LUNCH

TUESDAY, JANUARY 31, 2023

LASAGNA





CALORIES 280

SODIUM 700mg

PROTEIN 16g

FAT 10g **CARBS** 32g

CHOLESTEROL 40mg

FIBER 2g

PECAN CRUSTED TILAPIA









CALORIES 448

SODIUM 340mg

PROTEIN 20g

FAT 32g **CARBS** 20g

CHOLESTEROL 50mg

FIBER 1g

VEGETABLE LASAGNA









CALORIES

300

SODIUM 920mg

PROTEIN 13g

FAT 11g **CARBS** 37g

CHOLESTEROL 25mg

FIBER 3g

POTATO VINDALOO



CALORIES 175

SODIUM 150mg

PROTEIN 4g

FAT 3g

CARBS 33g

CHOLESTEROL 0mg

FIBER 4g

contains wheat



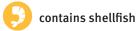
















DINNER

TUESDAY, JANUARY 31, 2023

PORK ENCHILADA (2) W/ CHILI SAUCE 🌖 👝 🕦







CALORIES 450

SODIUM 1200mg

PROTEIN 25g

FAT 18g **CARBS** 47g

CHOLESTEROL 75mg

FIBER 2g

MEXICAN TORTILLA SOUP

CALORIES 145

SODIUM 650mg

PROTEIN 10g

FAT 4g

CARBS 17g

CHOLESTEROL 16mg

FIBER 3g

BRAZILIAN BEAN SOUP



CALORIES 81

SODIUM 296mg

PROTEIN 4g

FAT 1g

CARBS 14g

CHOLESTEROL 0mg

FIBER 3g







