LUNCH

MONDAY, FEBRUARY 10, 2025

CHICKPEA CAESAR WRAP











CALORIES 315

SODIUM 2855mg **PROTEIN** 8g

FAT 15g **CARBS** 37g

CHOLESTEROL 10mg

FIBER 4g

THAI PINEAPPLE FRIED RICE





contains plant-based JUST egg



CALORIES 250

SODIUM 800mg

PROTEIN 11g

FAT 10g

CARBS 28g

CHOLESTEROL 0mg

FIBER 3g

CREAMY CHIPOTLE CHICKEN



CALORIES 192

SODIUM 350mg

PROTEIN 21g

FAT 12g **CARBS** 0g

CHOLESTEROL 55mg

FIBER 0g

CHEESE RAVIOLI W/BOLOGNESE







CALORIES 370

SODIUM 900mg

PROTEIN 18g

FAT 16g

CARBS 38g

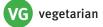
CHOLESTEROL 25mg

FIBER 4g

contains wheat



















DINNER

MONDAY, FEBRUARY 10, 2025

3-CHEESE SOUFFLÉ









CALORIES 300

SODIUM 650mg

PROTEIN 22g

FAT 21g **CARBS** 5g

CHOLESTEROL 350mg

FIBER 0g

RISOTTO FLORENTINE





CALORIES 218

SODIUM 450mg

PROTEIN 6g

FAT 6g

CARBS 35g

CHOLESTEROL 0mg

FIBER 3g

CHICKEN FLORENTINE



CALORIES 375

SODIUM 450mg

PROTEIN 21g

FAT 30g

CARBS 5g

CHOLESTEROL 130mg

FIBER 0g

HOT TURKEY & BACON CROISSANT







CALORIES 455

SODIUM 1,070mg **PROTEIN** 22g

FAT 25g

CARBS 35g

CHOLESTEROL 101mg

FIBER 1g

contains wheat

















