

LUNCH

THURSDAY, MARCH 19, 2026

CHICKEN ALFREDO W/ PASTA

CALORIES 445	SODIUM 475mg	PROTEIN 25g	FAT 18g	CARBS 45g	CHOLESTEROL 58mg	FIBER 1g
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HERBED PORK LOIN

CALORIES 205	SODIUM 350mg	PROTEIN 24g	FAT 12g	CARBS 0g	CHOLESTEROL 83mg	FIBER 0g
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CREAMY CAULIFLOWER ALFREDO W/ PASTA cashew

CALORIES 300	SODIUM 730mg	PROTEIN 13g	FAT 12g	CARBS 35g	CHOLESTEROL 0mg	FIBER 3g
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 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

THURSDAY, MARCH 19, 2026

MONTEREY STEAK

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	640mg	27g	27g	2g	97mg	0g

CHICKEN & DUMPLINGS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
332	775mg	17g	19g	21g	65mg	0g

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