

LUNCH

WEDNESDAY, MARCH 18, 2026



DAY OF GIVING 2026

ORANGE CHICKEN W/RICE sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
345	1100mg	22g	15g	30g	60mg	1g

PORK CHOPS W/ORANGE MARMALADE CHUTNEY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	450mg	24g	14g	20g	69mg	0g

ORANGE TOFU AND BROCCOLI WITH RICE sesame

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

 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

WEDNESDAY, MARCH 18, 2026

SHOYU CHICKEN

sesame



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	905mg	23g	7g	11g	125mg	0g

HOT TURKEY & BACON CROISSANT



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
543	1.070mg	22g	35g	35g	101mg	1g

sesame (tahini sauce)

MUJADARA W/TAHINI SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	180mg	7g	6g	55g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen