

Chef Nutritional Information

3/5/2026

Lunch Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Chef Eric										
Shepherds Pie	1 cup, 1 roll	577	60	25	7	60	1150	7	27	D,S,W,F
Chef George										
Penne Pasta & Meatballs	6.4oz pasta/4 meatballs	308	31	14	4	42	873	5	17	D,W, garlic
Side Salad: Cucumber Tomato	1/2 cup	24	4	1	0	0	145	1	1	garlic
Chef Hank										
Italian Sausage Pasta	7oz pasta	374	32	22	6	42	761	4	13	D,W,P, garlic
Side Salad: Cucumber Tomato	1/2 cup	24	4	1	0	0	145	1	1	garlic
Chef Jay										
Chicken Adobo w/Rice	5.3 oz chx/ 1/2 c rice	312	48	5	1	58	460	2	19	E,S,W
Side Salad: Asian Coleslaw	1/2 cup	84	5	7	1	3	203	1	1	E, S, W, Sesame
Chef Jeff										
Cheese Ravioli w/Tomato Basil Cream Sauce	9 ea	462	55	19	9	55	1077	5	1	D,E,W
Chef Mango										
Cheeseburger Mac & Cheese	6.4 oz	450	32	25	11.5	79	621	2.5	28	D,W
Breakfast Entrées	Serving Size	Calories	Carbohydrates (g)	Total Fat (g)	Saturated Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)	Protein (g)	Allergens*
Sausage Breakfast Wrap	1 wrap	495	51	23	9	158	815	6	20	D,E,W
Ham, Egg, & Cheese Biscuit	1 biscuit	342	30	19	8	143	608	2	15	D,E,W,P

***ALLERGENS NOTED: D = Dairy, E= Eggs, F= Fish, S= Soy, W= Wheat, Pork=P, Sesame**

*Please be advised that this is general information and not intended to be used as medical advise. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.