

# LUNCH

TUESDAY, MAY 13, 2025

## APPLE GLAZED PORK LOIN



CALORIES  
250

SODIUM  
450mg

PROTEIN  
24g

FAT  
14g

CARBS  
7g

CHOLESTEROL  
69mg

FIBER  
0g

sesame

## SWEET & SPICY CHICKEN W/ RICE



CALORIES  
437

SODIUM  
750mg

PROTEIN  
23g

FAT  
25g

CARBS  
30g

CHOLESTEROL  
125mg

FIBER  
1g

## WHITE BEAN CASSOULET



CALORIES  
183

SODIUM  
250mg

PROTEIN  
9g

FAT  
3g

CARBS  
30g

CHOLESTEROL  
0mg

FIBER  
8g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

TUESDAY, MAY 13, 2025

## PORK FRITTER W/ GRAVY











CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	400mg	22g	18g	12g	92mg	2g

## CHICKEN FRIED CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	530mg	17g	19g	15g	30mg	0g

## SPICY LENTIL W/ KALE & SWEET POTATO

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	312mg	10g	2.5g	34g	0mg	8g

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- |                                                                                                    |                                                                                                   |                                                                                                        |                                                                                                    |                                                                                                          |
|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
|  contains wheat |  contains egg  |  contains milk      |  vegetarian    |  vegan              |
|  contains pork  |  contains fish |  contains shellfish |  contains nuts |  ask about allergen |