

LUNCH

TUESDAY, SEPTEMBER 15, 2026

CHICKEN TACO CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
333	657mg	21g	18g	22g	64mg	0g

PORK LOIN W/APPLE CRANBERRY CHUTNEY



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
280	450mg	24g	14g	12g	69mg	0g

QUINOA TACO CASSEROLE

cashew



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	535mg	14g	9g	41g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, SEPTEMBER 15, 2026

CHICKEN PENNE RUSTICA



CALORIES
368

SODIUM
651mg

PROTEIN
21g

FAT
21g

CARBS
23g

CHOLESTEROL
58mg

FIBER
1g

BEEF STUFFED PEPPERS



CALORIES
245

SODIUM
270mg

PROTEIN
19g

FAT
11g

CARBS
18g

CHOLESTEROL
61mg

FIBER
2g

LEMONY PASTA W/CHICKPEAS



CALORIES
330

SODIUM
725mg

PROTEIN
16g

FAT
15g

CARBS
33g

CHOLESTEROL
21mg

FIBER
5g

SOUTHWEST STUFFED PEPPERS



CALORIES
150

SODIUM
865mg

PROTEIN
8g

FAT
2g

CARBS
25g

CHOLESTEROL
0mg

FIBER
5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen