

DINNER

WEDNESDAY, FEBRUARY 18, 2026

sesame

BEEF LO MEIN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
285	950mg	20g	7g	35g	40mg	2g

CHICKEN FRIED CHICKEN

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

BAKED LAYERED POLENTA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
178	485mg	10g	10g	12g	21mg	4g

sesame

TOFU AND BROCCOLI WITH RICE

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

 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen