

LUNCH

THURSDAY, NOVEMBER 6, 2025

BEEF STROGANOFF OVER RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	479mg	16g	16g	30g	65mg	1g

sesame

SESAME SEED PORK WITH RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	900mg	17g	15g	27g	40mg	1g

BLACK BEAN NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	700mg	12g	12g	21g	31mg	4g

STICKY SESAME CAULIFLOWER WINGS



sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	578mg	4g	1g	30g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

THURSDAY, NOVEMBER 6, 2025

FARMHOUSE CHICKEN



CALORIES
270

SODIUM
582mg

PROTEIN
17g

FAT
11g

CARBS
26g

CHOLESTEROL
38mg

FIBER
1g

CAJUN RICE W/ SAUSAGE



CALORIES
335

SODIUM
880mg

PROTEIN
10g

FAT
20g

CARBS
29g

CHOLESTEROL
40 mg

FIBER
1g

PROTEIN POWER BOWL



sesame

CALORIES
200

SODIUM
220mg

PROTEIN
10g

FAT
4g

CARBS
31g

CHOLESTEROL
0mg

FIBER
10g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen