

Month: November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Yakisoba Calories: 942 Protein: 56g Carbs: 133g Fiber: 13g Fat: 25g Sodium: 1,493mg
4 Baked Tilapia Calories: 812 Protein: 41g Carbs: 95g Fiber: 11g Fat: 32g Sodium: 842mg	5 Pork Stew Calories: 745 Protein: 45g Carbs: 102g Fiber: 17g Fat: 17g Sodium: 926mg	6 Tore's Meatloaf Calories: 827 Protein: 44g Carbs: 116g Fiber: 13g Fat: 22g Sodium: 644mg	7 Chicken Pasta Primavera Calories: 775 Protein: 52g Carbs: 107g Fiber: 14g Fat: 19g Sodium: 591mg	8 Cheese Enchiladas Calories: 1,227 Protein: 40g Carbs: 179g Fiber: 30g Fat: 45g Sodium: 1,155mg
11 Quinoa Stuffed Pepper Calories: 658 Protein: 35g Carbs: 79g Fiber: 9g Fat: 25g Sodium: 1,001mg	12 Lemon Baked Fish Calories: 777 Protein: 40g Carbs: 100g Fiber: 10g Fat: 27g Sodium: 674mg	13 Tore's Pork & Veggie St Calories: 615 Protein: 32g Carbs: 88g Fiber: 8.5g Fat: 16g Sodium: 1,005mg	14 Beef Cannelloni Calories: 832 Protein: 53g Carbs: 94g Fiber: 14g Fat: 29g Sodium: 622mg	15 Breakfast Casserole Calories: 574 Protein: 25g Carbs: 81g Fiber: 7g Fat: 18g Sodium: 1,151mg
18 Broccoli & Ham Quiche Calories: 881 Protein: 44g Carbs: 110g Fiber: 10.5g Fat: 32g Sodium: 1,099mg	19 Chicken Enchiladas Calories: 791 Protein: 37g Carbs: 87g Fiber: 12g Fat: 34g Sodium: 1,081mg	20 Turkey (Thanksgiving) Calories: 1,117 Protein: 51g Carbs: 175g Fiber: 20g Fat: 27g Sodium: 782mg	21 Crunchy Fish Calories: 629 Protein: 43g Carbs: 78g Fiber: 10.5g Fat: 16g Sodium: 1,102mg	22 Breaded Chicken Breast Calories: 866 Protein: 58g Carbs: 108g Fiber: 14g Fat: 25g Sodium: 457mg
25 Stuffed French Toast Calories: 851 Protein: 35g Carbs: 95g Fiber: 14g Fat: 39g Sodium: 778mg	26 Beef & Bean Burrito Calories: 876 Protein: 43g Carbs: 95g Fiber: 10g Fat: 36g Sodium: 1,193mg	27 *CLOSED*	28 *CLOSED*	29 *CLOSED*

**The following major food allergens are used as ingredients in many of our meals:
Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame.**

Please contact staff at 303-335-4931 for more information about these ingredients.

