	1g

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

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