

LUNCH

MONDAY, MARCH 9, 2026

SMOKY PENNE W/ GOAT CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	420mg	11g	12g	538	16mg	3g

cashews

THAI PINEAPPLE FRIED RICE



contains
plant-based JUST egg



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
250	800mg	11g	10g	28g	0mg	3g

ITALIAN BREADED CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
265	855mg	22g	15g	10g	56mg	0g

BRAISED BEEF W/ RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
345	745mg	20g	17g	28g	40mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, MARCH 9, 2026

3-CHEESE SOUFFLÉ



CALORIES
300

SODIUM
650mg

PROTEIN
22g

FAT
21g

CARBS
5g

CHOLESTEROL
350mg

FIBER
0g

SWEET & SOUR TOFU W/RICE



sweetened w/brown sugar

CALORIES
220

SODIUM
580mg

PROTEIN
10g

FAT
4g

CARBS
36g

CHOLESTEROL
0mg

FIBER
3g

CHICKEN PARMESAN CASSEROLE



CALORIES
405

SODIUM
695mg

PROTEIN
16g

FAT
25g

CARBS
29g

CHOLESTEROL
85mg

FIBER
2g

SWEET & SOUR PORK W/RICE



CALORIES
245

SODIUM
850mg

PROTEIN
3g

FAT
7g

CARBS
32g

CHOLESTEROL
31mg

FIBER
1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen