# LUNCH

## TUESDAY, NOVEMBER 10, 2026

### 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
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen

# DINNER

## TUESDAY, NOVEMBER 10, 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
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A ask about allergen