

LUNCH

SATURDAY, NOVEMBER 1, 2025

CHICKEN FETTUCCINE W/ VEGETABLES (1 CUP)



CALORIES
250

SODIUM
780mg

PROTEIN
15g

FAT
11g

CARBS
24g

CHOLESTEROL
15mg

FIBER
2g

BBQ PORK LOIN CHOPS



CALORIES
250

SODIUM
450mg

PROTEIN
24g

FAT
14g

CARBS
7g

CHOLESTEROL
69mg

FIBER
0g

SPINACH MUSHROOM PENNE



CALORIES
260

SODIUM
380mg

PROTEIN
9g

FAT
9g

CARBS
35g

CHOLESTEROL
0mg

FIBER
2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen