

# LUNCH

THURSDAY, SEPTEMBER 24, 2026

## ROAST BEEF W/ESPAGNOLE SAUCE



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 269      | 450mg  | 29g     | 17g | 0g    | 98mg        | 1g    |

## JACKED UP CHICKEN



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 453      | 945mg  | 26g     | 17g | 4g    | 70mg        | 0g    |

sesame

## PROTEIN POWER BOWL



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 353      | 220mg  | 15g     | 9g  | 53g   | 0mg         | 9g    |



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

THURSDAY, SEPTEMBER 24, 2026

sesame

## PECAN CRUSTED TILAPIA



CALORIES  
385

SODIUM  
340mg

PROTEIN  
20g

FAT  
25g

CARBS  
20g

CHOLESTEROL  
50mg

FIBER  
1g

## CHEESE RAVIOLI W/ BOLOGNESE SAUCE



CALORIES  
266

SODIUM  
950mg

PROTEIN  
16g

FAT  
14g

CARBS  
19g

CHOLESTEROL  
85mg

FIBER  
2g

## CHEESE RAVIOLI W/ MARINARA



CALORIES  
380

SODIUM  
920mg

PROTEIN  
16g

FAT  
18g

CARBS  
43g

CHOLESTEROL  
60mg

FIBER  
6g

sesame

## SPICY CHINESE EGGPLANT



CALORIES  
200

SODIUM  
427mg

PROTEIN  
6g

FAT  
6g

CARBS  
30g

CHOLESTEROL  
0mg

FIBER  
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen