LUNCH

MONDAY, DECEMBER 15, 2025

cashews



THAI PINEAPPLE FRIED RICE





contains plant-based JUST egg

CALORIES 250

SODIUM 800mg PROTEIN 11g

FAT 10g CARBS 28g

CHOLESTEROL Omg

FIBER 3g

ITALIAN BREADED CHICKEN





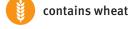


CALORIES 265

SODIUM 855mg PROTEIN 22g

FAT 15g CARBS 10g CHOLESTEROL 56mg

FIBER 0g





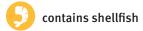
















DINNER

MONDAY, DECEMBER 15, 2025

SWEET & SOUR TOFU W/RICE V



sweetened w/brown sugar

CALORIES 220

SODIUM 580mg PROTEIN 10g

FAT 4g CARBS 36g CHOLESTEROL Omg

FIBER 3g

CHICKEN PARMESAN CASSEROLE







CALORIES 405

SODIUM 695mg PROTEIN 16g

FAT 25g

CARBS 29g CHOLESTEROL 85mg

FIBER 2g











