LUNCH

MONDAY, NOVEMBER 30, 2026

3-CHEESE SOUFFLÉ

VG · contains milk · contains egg · MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	650mg	22g	21g	5g	350mg	0g

SPINACH MUSHROOM PENNE

V · contains wheat · MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	380mg	9g	9g	35g	0mg	2g

RITZY CHICKEN

contains wheat · contains milk

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	430mg	23g	20g	10g	55mg	1g

POT ROAST

contains wheat · contains milk

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	445mg	24g	19g	12g	85mg	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 30, 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

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contains fish
contains shellfish
contains nuts
A ask about allergen