LUNCH

MONDAY, APRIL 28, 2025

BLACK BEAN NACHOS VG (1)







CALORIES 240

SODIUM 700mg

PROTEIN 12g

FAT 12g **CARBS** 21g

CHOLESTEROL 31mg

FIBER 4g

sesame in tahini sauce

SHAWARMA BOWL W/LEMON TAHINI SAUCE







CALORIES 237

SODIUM 446mg

PROTEIN 7g

FAT 9g

CARBS 32g

CHOLESTEROL 0mg

FIBER 5g

BREADED CHEDDAR CHICKEN W/ CREAM SAUCE





CALORIES 432

SODIUM 650mg

PROTEIN 21g

FAT 32g

CARBS 15g

CHOLESTEROL 140mg

FIBER 0g

LEMON PEPPER TILAPIA



CALORIES 138

SODIUM 450mg

PROTEIN 21g

FAT 6g

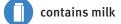
CARBS 0g

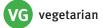
CHOLESTEROL 48mg

FIBER 0g

contains wheat





















DINNER

MONDAY, APRIL 28, 2025

SOUTHWEST VEGETABLE WRAP VG 👸 🗻









CALORIES 283

SODIUM 747mg

PROTEIN 14g

FAT 10g **CARBS** 40g

CHOLESTEROL 19_{mg}

FIBER 5g

SPICY LENTIL STEW





CALORIES 140

SODIUM 343mg

PROTEIN 10g

FAT 2g

CARBS 20g

CHOLESTEROL 0mg

FIBER 9g

BONELESS BUFFALO CHICKEN









350

SODIUM 1200mg

PROTEIN 13g

FAT 16g **CARBS** 38g

CHOLESTEROL 40mg

FIBER 0g

CHEESEBURGER CASSEROLE





CALORIES 428

SODIUM 571mg

PROTEIN 22g

FAT 21g

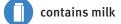
CARBS 36g

CHOLESTEROL 75mg

FIBER 0g

contains wheat















contains shellfish



contains nuts



ask about allergen