

LUNCH

THURSDAY, DECEMBER 5, 2024

ITALIAN SPAGHETTI



gluten-free pasta available per request

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	475mg	16g	8g	45g	40mg	2g

HERBED ROASTED CHICKEN THIGH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
135	250mg	22g	5g	0g	105mg	0g

HEARTY GARDEN SPAGHETTI



gluten-free pasta available per request

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



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

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BLACKENED TILAPIA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	760mg	21g	5g	0g	48mg	0g

POPPY SEED CHICKEN


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	650mg	17g	20g	28g	49mg	1g

LEMONY PASTA W/CHICKPEAS


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	725mg	16g	15g	33g	21mg	5g

MOROCCAN TAGINE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	378mg	6g	4g	25g	0mg	5g


 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen