# LUNCH

### WEDNESDAY, SEPTEMBER 17, 2025

#### **RITZY CHICKEN**





CALORIES 310

SODIUM 430mg PROTEIN 23g

FAT 20g CARBS 10g CHOLESTEROL 55mg

FIBER 1g

sesame

### KOREAN BEEF W/RICE





CALORIES 316

SODIUM 676mg

PROTEIN 11g FAT 17g CARBS 28g CHOLESTEROL

FIBER

30mg 1g

coconut milk

## SMOKY LENTIL SOUP W/SPINACH





CALORIES 115

SODIUM 350mg

PROTEIN 7g

FAT 3g

CARBS 15g CHOLESTEROL Omg

FIBER 4g

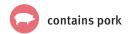








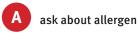












## DINNER

### WEDNESDAY, SEPTEMBER 17, 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







