

LUNCH

WEDNESDAY, MAY 13, 2026

BBQ CHICKEN THIGH

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

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

DINNER

WEDNESDAY, MAY 13, 2026

CHICKEN & RICE CASSEROLE



CALORIES
270

SODIUM
740mg

PROTEIN
18g

FAT
11g

CARBS
25g

CHOLESTEROL
80mg

FIBER
2g

SPICY CHINESE EGGPLANT

Sesame



CALORIES
200

SODIUM
427mg

PROTEIN
6g

FAT
6g

CARBS
30g

CHOLESTEROL
0mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen