

# LUNCH

THURSDAY, AUGUST 16, 2018

## KOREAN BEEF

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	676mg	11g	17g	28g	30mg	1g

## SOUTHWEST CHICKEN WRAP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
404	750mg	26g	16g	39g	70mg	4g

## SOUTHWEST VEGGIE WRAP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
283	747mg	14g	10g	40g	19mg	5g

## TOFU & BROCCOLI IN GARLIC SAUCE/RICE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	750mg	15g	5g	41g	0mg	4g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

# DINNER

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## CHICKEN FILLET SANDWICH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
402	1005mg	21g	18g	39g	42mg	2g

## BEEF STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
261	477mg	19g	12g	17g	55mg	2g

## CHICK'N SANDWICH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	550mg	18g	10g	38g	0mg	5g

## MEXICAN STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	430mg	6g	0g	30g	0mg	6g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen