

LUNCH

WEDNESDAY, OCTOBER 15, 2025

COUNTRY STYLE PORK CHOP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	475mg	24g	22g	9g	85mg	0g

SEARED CHICKEN SHAWARMA sesame in tahini sauce

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
135	450 mg	22g	5g	0g	105mg	0g

SHAWARMA BOWL sesame in tahini sauce

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
237	446mg	7g	9g	32g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, OCTOBER 15, 2025

SALISBURY STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
400	450mg	26g	29g	8g	106mg	0g

CHICKEN TACO CASSEROLE



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

QUINOA TACO CASSEROLE

cashew



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	535mg	14g	9g	41g	0mg	5g



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contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen