

# LUNCH

MONDAY, FEBRUARY 26, 2018

## BUTTERNUT RISOTTO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
182	270mg	5g	6g	27g	10mg	2g

## TOFU TURKEY



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

## 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, FEBRUARY 26, 2018

## VEGGIE CAESAR WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
137	275mg	6g	5g	17g	3mg	3g

## VEGAN BBQ NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	430mg	13g	11g	30g	0mg	3g

## 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