

LUNCH

THURSDAY, OCTOBER 8, 2026

RITZY CHICKEN



CALORIES
310

SODIUM
430mg

PROTEIN
23g

FAT
20g

CARBS
10g

CHOLESTEROL
55mg

FIBER
1g

BEEF STEW



CALORIES
261

SODIUM
477mg

PROTEIN
19g

FAT
12g

CARBS
17g

CHOLESTEROL
55mg

FIBER
2g

BLACK BEAN NACHOS



CALORIES
240

SODIUM
700mg

PROTEIN
12g

FAT
12g

CARBS
21g

CHOLESTEROL
31mg

FIBER
4g

coconut milk

SMOKY LENTIL SOUP W/SPINACH



CALORIES
115

SODIUM
350mg

PROTEIN
7g

FAT
3g

CARBS
15g

CHOLESTEROL
0mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

THURSDAY, OCTOBER 8, 2026

ITALIAN SPAGHETTI *



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

FARMHOUSE CHICKEN



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

HEARTY GARDEN SPAGHETTI *



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

*gluten-free pasta available per request



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen