# LUNCH

## MONDAY, MAY 12, 2025

almonds coconut milk

### **ALMOND ROSEMARY LEMON TOFU**











**CALORIES** 170

**SODIUM** 205mg

**PROTEIN** 8g

**FAT** 10g

**CARBS** 12g

**CHOLESTEROL** 0mg

**FIBER** 3g

## CRUSTLESS GARDEN QUICHE VG (1)









**CALORIES** 305

**SODIUM** 635mg

**PROTEIN** 20g

**FAT** 18g **CARBS** 16g

**CHOLESTEROL** 150mg

**FIBER** 4g

### WINGS OF FIRE 2 pcs



**CALORIES** 160

**SODIUM** 410mg

**PROTEIN** 15g

**FAT** 11g **CARBS** 1g

**CHOLESTEROL** 80mg

**FIBER** 0g

sesame

### KOREAN BEEF OVER RICE





**CHOLESTEROL** 

**FIBER** 

**CALORIES** 316

**SODIUM** 676mg

**PROTEIN** 11g

**FAT** 17g **CARBS** 28g

30mg

1g





contains egg



contains milk



VG vegetarian

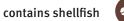


vegan













# DINNER

MONDAY, MAY 12, 2025

### **HEARTY GARDEN SPAGHETTI**







CALORIES 260

SODIUM 675mg

PROTEIN 15g FAT 2g CARBS 48g CHOLESTEROL 0mg FIBER 5g

#### CHICKPEA CAESAR WRAP











CALORIES 315

SODIUM 2855mg

PROTEIN 8g FAT 15g CARBS 37g CHOLESTEROL 10mg

FIBER 4g

#### **CHICKEN CAESAR WRAP**







CALORIES 350

SODIUM 600mg

PROTEIN 23g

FAT 20g

CARBS 19g CHOLESTEROL 60mg

FIBER 1g

### **ITALIAN SPAGHETTI**



CALORIES 316

SODIUM 475mg

PROTEIN 16g

FAT 8g CARBS 45g CHOLESTEROL 40mg

FIBER 2g

gluten-free pasta available per request



















