## LUNCH

## THURSDAY, MARCH 28, 2024

## ITALIAN SPAGHETTI

gluten-free pasta available

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 350 | 475 mg | 16 g | 12 g | 45 g | 40 mg | 2 g |

## SAVORY FRIED CHICIEN WINGS 3pcs

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 215 | 620 mg | 12 g | 16 g | $\mathbf{6 g}$ | $\mathbf{8 0 m g}$ | $\mathbf{0 g}$ |

## 3-CHEESE SOUFFLÉ VG (I) 0

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 300 | 650 mg | 22 g | 21 g | 5 g | 350 mg | 0 g |

HEARTY GARDEN SPAGHETTI v * gluten-free pasta available

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 260 | 675 mg | 15 g | 2 g | 48 g | 0 mg | 5 g |

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

## DINNER

## THURSDAY, MARCH 28,, 2024

## SOUTHWEST CHICKEN W/ MUSHROOMS (I)

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 437 | 450 mg | 21 g | 37 g | 5 g | 130 mg | $\mathbf{1 g}$ |

## CUBAN PORK BITES



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 340 | 207 mg | 30 g | 21 g | 7 g | 75 mg | 0 g |

## SOUTHWEST POTATO AND CORN CHOWDER v

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 136 | 152 mg | 6 g | 4 g | 19 g | 0 mg | 4 g |

contains milk
VG vegetarian
V vegan

