

LUNCH

MONDAY, FEBRUARY 8, 2021

MOROCCAN TAGINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	378mg	6g	4g	25g	0mg	5g

RITZY CHICKEN



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

POT ROAST



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
235	445mg	20g	13g	9g	85mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

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SPICY 3-BEAN NACHOS

choice of vegetarian cheese sauce or
vegan cheese sauce (contains cashews)



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
372	429mg	20g	20g	28g	66mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen