

LUNCH

TUESDAY, SEPTEMBER 8, 2026

LASAGNA



CALORIES
260

SODIUM
760mg

PROTEIN
17g

FAT
6g

CARBS
35g

CHOLESTEROL
20mg

FIBER
2g

PECAN CRUSTED TILAPIA



sesame

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



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, SEPTEMBER 8, 2026

PORK FRITTER W/ GRAVY



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

CHICKEN GUMBO W/ RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
235	675mg	15g	7g	28g	25mg	2g

GREEN GOODNESS



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



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen