

## THURSDAY, MAY 1, 2025

### **MEATLOAF** w/brown sauce







CALORIES SODIUM 250 350mg

PROTEIN 23g

FAT 15g CARBS 6g CHOLESTEROL 60mg

FIBER 1g

### **BBQ CHICKEN THIGH**

CALORIES 160 SODIUM 250 mg

PROTEIN 22g

FAT 5g CARBS 6g CHOLESTEROL 105mg

FIBER 0g

cashew

#### **BEAN ENCHILADA BAKE**





CALORIES 260 SODIUM 900mg PROTEIN 12g

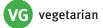
FAT 6g CARBS 40g CHOLESTEROL Omg

FIBER 7g





















# DINNER

THURSDAY, MAY 1, 2025

sesame

PO' BOY SANDWICH (S)









**CALORIES** 475

**SODIUM** 1100mg

**PROTEIN** 15g

**FAT** 25g

**CARBS** 48g

CHOLESTEROL 65mg

**FIBER** 1g

CHEESE RAVIOLI W/ BOLOGNESE SAUCE







CALORIES 266

**SODIUM** 950mg

**PROTEIN** 16g

FAT 14g **CARBS** 19g

CHOLESTEROL 85mg

FIBER 2g

CHEESE RAVIOLI W/ MARINARA VG 🌘 🕕 🔾









**CALORIES** 380

SODIUM 920mg

PROTEIN 16g

FAT 18g **CARBS** 43g

**CHOLESTEROL** 60mg

FIBER 6g

LOUISIANA BEAN STEW V



**CALORIES** 150

**SODIUM** 566mg

**PROTEIN** 9g

FAT 1g

**CARBS** 26g

CHOLESTEROL 0mg

FIBER 7**g** 

contains wheat

















