# LUNCH

## TUESDAY, NOVEMBER 18, 2025

### **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

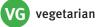
**CHOLESTEROL** 0mg

**FIBER** 5g

contains wheat



















# DINNER

## TUESDAY, NOVEMBER 18, 2025

## 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

## LEMONY PASTA W/CHICKPEAS VG (1)







**CALORIES** 330

SODIUM 725mg

**PROTEIN** 16g

**FAT** 15g **CARBS** 33g

CHOLESTEROL 21mg

**FIBER** 5g

#### **POTATO VINDALOO**



**CALORIES** 175

**SODIUM** 150mg

**PROTEIN** 4g

**FAT** 3g

**CARBS** 33g

CHOLESTEROL 0mg

**FIBER** 4g

contains wheat





