

# LUNCH

TUESDAY, NOVEMBER 11, 2025

## LASAGNA



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 260      | 760mg  | 17g     | 6g  | 35g   | 20mg        | 2g    |

## PECAN CRUSTED TILAPIA

sesame



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 385      | 340mg  | 20g     | 25g | 20g   | 50mg        | 1g    |

## VEGETABLE LASAGNA



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 300      | 760mg  | 15g     | 14g | 28g   | 45mg        | 2g    |

## BUTTERNUT RISOTTO



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 182      | 270mg  | 5g      | 6g  | 27g   | 10mg        | 2g    |



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

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## PORK FRITTER W/ GRAVY



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 300      | 400mg  | 22g     | 18g | 12g   | 92mg        | 2g    |

## WINGS OF FIRE



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 160      | 410mg  | 15g     | 11g | 1g    | 80mg        | 0g    |

## GREEN GOODNESS



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 180      | 200mg  | 8g      | 7g  | 21g   | 0mg         | 8g    |



contains wheat



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vegan



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contains fish



contains shellfish



contains nuts



ask about allergen