## LUNCH Monday, november 19, 2018

CHEESYVE	GETABL	.E STRAT	A VG 🍯	00	Meatles	5			
CALORIES 268	SODIUM 800mg	PROTEIN 17g	FAT 12g	CARBS 23g	CHOLESTEROL 64mg	FIBER 2g			
SESAME T	ofu w/	ASPARA	gus 🗸	MEATLE	SS AY				
CALORIES 170	SODIUM 900mg	PROTEIN 12g	FAT 8g	CARBS 10g	CHOLESTEROL Omg	FIBER 3g			
TALIAN CH	ICKEN								
CALORIES 265	SODIUM 855mg	PROTEIN 22g	FAT 15g	CARBS 10g	CHOLESTEROL 56mg	FIBER Og			
BRAISED BEEF OVER RICE 🌒									
CALORIES 310	SODIUM 550mg	PROTEIN 21g	FAT 14g	CARBS 25g	CHOLESTEROL 75mg	FIBER Og			
contains wheat	cont	ains egg	contains mil	k VG	vegetarian V	vegan			

contains pork

contains fish

👂 contains shellfish 🕗 contains nuts 🗛 ask about allergen

## DINNER MONDAY, NOVEMBER 19, 2018

CAPRESE	QUINOA	BAKE	G 🚺 🚺	MEATLESS MONDAY					
CALORIES 240	SODIUM 612mg	PROTEIN 8g	FAT 14g	CARBS 20g	CHOLESTEROL 32mg	FIBER 3g			
HOPPIN' J	они 🔇	MEATLE	55 AY						
CALORIES 105	SODIUM 500mg	PROTEIN 4g	FAT 1g	CARBS 20g	CHOLESTEROL Omg	FIBER 4g			
BONELESS	5 BUFFA		KEN 🌔	00					
CALORIES 310	SODIUM 1200mg	PROTEIN 13g	FAT 16g	CARBS 28g	CHOLESTEROL 40mg	FIBER Og			
CHEESEBURGER CASSEROLE 🌒 🕕									
CALORIES 428	SODIUM 571mg	PROTEIN 22g	FAT 21g	CARBS 36g	CHOLESTEROL 75mg	FIBER 0g			

contains milk VG vegetarian contains wheat contains egg vegan **Contains nuts** contains shellfish Α contains fish ask about allergen

contains pork