

LUNCH

THURSDAY, OCTOBER 30, 2025

ITALIAN SPAGHETTI



gluten-free pasta available

CALORIES
350

SODIUM
475mg

PROTEIN
16g

FAT
12g

CARBS
45g

CHOLESTEROL
40mg

FIBER
2g

SAVORY FRIED CHICKEN WINGS

3 pcs



CALORIES
225

SODIUM
610mg

PROTEIN
12g

FAT
17g

CARBS
6g

CHOLESTEROL
75mg

FIBER
0g

3-CHEESE SOUFFLÉ



CALORIES
300

SODIUM
650mg

PROTEIN
22g

FAT
21g

CARBS
5g

CHOLESTEROL
350mg

FIBER
0g

HEARTY GARDEN SPAGHETTI



gluten-free pasta available

CALORIES
260

SODIUM
675mg

PROTEIN
15g

FAT
2g

CARBS
48g

CHOLESTEROL
0mg

FIBER
5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

THURSDAY, OCTOBER 30, 2025

SOUTHWEST CHICKEN W/ MUSHROOMS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	450mg	21g	37g	5g	130mg	1g

CUBAN-STYLE PORK BITES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
340	207mg	30g	21g	7g	75mg	0g

CREAMY VEGETABLE POT PIE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	370mg	6g	18g	33g	0mg	3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen