

LUNCH

THURSDAY, OCTOBER 1, 2026

gluten-free pasta available per request

ITALIAN SPAGHETTI



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

HERBED ROASTED CHICKEN THIGH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
135	250mg	22g	5g	0g	105mg	0g

HEARTY GARDEN SPAGHETTI



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

BBQ JACKFRUIT W/SLAW SANDWICH

bun may
contain sesame



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
314	420mg	16g	2g	58g	0mg	7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

THURSDAY, OCTOBER 1, 2026

GRILLED HAM STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	1200mg	21g	5g	0g	50mg	0g

POPPY SEED CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	650mg	17g	20g	28g	49mg	1g

SMOKY PENNE W/GOAT CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	420mg	11g	12g	53g	16mg	3g

MOROCCAN TAGINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	378mg	6g	4g	25g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen