LUNCH

TUESDAY, APRIL 16, 2024

CHICKEN TACO CASSEROLE



CALORIES 333

SODIUM 657mg

PROTEIN 21g

FAT 18g **CARBS** 22g

CHOLESTEROL 64mg

FIBER 0g

PORK LOIN W/APPLE CRANBERRY CHUTNEY



CALORIES 280

SODIUM 450mg

PROTEIN 24g

FAT 14g **CARBS** 12g

CHOLESTEROL 69mg

FIBER 0g

cashew

QUINOA TACO CASSEROLE





CALORIES 310

SODIUM 535mg

PROTEIN 14g

FAT 9g

CARBS 41g

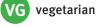
CHOLESTEROL 0mg

FIBER 5g

contains wheat







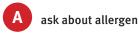












DINNER

TUESDAY, APRIL 16, 2024

CHICKEN PENNE RUSTICA 🌘 🚍 🕕







CALORIES 368

SODIUM 651mg

PROTEIN 21g

FAT 21g **CARBS** 23g

CHOLESTEROL 58mg

FIBER 1g

SALISBURY STEAK





CALORIES 375

SODIUM 750mg

PROTEIN 25g

FAT 26g CARBS 10g

CHOLESTEROL 100mg

FIBER 0g

POLENTA FLORENTINE







CALORIES 230

SODIUM 614mg

PROTEIN 9g

FAT 16g **CARBS** 12g

CHOLESTEROL 38mg

FIBER 2g

POTATO VINDALOO



CALORIES 175

SODIUM 150mg

PROTEIN 4g

FAT 3g

CARBS 33g

CHOLESTEROL 0mg

FIBER 4g

contains wheat





