

LUNCH

TUESDAY, JANUARY 31, 2023

LASAGNA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
280	700mg	16g	10g	32g	40mg	2g

PECAN CRUSTED TILAPIA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
448	340mg	20g	32g	20g	50mg	1g

VEGETABLE LASAGNA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	920mg	13g	11g	37g	25mg	3g

POTATO VINDALOO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
175	150mg	4g	3g	33g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, JANUARY 31, 2023

PORK ENCHILADA (2) W/ CHILI SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
450	1200mg	25g	18g	47g	75mg	2g

MEXICAN TORTILLA SOUP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	650mg	10g	4g	17g	16mg	3g

BRAZILIAN BEAN SOUP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
81	296mg	4g	1g	14g	0mg	3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen