# LUNCH

## TUESDAY, NOVEMBER 17, 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
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen

# DINNER

## TUESDAY, NOVEMBER 17, 2026

### CHICKEN PENNE RUSTICA

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|---|---|---|---|---|---|---|
| 368 | 651mg | 21g | 21g | 23g | 58mg | 1g |

### BEEF STUFFED PEPPERS

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|---|---|---|---|---|---|---|
| 245 | 270mg | 19g | 11g | 18g | 61mg | 2g |

### SOUTHWEST STUFFED PEPPERS

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|---|---|---|---|---|---|---|
| 150 | 865mg | 8g | 2g | 25g | 0mg | 5g |

contains wheat
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contains nuts
A ask about allergen