

# LUNCH

MONDAY, SEPTEMBER 23, 2019

## CHEESY VEGETABLE STRATA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
268	800mg	17g	12g	23g	64mg	2g

## SESAME TOFU W/ ASPARAGUS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
170	900mg	12g	8g	10g	0mg	3g

## BREADED CHEDDAR CHICKEN W/ CREAM SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
432	650mg	21g	32g	15g	140mg	0g

## BLACKENED CAJUN TILAPIA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
111	760mg	21g	3g	0g	48mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

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## CAPRESE QUINOA BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	612mg	8g	14g	20g	32mg	3g

## HOPPIN' JOHN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
105	500mg	4g	1g	20g	0mg	4g

## BONELESS BUFFALO CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	1200mg	13g	16g	28g	40mg	0g

## CHEESEBURGER CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
428	571mg	22g	21g	36g	75mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen