# LUNCH FRIDAY, APRIL 26, 2024 

## CHICKEN STRIPS

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 312 | 425 mg | 31 g | $\mathbf{1 7 . 5 g}$ | $\mathbf{6 g}$ | $\mathbf{9 7 m g}$ | $\mathbf{1 g}$ |

## SPICY GARLIC \& LIME TILAPIA

| CALORIES | SODIUM |
| :---: | :---: |
| 138 | 150 mg |

PROTEIN
21g
FAT
6 g
CARBS
0 g

CHOLESTEROL
FIBER
48 mg
0 g

## CHIK'N STRIPS V (8) ${ }^{3}$ strips

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 150 | 350 mg | 11 g | 7 g | 12 g | 0 mg | 2 g |
|  |  |  |  |  |  |  |

cashew
MAC \& CHEEZE V gluten-free pasta

|  |  |  |  |  | CARBS | CHOLESTEROL |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| CALORIES | SODIUM | PROTEIN | FAT | CARER |  |  |
| 405 | 385 mg | 20 g | 11 g | 57 g | 0 mg | 4 g |

contains egg

contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish

# DINNER FRIDAY, APRIL 26, 2024 

## CHICKEN TIKKA MASALA*

| $\begin{gathered} \text { CALORIES } \\ 260 \end{gathered}$ | $\begin{gathered} \text { sodium } \\ 570 \mathrm{mg} \end{gathered}$ | $\begin{aligned} & \text { PROTEIN } \\ & \mathbf{2 0 g} \end{aligned}$ | $\begin{aligned} & \text { FAT } \\ & 16 \mathrm{~g} \end{aligned}$ | $\begin{aligned} & \text { CARBS } \\ & 9 \mathbf{g} \end{aligned}$ | $\begin{aligned} & \text { CHOLESTEROL } \\ & 75 \mathrm{mg} \end{aligned}$ | $\begin{gathered} \text { FIBER } \\ \mathbf{1 g} \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| CHANA DAL* ${ }^{*}$ |  |  |  |  |  |  |
| CALORIES <br> 170 | SODIUM $781 \mathrm{mg}$ | $\begin{gathered} \text { PROTEIN } \\ 7 \mathrm{~g} \end{gathered}$ | $\begin{aligned} & \text { FAT } \\ & 2 \mathrm{~g} \end{aligned}$ | $\begin{gathered} \text { CARBS } \\ 31 \mathrm{~g} \end{gathered}$ | cholesterol <br> 0mg | $\begin{gathered} \text { FIBER } \\ 8 \mathrm{~g} \end{gathered}$ |

*without rice
contains milk
contains fish
contains shellfish

vegetarian
V vegan
contains nuts
A ask about allergen

