

LUNCH

MONDAY, DECEMBER 15, 2025



THAI PINEAPPLE FRIED RICE



cashews



contains
plant-based JUST egg

CALORIES
250

SODIUM
800mg

PROTEIN
11g

FAT
10g

CARBS
28g

CHOLESTEROL
0mg

FIBER
3g

ITALIAN BREADED CHICKEN



CALORIES
265

SODIUM
855mg

PROTEIN
22g

FAT
15g

CARBS
10g

CHOLESTEROL
56mg

FIBER
0g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, DECEMBER 15, 2025

SWEET & SOUR TOFU W/RICE



sweetened w/brown sugar

CALORIES
220

SODIUM
580mg

PROTEIN
10g

FAT
4g

CARBS
36g

CHOLESTEROL
0mg

FIBER
3g

CHICKEN PARMESAN CASSEROLE



CALORIES
405

SODIUM
695mg

PROTEIN
16g

FAT
25g

CARBS
29g

CHOLESTEROL
85mg

FIBER
2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen