

LUNCH

WEDNESDAY, NOVEMBER 5, 2025

CARNITAS (2 tortillas) gluten-free option: request corn tortilla

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
415	827mg	26g	21g	30g	73mg	2g

CHICKEN TACO CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
333	657mg	21g	18g	22g	64mg	0g

LEMONY PASTA W/CHICKPEAS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	725mg	16g	15g	33g	21mg	5g

SOY TACO DE CARNITAS (2 tortillas) gluten-free option: request corn tortilla

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
152	850mg	23g	10g	39g	0mg	7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, NOVEMBER 5, 2025

SWEDISH MEATBALLS WITH NOODLES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
370	433mg	17g	20g	30g	35mg	2g

GENERAL TSO'S CHICKEN OVER RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
450	905mg	21g	25g	35g	125mg	1g

SMOKY LENTIL SOUP W/SPINACH



coconut milk

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
115	350mg	7g	3g	15g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen