

LUNCH

MONDAY, MAY 9, 2022

TOFU TURKEY



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

CRUSTLESS GARDEN QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	635mg	20g	18g	16g	150mg	4g

TURKEY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
100	140mg	22g	0g	0g	50mg	0g

DRESSING



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
144	15mg	5g	8g	13g	35mg	1g

KOREAN BEEF OVER RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	676mg	11g	17g	28g	30mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, MAY 9, 2022

SWEET & SAVORY BBQ NACHOS



cashew queso



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	430mg	13g	11g	30g	0mg	2g

CHICKEN CAESAR WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
350	600mg	23g	20g	19g	60mg	1g

BBQ NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
460	1,128mg	25g	24g	36g	77mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen