# LUNCH

## THURSDAY, MARCH 28, 2024

### **ITALIAN SPAGHETTI**



gluten-free pasta available

**CALORIES** 350

SODIUM 475mg

**PROTEIN** 16g

**FAT** 12g

CARBS 45g

**CHOLESTEROL** 40mg

FIBER 2g

#### SAVORY FRIED CHICKEN WINGS

3 pcs



CALORIES 215

SODIUM 620mg

PROTEIN 12g

**FAT** 16g

**CARBS** 6g

**CHOLESTEROL** 80mg

FIBER 0g

## 3-CHEESE SOUFFLÉ 🚾 በ 💽







**CALORIES** 300

**SODIUM** 650mg

**PROTEIN** 22g

**FAT** 21g

**CARBS** 5g

**CHOLESTEROL** 350mg

**FIBER** 0g

#### **HEARTY GARDEN SPAGHETT**





gluten-free pasta available

**CALORIES** 260

SODIUM 675mg

**PROTEIN** 15g

FAT 2g

CARBS 48g

**CHOLESTEROL** 0mg

FIBER 5g

contains wheat



















## DINNER

THURSDAY, MARCH 28,, 2024

## SOUTHWEST CHICKEN W/ MUSHROOMS



**CALORIES** 437

**SODIUM** 450mg

**PROTEIN** 21g

**FAT** 37g **CARBS** 5g

**CHOLESTEROL** 130mg

**FIBER** 1g

**CUBAN PORK BITES** 



**CALORIES** 340

**SODIUM** 207mg

**PROTEIN** 30g

FAT 21g

**CARBS** 7**g** 

CHOLESTEROL 75mg

**FIBER** 0g

**SOUTHWEST POTATO AND CORN CHOWDER** 



**CALORIES** 136

**SODIUM** 152mg

**PROTEIN** 6g

**FAT** 4g

**CARBS** 19g

CHOLESTEROL 0mg

**FIBER** 4g



















