

LUNCH

WEDNESDAY, MAY 14, 2025

HERBED ROASTED CHICKEN THIGH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
135	250mg	22g	5g	0g	105mg	0g

sesame

SZECHWAN BEEF W/ RICE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
361	795mg	22g	17g	30g	65mg	1g

CREAMY VEGETABLE POT PIE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	370mg	6g	18g	33g	0mg	3g


 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

WEDNESDAY, MAY 14, 2025

CHILI

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
146	560mg	14g	6g	9g	32mg	1g

CHICKEN & RICE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	740mg	18g	11g	25g	80mg	2g

3-BEAN CHILI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
115	625mg	6g	0g	23g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen