

# LUNCH

MONDAY, JANUARY 30, 2023

## BLACK BEAN NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	700mg	12g	12g	21g	31mg	4g



## CREAMY TOMATO BASIL PASTA

cauliflower & cashew sauce  
gluten-free pasta



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	550mg	15g	6g	40g	0mg	8g

## MEATLOAF (contains oatmeal - not gluten free)



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
250	350mg	23g	15g	6g	60mg	1g

## CRISPY CHICKEN W/ CREAM SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
432	650mg	21g	32g	15g	140mg	0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

MONDAY, JANUARY 30, 2023

## SWEET & SAVORY BBQ SANDWICH



<b>CALORIES</b> 267	<b>SODIUM</b> 780mg	<b>PROTEIN</b> 13g	<b>FAT</b> 7g	<b>CARBS</b> 38g	<b>CHOLESTEROL</b> 0mg	<b>FIBER</b> 4g
------------------------	------------------------	-----------------------	------------------	---------------------	---------------------------	--------------------

## BBQ PORK SANDWICH



<b>CALORIES</b> 410	<b>SODIUM</b> 970mg	<b>PROTEIN</b> 25g	<b>FAT</b> 14g	<b>CARBS</b> 46g	<b>CHOLESTEROL</b> 85mg	<b>FIBER</b> 1g
------------------------	------------------------	-----------------------	-------------------	---------------------	----------------------------	--------------------

## BLACKENED CHICKEN

<b>CALORIES</b> 120	<b>SODIUM</b> 830mg	<b>PROTEIN</b> 21g	<b>FAT</b> 4g	<b>CARBS</b> 0g	<b>CHOLESTEROL</b> 55mg	<b>FIBER</b> 0g
------------------------	------------------------	-----------------------	------------------	--------------------	----------------------------	--------------------



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen