

LUNCH

MONDAY, NOVEMBER 19, 2018

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

ITALIAN CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
265	855mg	22g	15g	10g	56mg	0g

BRAISED BEEF OVER RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	550mg	21g	14g	25g	75mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, NOVEMBER 19, 2018

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