

LUNCH

MONDAY, OCTOBER 20, 2025

CHICK'N & WAFFLES



beyond meat



2 strips

CALORIES
320

SODIUM
660mg

PROTEIN
13g

FAT
12g

CARBS
40g

CHOLESTEROL
5mg

FIBER
1g

GOLDEN GODDESS



sesame



CALORIES
185

SODIUM
200mg

PROTEIN
10g

FAT
7g

CARBS
21g

CHOLESTEROL
0mg

FIBER
8g

CHICKEN & WAFFLES



CALORIES
380

SODIUM
970mg

PROTEIN
13g

FAT
18g

CARBS
41g

CHOLESTEROL
55mg

FIBER
1g

CAJUN PORK CHOP W/ CREAM SAUCE



CALORIES
315

SODIUM
445mg

PROTEIN
24g

FAT
20g

CARBS
10g

CHOLESTEROL
95mg

FIBER
0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, OCTOBER 20, 2025

CRUSTLESS BROCCOLI QUICHE



CALORIES
215

SODIUM
480mg

PROTEIN
15g

FAT
15g

CARBS
5g

CHOLESTEROL
220mg

FIBER
3g

POTATO VINDALOO



CALORIES
175

SODIUM
150mg

PROTEIN
4g

FAT
3g

CARBS
33g

CHOLESTEROL
0mg

FIBER
4g

POPPY SEED CHICKEN CASSEROLE



CALORIES
360

SODIUM
650mg

PROTEIN
17g

FAT
20g

CARBS
28g

CHOLESTEROL
49mg

FIBER
1g

SHEPHERD'S PIE



CALORIES
250

SODIUM
251mg

PROTEIN
18g

FAT
16g

CARBS
8g

CHOLESTEROL
52mg

FIBER
1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen