

LUNCH

MONDAY, DECEMBER 16, 2024

ITALIAN CHICK'N



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
344	1085mg	26g	16g	24g	4mg	4g

GOLDEN GODDESS



sesame



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
185	200mg	10g	7g	21g	0mg	8g

ITALIAN BREADED CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
265	855mg	22g	15g	10g	56mg	0g

BRAISED BEEF W/ RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
345	745mg	20g	17g	28g	40mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

MONDAY, DECEMBER 16, 2024

3-CHEESE SOUFFLÉ



CALORIES
300

SODIUM
650mg

PROTEIN
22g

FAT
21g

CARBS
5g

CHOLESTEROL
350mg

FIBER
0g

SWEET & SOUR TOFU W/RICE



sweetened w/brown sugar

CALORIES
220

SODIUM
580mg

PROTEIN
10g

FAT
4g

CARBS
36g

CHOLESTEROL
0mg

FIBER
3g

CHICKEN PARMESAN CASSEROLE



CALORIES
405

SODIUM
695mg

PROTEIN
16g

FAT
25g

CARBS
29g

CHOLESTEROL
85mg

FIBER
2g

SWEET & SOUR PORK W/RICE



CALORIES
245

SODIUM
850mg

PROTEIN
3g

FAT
7g

CARBS
32g

CHOLESTEROL
31mg

FIBER
1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen