

LUNCH

WEDNESDAY, SEPTEMBER 17, 2025

RITZY CHICKEN



CALORIES
310

SODIUM
430mg

PROTEIN
23g

FAT
20g

CARBS
10g

CHOLESTEROL
55mg

FIBER
1g

KOREAN BEEF W/RICE



sesame



CALORIES
316

SODIUM
676mg

PROTEIN
11g

FAT
17g

CARBS
28g

CHOLESTEROL
30mg

FIBER
1g

SMOKY LENTIL SOUP W/SPINACH

coconut milk



CALORIES
115

SODIUM
350mg

PROTEIN
7g

FAT
3g

CARBS
15g

CHOLESTEROL
0mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, SEPTEMBER 17, 2025

MAPLE PECAN CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	150mg	22g	17g	15g	105mg	0g

CREOLE CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
267	750mg	15g	15g	18g	40mg	2g

CREAMY TOMATO BASIL PASTA



cauliflower & cashew sauce
gluten-free pasta

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	550mg	15g	6g	40g	0mg	8g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen