LUNCH

THURSDAY, NOVEMBER 6, 2025

BEEF STROGANOFF OVER RICE





CALORIES 330

SODIUM 479mg

PROTEIN 16g

FAT 16g

CARBS 30g

CHOLESTEROL 65mg

FIBER 1g

sesame

SESAME SEED PORK WITH RICE







CALORIES 310

SODIUM 900mg

PROTEIN 17g

FAT 15g

CARBS 27g

CHOLESTEROL 40mg

FIBER 1g

BLACK BEAN NACHOS VG 🕕





CALORIES 240

SODIUM 700mg

PROTEIN 12g

FAT 12g

CARBS 21g

CHOLESTEROL 31mg

FIBER 4g

STICKY SESAME CAULIFLOWER WINGS







sesame

CALORIES 145

SODIUM 578mg

PROTEIN 4g

FAT 1g

CARBS 30g

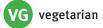
CHOLESTEROL 0mg

FIBER 4g





















DINNER

THURSDAY, NOVEMBER 6, 2025

FARMHOUSE CHICKEN





CALORIES 270

SODIUM 582mg

PROTEIN 17g

FAT 11g

CARBS 26g

CHOLESTEROL 38mg

FIBER 1g

CAJUN RICE W/SAUSAGE





CALORIES

335

SODIUM 880mg

PROTEIN 10g

FAT 20g **CARBS** 29g

CHOLESTEROL 40 mg

FIBER 1g

sesame

PROTEIN POWER BOWL





CALORIES 200

SODIUM 220mg

PROTEIN 10g

FAT **4g**

CARBS 31g

CHOLESTEROL 0mg

FIBER 10g

contains wheat





VG vegetarian



vegan









