LUNCH

WEDNESDAY, APRIL 23, 2025

BBQ CHICKEN THIGH

CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 160 250 mg 22g 5g 6g 105mg 0g

sesame

KOREAN BEEF W/RICE





CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 316 676mg 11g 17g 28g 30mg 1g

sesame

TOFU AND BROCCOLI WITH RICE





CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 270 750mg 15g 5g 41g 0mg 4g









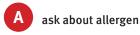












DINNER

WEDNESDAY, APRIL 23, 2025

MAPLE PECAN CHICKEN <



CALORIES 300

SODIUM 150mg

PROTEIN 22g

FAT 17g

CARBS 15g

CHOLESTEROL 105mg

FIBER 0g

CREOLE CASSEROLE (1)





CALORIES 267

SODIUM 750mg

PROTEIN 15g

FAT 15g CARBS 18g

CHOLESTEROL 40mg

FIBER 2g

CREAMY TOMATO BASIL PASTA





cauliflower & cashew sauce gluten-free pasta

CALORIES 275

SODIUM 550mg

PROTEIN 15g

FAT 6g

CARBS 40g

CHOLESTEROL 0mg

FIBER 8g

contains wheat





