LUNCH

WEDNESDAY, NOVEMBER 4, 2026

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/JACKFRUIT TACO DE CARNITAS (2 tortillas)

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

gluten-free option:
request corn tortilla

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen

DINNER

WEDNESDAY, NOVEMBER 4, 2026

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

V A

coconut milk

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

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen