

# LUNCH

WEDNESDAY, APRIL 17, 2024

## COCONUT CHICKEN

|                        |                        |                       |                   |                     |                             |                    |
|------------------------|------------------------|-----------------------|-------------------|---------------------|-----------------------------|--------------------|
| <b>CALORIES</b><br>284 | <b>SODIUM</b><br>500mg | <b>PROTEIN</b><br>25g | <b>FAT</b><br>12g | <b>CARBS</b><br>19g | <b>CHOLESTEROL</b><br>135mg | <b>FIBER</b><br>0g |
|------------------------|------------------------|-----------------------|-------------------|---------------------|-----------------------------|--------------------|

## KOREAN BEEF W/RICE


|                        |                        |                       |                   |                     |                            |                    |
|------------------------|------------------------|-----------------------|-------------------|---------------------|----------------------------|--------------------|
| <b>CALORIES</b><br>316 | <b>SODIUM</b><br>676mg | <b>PROTEIN</b><br>11g | <b>FAT</b><br>17g | <b>CARBS</b><br>28g | <b>CHOLESTEROL</b><br>30mg | <b>FIBER</b><br>1g |
|------------------------|------------------------|-----------------------|-------------------|---------------------|----------------------------|--------------------|

## SMOKY LENTIL SOUP W/SPINACH contains coconut

|                        |                        |                      |                  |                     |                           |                    |
|------------------------|------------------------|----------------------|------------------|---------------------|---------------------------|--------------------|
| <b>CALORIES</b><br>115 | <b>SODIUM</b><br>350mg | <b>PROTEIN</b><br>7g | <b>FAT</b><br>3g | <b>CARBS</b><br>15g | <b>CHOLESTEROL</b><br>0mg | <b>FIBER</b><br>4g |
|------------------------|------------------------|----------------------|------------------|---------------------|---------------------------|--------------------|

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

# DINNER

WEDNESDAY, APRIL 17, 2024

## MAPLE PECAN CHICKEN

|          |        |         |     |       |             |       |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 400      | 150mg  | 22g     | 30g | 10g   | 125mg       | 0g    |

## CREOLE CASSEROLE

|          |        |         |     |       |             |       |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 267      | 750mg  | 15g     | 15g | 18g   | 40mg        | 2g    |

## CREAMY TOMATO BASIL PASTA gluten-free pasta

|          |        |         |     |       |             |       |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 275      | 550mg  | 15g     | 6g  | 40g   | 0mg         | 8g    |

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen