

Month: November 2024																																																																															
Monday					Tuesday					Wednesday					Thursday					Friday																																																											
																				November 1st																																																											
																				Salads					Entrée																																																						
																				Chef					Chick					Veg					Vegetarian																																												
Calories					938					716					753					807					Calories					747					525					562					807																																		
Protein					56					47					31					28					Protein					50					42					25					28																																		
Carbs					85					90					102					90					Carbs					98					104					115					90																																		
Fiber					15					16					20					12					Fiber					15					16					20					12																																		
Fat					44					22					27					39					Fat					44					22					26					39																																		
Sodium					1,152					463					713					1133					Sodium					1,116					427					677					1133																																		
November 4th					November 5th					November 6th					November 7th					November 8th																																																											
Salads					Entrée					Salads					Entrée					Salads					Entrée					Salads					Entrée																																												
Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian																								
Calories					938					716					743					807					Calories					931					709					746					807					Calories					986					764					801					807									
Protein					56					47					30					28					Protein					55					47					30					28					Protein					55					47					31					28									
Carbs					85					90					102					90					Carbs					84					89					101					90					Carbs					98					104					115					90									
Fiber					15					16					20					12					Fiber					13					14					19					12					Fiber					15					16					20					12									
Fat					44					22					27					39					Fat					44					22					26					39					Fat					44					22					26					39									
Sodium					1,152					463					714					1133					Sodium					1,157					468					718					1133					Sodium					1,152					463					713					1133									
November 11th					November 12th					November 13th					November 14th					November 15th																																																											
Salads					Entrée					Salads					Entrée					Salads					Entrée					Salads					Entrée																																												
Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian																								
Calories					795					573					610					807					Calories					918					695					732					807					Calories					836					614					651					807									
Protein					50					42					25					28					Protein					55					47					30					28					Protein					54					45					29					28									
Carbs					65					70					82					90					Carbs					80					85					97					90					Carbs					68					73					85					90									
Fiber					12					13					17					12					Fiber					13					14					18					12					Fiber					12					13					17					12									
Fat					40					17					22					39					Fat					44					22					27					39					Fat					41					18					23					39									
Sodium					1,116					427					677					1133					Sodium					1,153					464					714					1133					Sodium					1,269					580					830					1133									
November 18th					November 19th					November 20th					November 21st					November 22nd																																																											
Salads					Entrée					Salads					Entrée					Salads					Entrée					Salads					Entrée																																												
Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian																								
Calories					1104					882					919					807					Calories					747					525					562					807					Calories					992					770					807					1046					807				
Protein					55					47					30					28					Protein					50					42					25					28					Protein					55					47					30					38					28				
Carbs					127					132					144					90					Carbs					51					56					68					90					Carbs					100					105					117					182					90				
Fiber					16					17					21					12					Fiber					12					13					17					12					Fiber					17					18					22					22					12				
Fat					45					23					28					39					Fat					40					18					22					39					Fat					44					22					27					23					39				
Sodium					1,162					473					723					1133					Sodium					1,116					427					677					1133					Sodium					1,154					465					715					920					1133				
November 25th					November 26th					November 27th- *CLOSED*					November 28th- *CLOSED*					November 29th- *CLOSED*																																																											
Salads					Entrée					Salads					Entrée					Salads					Entrée																																																						
Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian					Chef					Chick					Veg					Vegetarian																								
Calories					811					588					625					807					Calories					740					518					555					807					Calories					740					518					555					807									
Protein					54					46					29					28					Protein					50					41					25					28					Protein					50					41					25					28									
Carbs					60					65					77					90					Carbs					50					55					67					90					Carbs					50					55					67					90									
Fiber					10.5					11.5					16					12					Fiber					10.5					11.5					16					12					Fiber					10.5					11.5					16					12									
Fat					41					19					24					39					Fat					40					17					22					39					Fat					40					17					22					39									
Sodium					1,189					500					750					1133					Sodium					1,121					432					682					1133					Sodium					1,121					432					682					1133									

The following major food allergens are used as ingredients in many of our meals:  
Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.

Please contact staff at 303-335-4931 for more information about these ingredients.

