Month: August 2026

Monday

3-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	706	493	549	
Protein	50	41	25	
Carbs	50	54	73	
Fat	36.4	15	20	
Fiber	9.9	10.9	15.7	
Sodium	754	430	685	

10-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	710.00	501.00	529	626
Protein	50.00	42.00	25	24
Carbs	51.00	56.00	68	77
Fat	36.00	15.30	20	28
Fiber	10.50	11.90	15.8	20
Sodium	749.00	420.00	684	929

8/17/2026- Closed this week

24-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	853.00	640.00	672	626
Protein	54.00	46.00	28.9	24
Carbs	73.00	78.00	89	77
Fat	41.00	19.90	25	28
Fiber	13.00	13.90	18.4	20
Sodium	896.00	571.00	831	929

31-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	805.00	592.00	624	626
Protein	52.00	44.00	27	24
Carbs	62.00	67.00	78	77
Fat	41.00	20.00	24	28
Fiber	12.40	13.40	17.8	20
Sodium	868.00	543.00	803	929

Tuesday

4-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	859.00	646.00	711.00	626
Protein	52.00	43.00	29.00	24
Carbs	77.00	82.00	99.00	77
Fat	41.00	20.00	24.00	28
Fiber	14.00	15.60	19.60	20
Sodium	870.00	546.00	1001.00	929

11-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	708.00	494.00	527	626
Protein	50.00	41.00	24	24
Carbs	51.00	55.00	67	77
Fat	36.00	15.00	19.8	28
Fiber	9.50	10.50	14.9	20
Sodium	745.00	421.00	681	929

18-Aug

25-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	919.00	705.00	738	626
Protein	57.00	48.00	31	24
Carbs	72.00	77.00	89	77
Fat	48.00	27.00	32	28
Fiber	15.40	16.40	21	12.3
Sodium	897.00	573.00	833	929

Wednesday

5-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	697.00	484.00	516	626
Protein	49.00	41.00	24	24
Carbs	48.00	52.00	64	77
Fat	36.00	15.00	20	28
Fiber	10.00	11.00	15.3	20
Sodium	745.00	420.00	680	929

12-Aug

	Salads			
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	781.00	568.00	600	626
Protein	52.00	44.00	27	24
Carbs	66.00	71.00	83	77
Fat	37.00	15.50	20	28
Fiber	11.30	12.20	16.6	20
Sodium	863.00	539.00	799	929

19-Aug

25-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	683	470	502	626
Protein	50	41	24	24
Carbs	43	48	60	77
Fat	36	15	19.8	28
Fiber	9.5	10.5	14.9	12.3
Sodium	767	432	692	929

Thursday

6-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	840	619	779	626
Protein	55	46	34	24
Carbs	68	70.5	110	77
Fat	41	19.7	25	28
Fiber	10.5	11.4	20	20
Sodium	1064	740	1150	929

13-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	686.00	473.00	505	626
Protein	49.00	41.00	24	24
Carbs	44.50	49.00	61	77
Fat	36.00	15.00	20	28
Fiber	9.60	10.60	15	20
Sodium	744.00	420.00	216	929

20-Aug

27-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	840	619	779	626
Protein	55	46	34	24
Carbs	68	70.5	110	77
Fat	41	19.7	25	28
Fiber	10.5	11.4	20	12.3
Sodium	1064	740	1150	929

Friday

7-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	1002.00	789.00	821	626
Protein	57.00	49.00	32	24
Carbs	93.00	97.00	109	77
Fat	48.00	26.60	31	28
Fiber	16.90	18.00	22.2	20
Sodium	897.00	572.00	832	929

14-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	914	700	675	626
Protein	55	46	30	24
Carbs	88	93	89	77
Fat	41	19.8	24	28
Fiber	15.2	16.2	17.7	20
Sodium	1066	742	1004	929

21-Aug

CLOSED- MAINTENANCE WEEK

28-Aug

	Salads			*Entrée*
	Chef	**Chick**	**Veg**	**Vegetarian**
Calories	744.00	531.00	563	626
Protein	50.00	42.00	25	24
Carbs	53.00	58.00	70	77
Fat	39.00	17.40	22	28
Fiber	10.60	11.60	15.9	12.3
Sodium	749.00	425.00	684	929

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.