

LUNCH

MONDAY, SEPTEMBER 28, 2026

3-CHEESE SOUFFLÉ



CALORIES
300

SODIUM
650mg

PROTEIN
22g

FAT
21g

CARBS
5g

CHOLESTEROL
350mg

FIBER
0g

SPINACH MUSHROOM PENNE



CALORIES
260

SODIUM
380mg

PROTEIN
9g

FAT
9g

CARBS
35g

CHOLESTEROL
0mg

FIBER
2g

RITZY CHICKEN



CALORIES
310

SODIUM
430mg

PROTEIN
23g

FAT
20g

CARBS
10g

CHOLESTEROL
55mg

FIBER
1g

POT ROAST



CALORIES
315

SODIUM
445mg

PROTEIN
24g

FAT
19g

CARBS
12g

CHOLESTEROL
85mg

FIBER
2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, SEPTEMBER 28, 2026

MEATLESS
MONDAY

SPICY 3-BEAN NACHOS



cashew queso

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	588mg	13g	15g	35g	0mg	8g

BEEF NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
365	1213mg	21g	20g	25g	48mg	3g

CHICKEN & NOODLE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
400	550mg	20g	20g	35g	66mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen