

# LUNCH

THURSDAY, MAY 14, 2026


## BEEF STEW

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
261	477mg	19g	12g	17g	55mg	2g


coconut milk

## SMOKY LENTIL SOUP W/SPINACH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
115	350mg	7g	3g	15g	0mg	4g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen