

# LUNCH

FRIDAY, SEPTEMBER 22, 2023

## CHICKEN STRIPS

| CALORIES | SODIUM | PROTEIN | FAT   | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-------|-------|-------------|-------|
| 312      | 425mg  | 31g     | 17.5g | 6g    | 97mg        | 1g    |

## SPICY GARLIC & LIME TILAPIA

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 138      | 150mg  | 21g     | 6g  | 0g    | 48mg        | 0g    |

## CHIK'N STRIPS 3 strips

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

cashew

## MAC & CHEEZE gluten-free pasta

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



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

FRIDAY, SEPTEMBER 22, 2023

## CHICKEN TIKKA MASALA\*



CALORIES  
260

SODIUM  
570mg

PROTEIN  
20g

FAT  
16g

CARBS  
9g

CHOLESTEROL  
75mg

FIBER  
1g

## CHANA MASALA\*



CALORIES  
170

SODIUM  
781mg

PROTEIN  
7g

FAT  
2g

CARBS  
31g

CHOLESTEROL  
0mg

FIBER  
8g

\*without rice



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen