

LUNCH

MONDAY, APRIL 27, 2026

LEMONY PASTA W/CHICKPEAS



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 330 | 725mg | 16g | 15g | 33g | 21mg | 5g |

BLACKENED TOFU



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 140 | 700mg | 8g | 9g | 7g | 0mg | 1g |

BREADED CHEDDAR CHICKEN W/ CREAM SAUCE



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

sesame

BEEF & BROCCOLI W/GARLIC SAUCE & RICE



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 335 | 820mg | 15g | 17g | 30g | 30mg | 2g |



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, APRIL 27, 2026

SOUTHWEST VEGETABLE WRAP



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 283 | 747mg | 14g | 10g | 40g | 19mg | 5g |

SPICY LENTIL STEW



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 140 | 343mg | 10g | 2g | 20g | 0mg | 9g |

BONELESS BUFFALO CHICKEN



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 350 | 1200mg | 13g | 16g | 38g | 40mg | 0g |

CHEESEBURGER CASSEROLE



| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 428 | 571mg | 22g | 21g | 36g | 75mg | 0g |



contains wheat



contains egg



contains milk



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vegan



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contains fish



contains shellfish



contains nuts



ask about allergen