LUNCH

WEDNESDAY, OCTOBER 15, 2025

COUNTRY STYLE PORK CHOP (1)







CALORIES 330

SODIUM 475mg

PROTEIN 24g

FAT 22g **CARBS** 9g

CHOLESTEROL 85mg

FIBER 0g

SEARED CHICKEN SHAWARMA



sesame in tahini sauce

CALORIES 135

SODIUM 450 mg

PROTEIN 22g

FAT 5g

CARBS 0g

CHOLESTEROL 105mg

FIBER 0g

SHAWARMA BOWL





sesame in tahini sauce

CALORIES

SODIUM

PROTEIN

FAT

CARBS

CHOLESTEROL

237

446mg

7**g**

9g

32g

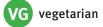
0mg

FIBER 5g





















DINNER

WEDNESDAY, OCTOBER 15, 2025

SALISBURY STEAK





CALORIES 400

SODIUM 450mg

PROTEIN 26g

FAT 29g

CARBS 8g

CHOLESTEROL 106mg

FIBER 0g

CHICKEN TACO CASSEROLE



CALORIES 333

SODIUM 657mg

PROTEIN 21g

FAT 18g **CARBS** 22g

CHOLESTEROL 64mg

FIBER 0g

cashew

QUINOA TACO CASSEROLE





CALORIES 310

SODIUM 535mg

PROTEIN 14g

FAT 9g

CARBS 41g

CHOLESTEROL 0mg

FIBER 5g

contains wheat





