LUNCH

MONDAY, NOVEMBER 3, 2025

SMOKY PENNE W/GOAT CHEESE VG (1)







CALORIES 305

SODIUM 420mg

PROTEIN 11g

FAT 12g **CARBS** 538

CHOLESTEROL 16mg

FIBER 3g

almonds coconut milk

ALMOND ROSEMARY LEMON TOFU











CALORIES 170

SODIUM 205mg

PROTEIN 8g

FAT 10g

CARBS 12g

CHOLESTEROL 0mg

FIBER 3g

sesame

BEEF & BROCCOLI W/RICE



CALORIES 287

SODIUM 487mg

PROTEIN 17g

FAT 15g **CARBS** 21g

CHOLESTEROL 50_{mg}

FIBER 0g

SOUTHWEST CHICKEN

CALORIES 155

SODIUM 450mg

PROTEIN 22g

FAT 5g

CARBS 5g

CHOLESTEROL 105mg

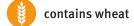
FIBER 0g

Thai Curry Mayo VG 🔾





(optional sauce for Almond Rosemary Lemon Tofu)





















DINNER

MONDAY, NOVEMBER 3, 2025



BROCCOLI & CHEESE BAKED POTATO CASSEROLE





CALORIES 245

SODIUM 145mg PROTEIN 8g FAT 11g CARBS 28g CHOLESTEROL 20mg

FIBER 2g

SOUTHWEST STUFFED PEPPERS





CALORIES 150 SODIUM 865mg PROTEIN 8g FAT 2g CARBS 25g CHOLESTEROL Omg

FIBER 5g

WINGS OF FIRE 2 pcs



CALORIES 160

SODIUM 410mg PROTEIN 15g FAT 11g CARBS 1g CHOLESTEROL 80mg FIBER 0g

BEEF STUFFED PEPPERS





CALORIES 245

SODIUM 270mg

PROTEIN 19g

FAT 11g CARBS 18g CHOLESTEROL 61mg

FIBER 2g

contains wheat





