## LUNCH

MONDAY, APRIL 1, 2024

### SMOKY PENNE W/GOAT CHEESE VG (1)







**CALORIES** 305

**SODIUM** 420mg

**PROTEIN** 11g

**FAT** 12g **CARBS** 538

**CHOLESTEROL** 16mg

**FIBER** 3g

#### **ALMOND ROSEMARY LEMON TOFU**







almonds & coconut milk



**CALORIES** 215

SODIUM 205mg

**PROTEIN** 8g

**FAT** 15g **CARBS** 12g

**CHOLESTEROL** 0mg

**FIBER** 3g

### **BEEF EL DORADO**



**CALORIES** 287

SODIUM 487mg

**PROTEIN** 17g

**FAT** 15g **CARBS** 21g

**CHOLESTEROL** 50mg

**FIBER** 0g

### **CHICKEN FAJITA BAKE**



**CALORIES** 410

**SODIUM** 1080mg **PROTEIN** 21g

**FAT** 24g **CARBS** 27g

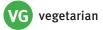
**CHOLESTEROL** 103mg

**FIBER** 2g

contains wheat



















# DINNER

MONDAY, APRIL 1, 2024



### **BROCCOLI & CHEESE BAKED POTATO CASSEROLE**





CALORIES 245

SODIUM 145mg PROTEIN 8g FAT 11g CARBS 28g

CHOLESTEROL 20mg

FIBER 2g

### **SOUTHWEST STUFFED PEPPERS**





CALORIES 150 SODIUM 865mg PROTEIN 8g FAT 2g CARBS 25g CHOLESTEROL Omg

FIBER 5g

#### WINGS OF FIRE 2 pcs



CALORIES 160

SODIUM 410mg PROTEIN 15g FAT 11g CARBS

CHOLESTEROL 80mg FIBER 0g

### **BEEF STUFFED PEPPERS**





CALORIES 245

SODIUM 270mg PROTEIN 19g

FAT 11g CARBS 18g CHOLESTEROL 61mg

FIBER 2g

contains wheat

















