

LUNCH

WEDNESDAY, APRIL 29, 2026

TOP SIRLOIN STEAK 3 oz

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
120	240mg	12g	8g	0g	45mg	0g

CORNELL CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	827mg	26g	21g	36g	73mg	2g

MUSHROOM & LENTIL WELLINGTON served w/optional vegan brown gravy

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
290	340mg	12g	13g	31g	0mg	5g



Welcome to New York



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, APRIL 29, 2026

sesame

BEEF LO MEIN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
285	950mg	20g	7g	35g	40mg	2g

CHICKEN FILLET SANDWICH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
423	860mg	21g	19g	42g	50mg	1g

BAKED LAYERED POLENTA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
178	485mg	10g	10g	12g	21mg	4g

sesame

TOFU AND BROCCOLI WITH RICE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	750mg	15g	5g	41g	0mg	4g

