

LUNCH

MONDAY, OCTOBER 12, 2026

SMOKY PENNE W/ GOAT CHEESE



CALORIES
305

SODIUM
420mg

PROTEIN
11g

FAT
12g

CARBS
538

CHOLESTEROL
16mg

FIBER
3g

cashews

THAI PINEAPPLE FRIED RICE



contains
plant-based JUST egg



CALORIES
250

SODIUM
800mg

PROTEIN
11g

FAT
10g

CARBS
28g

CHOLESTEROL
0mg

FIBER
3g

ITALIAN BREADED CHICKEN



CALORIES
265

SODIUM
855mg

PROTEIN
22g

FAT
15g

CARBS
10g

CHOLESTEROL
56mg

FIBER
0g

GARLIC BUTTER BEEF W/ RICE



CALORIES
345

SODIUM
745mg

PROTEIN
20g

FAT
17g

CARBS
28g

CHOLESTEROL
40mg

FIBER
1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, OCTOBER 12, 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
13g

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