LUNCH

MONDAY, NOVEMBER 23, 2026

TORTELLINI PESTO W/ROASTED VEGETABLES

VG

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
255	970mg	25g	14g	46g	85mg	1g

MEATLESS MONDAY

TOFU AND BROCCOLI WITH RICE

sesame

V A

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	750mg	15g	5g	41g	0mg	4g

MEATLESS MONDAY

BREADED CHEDDAR CHICKEN W/ CREAM SAUCE

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

BEEF & BROCCOLI W/GARLIC SAUCE & RICE

sesame

A

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
335	820mg	15g	17g	30g	30mg	2g

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 23, 2026

SOUTHWEST VEGETABLE WRAP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
283	747mg	14g	10g	40g	19mg	5g

SPICY LENTIL STEW

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	343mg	10g	2g	20g	0mg	9g

BONELESS BUFFALO CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
350	1200mg	13g	16g	38g	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