

# LUNCH

THURSDAY, MAY 9, 2024

## APPLE GLAZED PORK LOIN

|          |        |         |     |       |             |       |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 250      | 450mg  | 24g     | 14g | 7g    | 69mg        | 0g    |

## BBQ CHICKEN THIGH


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

## SMOKY LENTIL SOUP W/SPINACH contains coconut milk

|          |        |         |     |       |             |       |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 115      | 350mg  | 7g      | 3g  | 15g   | 0mg         | 4g    |

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen