

THURSDAY, DECEMBER 4, 2025

ITALIAN SPAGHETTI



CALORIES 316

SODIUM 475mg

PROTEIN 16g FAT 8g CARBS 45g CHOLESTEROL 40mg

FIBER 2g

HERBED ROASTED CHICKEN THIGH

CALORIES 135

SODIUM 250mg

PROTEIN 22g

FAT 5g CARBS 0g CHOLESTEROL 105mg

FIBER 0g

HEARTY GARDEN SPAGHETTI





CALORIES 260 SODIUM 675mg PROTEIN 15g FAT 2g

CARBS 48g CHOLESTEROL Omg

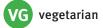
FIBER 5g

gluten-free pasta available per request









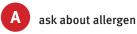












DINNER

THURSDAY, DECEMBER 4, 2025

GRILLED HAM STEAK



CALORIES 130

SODIUM 1200mg

PROTEIN 21g

FAT 5g CARBS 0g

CHOLESTEROL 50mg

FIBER 0g

POPPY SEED CHICKEN





CALORIES 360

SODIUM 650mg PROTEIN 17g

FAT 20g

CARBS 28g CHOLESTEROL 49mg

FIBER 1g

MOROCCAN TAGINE



CALORIES 160

SODIUM 378mg

PROTEIN 6g

FAT 4g CARBS 25g CHOLESTEROL Omg

FIBER 5g

