

LUNCH

THURSDAY, NOVEMBER 20, 2025

ITALIAN SPAGHETTI



gluten-free pasta available per request

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	475mg	16g	8g	45g	40mg	2g

BING BANG SHRIMP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
376	922mg	13g	21g	35g	96mg	0g

CRUSTLESS BROCCOLI QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	480mg	15g	15g	5g	220mg	3g

HEARTY GARDEN SPAGHETTI



gluten-free pasta available per request

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	675mg	15g	2g	48g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

THURSDAY, NOVEMBER 20, 2025

sesame (bun)

KANSAS CITY BEEF SANDWICH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
555	745mg	37g	25g	45g	49mg	1g

HERBED ROASTED CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
135	350mg	22g	5g	0g	105mg	0g

sesame (tahini sauce)

MUJADARA W/TAHINI SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	180mg	7g	6g	55g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen