LUNCH

TUESDAY, NOVEMBER 11, 2025

LASAGNA





CALORIES 260

50DIUM 760mg PROTEIN 17g FAT 6g CARBS 35g CHOLESTEROL 20mg

FIBER 2g

sesame

PECAN CRUSTED TILAPIA











CALORIES 385

SODIUM 340mg

PROTEIN 20g

FAT 25g CARBS 20g

CHOLESTEROL 50mg

FIBER 1g

VEGETABLE LASAGNA









CALORIES 300

SODIUM 760mg

PROTEIN 15g FAT 14g CARBS 28g CHOLESTEROL 45mg

FIBER 2g

BUTTERNUT RISOTTO



CALORIES 182

SODIUM 270mg

PROTEIN 5g

FAT 6g CARBS 27g

CHOLESTEROL 10mg

FIBER 2g

contains wheat



contains egg



contains milk



VG vegetarian

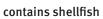


vegan













DINNER

TUESDAY, NOVEMBER 11, 2025

PORK FRITTER W/GRAVY 🔘 🌖 🕕







CALORIES 300

SODIUM 400mg

PROTEIN 22g

FAT 18g **CARBS** 12g

CHOLESTEROL 92mg

FIBER 2g

WINGS OF FIRE



CALORIES 160

SODIUM 410mg

PROTEIN 15g

FAT 11g **CARBS** 1g

CHOLESTEROL 80mg

FIBER 0g

GREEN GOODNESS V



CALORIES 180

SODIUM 200mg

PROTEIN 8g

FAT 7**g**

CARBS 21g

CHOLESTEROL 0mg

FIBER 8g



















