

# LUNCH

MONDAY, APRIL 1, 2024

## SMOKY PENNE W/GOAT CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	420mg	11g	12g	538	16mg	3g

## ALMOND ROSEMARY LEMON TOFU



almonds &  
coconut milk



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	205mg	8g	15g	12g	0mg	3g

## BEEF EL DORADO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
287	487mg	17g	15g	21g	50mg	0g

## CHICKEN FAJITA BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
410	1080mg	21g	24g	27g	103mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

MONDAY, APRIL 1, 2024

MEATLESS  
MONDAY

## BROCCOLI & CHEESE BAKED POTATO CASSEROLE

VG



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	145mg	8g	11g	28g	20mg	2g

## SOUTHWEST STUFFED PEPPERS

V

MEATLESS  
MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	865mg	8g	2g	25g	0mg	5g

## WINGS OF FIRE 2 pcs



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	410mg	15g	11g	1g	80mg	0g

## BEEF STUFFED PEPPERS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	270mg	19g	11g	18g	61mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen