

# LUNCH

FRIDAY, DECEMBER 13, 2024

## CHICKEN STRIPS



2 strips

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
312	425mg	31g	17.5g	6g	97mg	1g

## GRILLED COD W/ DILL SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
190	200mg	19g	12g	3g	57mg	0g

## CHIK'N STRIPS



3 strips

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	350mg	11g	7g	12g	0mg	2g

## MAC & CHEEZE



cashew

coconut oil

gluten-free pasta

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
405	385mg	20g	11g	57g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

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## CHICKEN BROCCOLI CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	740mg	18g	11g	11g	80mg	3g

## BROCCOLI & CHEESE CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	834mg	11g	13g	12g	25mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen