

LUNCH

MONDAY, MARCH 16, 2026

CHICK'N & WAFFLES



beyond meat



2 strips

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	660mg	13g	12g	40g	5mg	1g

GOLDEN GODDESS



sesame



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
185	200mg	10g	7g	21g	0mg	8g

CHICKEN & WAFFLES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
380	970mg	13g	18g	41g	55mg	1g

CAJUN PORK CHOP W/ CREAM SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	445mg	24g	20g	10g	95mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, MARCH 16, 2026

CRUSTLESS BROCCOLI QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	480mg	15g	15g	5g	220mg	3g

POTATO VINDALOO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
175	150mg	4g	3g	33g	0mg	4g

POPPY SEED CHICKEN CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	650mg	17g	20g	28g	49mg	1g

GROUND BEEF TATER TOT CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
415	756mg	21g	21g	35g	60mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen