

# LUNCH

MONDAY, JANUARY 19, 2026

coconut oil

## ROASTED VEGETABLE ENCHILADA CASSEROLE



CALORIES  
220

SODIUM  
650mg

PROTEIN  
7g

FAT  
8g

CARBS  
30g

CHOLESTEROL  
0mg

FIBER  
5g

## MEXICAN CHICKEN



CALORIES  
515

SODIUM  
615mg

PROTEIN  
24g

FAT  
34g

CARBS  
28g

CHOLESTEROL  
145mg

FIBER  
1g

## BLACKENED TILAPIA



CALORIES  
111

SODIUM  
760mg

PROTEIN  
21g

FAT  
3g

CARBS  
0g

CHOLESTEROL  
48mg

FIBER  
0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

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## SPICY 3-BEAN NACHOS

cashew queso



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	588mg	13g	15g	35g	0mg	8g

## BEEF NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
365	1213mg	21g	20g	25g	48mg	3g

## SANTA FE CHICKEN CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
267	480mg	22g	11g	20g	61mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen