

LUNCH

MONDAY, OCTOBER 5, 2026

ALMOND ROSEMARY LEMON TOFU



almonds

coconut milk



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	205mg	8g	15g	12g	0mg	3g

CRUSTLESS GARDEN QUICHE



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

BLACKENED CHICKEN SANDWICH



sesame in bun

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	1300mg	25g	10g	30g	57mg	2g

KOREAN BEEF OVER RICE



sesame

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, OCTOBER 5, 2026

SWEET & SAVORY BBQ NACHOS



cashew queso



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

CHICKPEA CAESAR WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	2855mg	8g	15g	37g	10mg	4g

CHICKEN CAESAR WRAP



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

BEEF 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