

LUNCH

THURSDAY, FEBRUARY 2, 2023

JACKED UP CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
453	945mg	26g	37g	4g	70mg	0g

HAM QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
281	862mg	13g	17g	18g	137mg	0g

GREEK WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
195	450mg	6g	10g	20g	9mg	3g

SPICY LENTILS W/ KALE & SWEET POTATO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	312mg	10g	2.5g	34g	0mg	8g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

THURSDAY, FEBRUARY 2, 2023

PORK FRITTER W/ GRAVY



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	400mg	22g	18g	12g	92mg	2g

TURKEY DIVAN CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
228	950mg	10g	12g	20g	45mg	2g

HEARTY VEGETABLE SOUP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
142	140mg	9g	2g	22g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen