LUNCH

THURSDAY, NOVEMBER 5, 2026

BEEF STROGANOFF OVER RICE

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

SESAME SEED PORK WITH RICE

sesame

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 5, 2026

FARMHOUSE CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	582mg	17g	11g	26g	38mg	1g

CAJUN RICE W/SAUSAGE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
335	880mg	10g	20g	29g	40 mg	1g

PROTEIN POWER BOWL (V) (A) sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	220mg	10g	4g	31g	0mg	10g

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen