

LUNCH

MONDAY, MAY 5, 2025

CHEESY VEGETABLE STRATA



CALORIES
270

SODIUM
800mg

PROTEIN
17g

FAT
12g

CARBS
23g

CHOLESTEROL
185mg

FIBER
0g



coconut oil

ROASTED VEGETABLE ENCHILADA CASSEROLE



CALORIES
220

SODIUM
650mg

PROTEIN
7g

FAT
8g

CARBS
30g

CHOLESTEROL
0mg

FIBER
5g

RITZY CHICKEN



CALORIES
310

SODIUM
430mg

PROTEIN
23g

FAT
20g

CARBS
10g

CHOLESTEROL
55mg

FIBER
1g

POT ROAST



CALORIES
315

SODIUM
445mg

PROTEIN
24g

FAT
19g

CARBS
12g

CHOLESTEROL
85mg

FIBER
2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen