

Month: December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Beef Stuffed Peppers</b> Calories 662.55 Protein 34.28 Carbs 102.96 Fat 14.11 Fiber 11.16 Sodium 794.34	3 <b>Chicken Chipotle Burritos</b> Calories 915.72 Protein 50.7 Carbs 89.99 Fat 41.21 Fiber 12.56 Sodium 1273.58	4 <b>Parmesan Crusted Tilapia</b> Calories 890.71 Protein 45.55 Carbs 117.65 Fat 28.09 Fiber 10.19 Sodium 716.89	5 <b>Grilled Pork Chop</b> Calories 740.91 Protein 50.49 Carbs 85.71 Fat 24.04 Fiber 12.55 Sodium 577.12	6 <b>French Onion Soup</b> Calories 1157.61 Protein 32.75 Carbs 124.23 Fat 61.06 Fiber 15.71 Sodium 1295.55
9 <b>Sweet Potato Tacos</b> Calories 786.78 Protein 20.71 Carbs 108.28 Fat 33.28 Fiber 16.23 Sodium 832.82	10 <b>Tore's Meatloaf</b> Calories 738.28 Protein 44.31 Carbs 99.89 Fat 20.47 Fiber 13.25 Sodium 594.71	11 <b>Ham (Holiday Lunch)</b> Calories 1121.22 Protein 46.45 Carbs 141.75 Fat 44.61 Fiber 19.31 Sodium 2039.4	12 <b>Teriyaki Chicken</b> Calories 770.45 Protein 49.19 Carbs 89.91 Fat 25.65 Fiber 7.82 Sodium 771.45	13 <b>Beef Enchiladas</b> Calories 913.52 Protein 54.5 Carbs 102.6 Fat 33.21 Fiber 20.5 Sodium 809.23
16 <b>Cheese Stuffed Chicken</b> Calories 667.25 Protein 58.86 Carbs 70.32 Fat 17.6 Fiber 9.83 Sodium 318.98	17 <b>Quinoa Enchilada Casserole</b> Calories 599.6 Protein 25.01 Carbs 71.85 Fat 26 Fiber 9.8 Sodium 609.42	18 <b>Chili con Carne</b> Calories 640.05 Protein 39.58 Carbs 70.13 Fat 22.85 Fiber 11.22 Sodium 623.2	19 <b>Salmon w/ Mango Salsa</b> Calories 1072.21 Protein 47.49 Carbs 126.41 Fat 46.56 Fiber 16.24 Sodium 883.74	20 <b>Pork Stew</b> Calories 744.93 Protein 44.69 Carbs 102.24 Fat 16.94 Fiber 17.05 Sodium 926.42
23 <b>Cheese Enchiladas</b> Calories 1131.12 Protein 32.91 Carbs 165.59 Fat 43.63 Fiber 22.89 Sodium 974.69	24 <b>*CLOSED*</b>	25 <b>*CLOSED*</b>	26 <b>*CLOSED*</b>	27 <b>Meatball Hero</b> Calories 640.61 Protein 37.11 Carbs 67.48 Fat 25.44 Fiber 8.5 Sodium 1099.69
30 <b>Stuffed French Toast</b> Calories 850.72 Protein 35.22 Carbs 95.46 Fat 38.72 Fiber 13.71 Sodium 778.35	31 <b>Chicken Penne Alla Vodka</b> Calories 1020.5 Protein 67.31 Carbs 98.52 Fat 37.35 Fiber 10.34 Sodium 869.46			

**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.**

