




Month: December 2024																								
Monday					Tuesday					Wednesday					Thursday					Friday				
December 2nd					December 3rd					December 4th					December 5th					December 6th				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
871.70	658.42	695.60	753.53		718.36	505.09	542.26	753.53		923.14	709.86	747.04	753.53		854.39	641.11	678.29	753.53		766.79	553.52	590.69	753.53	
54.34	46.05	29.67	33.53		50.22	41.93	25.55	33.53		54.57	46.28	29.91	33.53		54.01	45.72	29.35	33.53		49.98	41.69	25.32	33.53	
77.16	81.76	93.62	112.27		52.31	56.91	68.77	112.27		91.10	95.71	107.57	112.27		72.93	77.53	89.39	112.27		65.92	70.52	82.38	112.27	
41.11	19.84	24.59	21.02		36.36	15.09	19.83	21.02		41.06	19.80	24.54	21.02		41.16	19.89	24.64	21.02		36.20	14.93	19.68	21.02	
13.85	14.84	19.18	13.37		12.01	13.00	17.33	13.37		14.90	15.89	20.22	13.37		13.05	14.04	18.38	13.37		11.86	12.85	17.19	13.37	
899.87	575.50	825.28	1107.39		743.92	419.55	669.33	1107.39		894.99	570.62	820.40	1107.39		895.82	571.45	821.22	1107.39		743.92	419.55	669.33	1107.39	
December 9th					December 10th					December 11th					December 12th					December 13th				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
766.79	553.52	590.69	753.53		865.23	651.96	689.13	753.53		923.14	709.86	747.04	1304.35	753.53	698.04	484.77	521.94	753.53		718.36	505.09	542.26	753.53	
49.98	41.69	25.32	33.53		54.11	45.82	29.45	33.53		54.57	46.28	29.91	38.30	33.53	49.43	41.14	24.77	33.53		50.22	41.93	25.55	33.53	
65.92	70.52	82.38	112.27		75.77	80.37	92.23	112.27		91.10	95.71	107.57	204.41	112.27	47.74	52.34	64.21	112.27		52.31	56.91	68.77	112.27	
36.20	14.93	19.68	21.02		41.18	19.92	24.66	21.02		41.06	19.80	24.54	42.79	21.02	36.30	15.03	19.78	21.02		36.36	15.09	19.83	21.02	
11.86	12.85	17.19	13.37		12.58	13.57	17.9	13.37		14.90	15.89	20.22	28.42	13.37	10.02	11.01	15.34	13.37		12.01	13.00	17.33	13.37	
743.92	419.55	669.33	1107.39		896.50	572.13	821.91	1107.39		894.99	570.62	820.40	1461.54	1107.39	744.75	420.38	670.15	1107.39		743.92	419.55	669.33	1107.39	
December 16th					December 17th					December 18th					December 19th					December 20th				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian	
718.36	505.09	542.26	753.53		708.88	495.61	532.79	753.53		683.35	470.08	507.25	753.53		854.39	641.11	678.29	753.53		865.23	651.96	689.13	753.53	
50.22	41.93	25.55	33.53		49.53	41.24	24.87	33.53		49.54	41.25	24.88	33.53		54.01	45.72	29.35	33.53		54.11	45.82	29.45	33.53	
52.31	56.91	68.77	112.27		50.58	55.19	67.05	112.27		43.29	47.90	59.76	112.27		72.93	77.53	89.39	112.27		75.77	80.37	92.23	112.27	
36.36	15.09	19.83	21.02		36.32	15.05	19.8	21.02		36.45	15.18	19.93	21.02		41.16	19.89	24.64	21.02		41.18	19.92	24.66	21.02	
12.01	13.00	17.33	13.37		9.54	10.53	14.87	13.37		10.52	11.51	15.85	13.37		13.05	14.04	18.38	13.37		12.58	13.57	17.9	13.37	
743.92	419.55	669.33	1107.39		745.43	421.06	670.84	1107.39		744.75	420.38	670.16	1107.39		895.82	571.45	821.22	1107.39		896.50	572.13	821.91	1107.39	
December 23rd					December 24th- *CLOSED*					December 25th- *CLOSED*					December 26th- *CLOSED*					December 27th				
Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée	Salads				Entrée
Calories	Protein	Carbs	Fat	Fiber																Calories	Protein	Carbs	Fat	Fiber
Chef	Chick	Veg	Vegetarian																	Chef	Chick	Veg	Vegetarian	
711.35	498.08	535.25	753.53																	698.04	484.77	521.94	753.53	
49.76	41.48	25.1	33.53																	49.43	41.14	24.77	33.53	
51.26	55.87	67.73	112.27																	47.74	52.34	64.21	112.27	
36.24	14.97	19.71	21.02																	36.30	15.03	19.78	21.02	
10.48	11.47	15.8	13.37																	10.02	11.01	15.34	13.37	
748.88	424.51	674.29	1107.39																	744.75	420.38	670.15	1107.39	
December 30th					December 31st																			
Salads				Entrée	Salads				Entrée															
Calories	Protein	Carbs	Fat	Fiber	Calories	Protein	Carbs	Fat	Fiber															
Chef	Chick	Veg	Vegetarian		Chef	Chick	Veg	Vegetarian																
781.95	568.68	605.85	753.53		890.86	677.58	714.76	753.53																
53.99	45.70	29.33	33.53		53.79	45.50	29.13	33.53																
60.55	65.15	77.01	112.27		68.82	73.42	85.28	112.27																
37.70	16.44	21.18	21.02		46.70	25.44	30.18	21.02																
10.50	11.49	15.83	13.37		12.43	13.42	17.76	13.37																
816.93	492.56	742.34	1107.39		843.14	518.77	768.55	1107.39																

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.

