

Month: September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Sep Vegetarian Portobello Philly Sandwich Calories 464 Protein 24 Carbs 75 Fat 10.3 Fiber 13 Sodium 980	2-Sep Hummus & Fresh Veggies in a Pita Calories Protein Carbs Fat Fiber Sodium	3-Sep Tuna Salad in a Pita Calories 868 Protein 55 Carbs 96 Fat 30 Fiber 14.3 Sodium 1126	4-Sep Oven Fried Chicken Calories 1084 Protein 46 Carbs 98 Fat 59 Fiber 11.4 Sodium 549
7-Sep Closed- Labor Day	8-Sep Pork Marsala Calories 1016 Protein 57 Carbs 115 Fat 37 Fiber 15.4 Sodium 472	9-Sep Beef Broccoli Stir-Fry Calories 781 Protein 44 Carbs 99 Fat 24 Fiber 10 Sodium 615	10-Sep Chipotle Chicken w/ Rice Calories 749 Protein 53 Carbs 109 Fat 12.6 Fiber 12.5 Sodium 407	11-Sep Vegetable Lasagna Calories 825 Protein 37 Carbs 107 Fat 29 Fiber 9.1 Sodium 1127
14 Stuffed French Toast Calories 870 Protein 37 Carbs 96 Fat 40 Fiber 13.7 Sodium 974	15 Mediterranean Chicken Calories 880 Protein 61 Carbs 71 Fat 42 Fiber 8.9 Sodium 1087	16 Baked Tilapia Calories 907 Protein 41 Carbs 85 Fat 46 Fiber 9 Sodium 699	17 Beef Cabbage Rolls Calories 610 Protein 50 Carbs 70 Fat 16.7 Fiber 11.7 Sodium 958	18 Garlic Ginger Pork Stir-Fry Calories 888 Protein 50 Carbs 92 Fat 39 Fiber 10 Sodium 1074
21-Sep Roasted Chicken Thigh & Drumstick Calories 628 Protein 44 Carbs 74 Fat 18 Fiber 10 Sodium 485	22-Sep Pad Thai Calories 801 Protein 29 Carbs 130 Fat 24 Fiber 21 Sodium 242	23-Sep Breakfast Casserole Calories 605 Protein 31 Carbs 90 Fat 15 Fiber 12.7 Sodium 1196	24-Sep Baked Cod Calories 797 Protein 47 Carbs 116 Fat 19 Fiber 9.7 Sodium 440	25-Sep Creamy Beef & Mushroom Stroganoff Calories 993 Protein 57 Carbs 111 Fat 37 Fiber 11 Sodium 796
28 Reuban Bake * Chef's Choice Calories 654 Protein 30 Carbs 66 Fat 31 Fiber 8.19 Sodium 1303	29 Meatloaf Calories 721 Protein 40 Carbs 66 Fat 34 Fiber 9.9 Sodium 274	30 Breaded Pork Chops *Chef's Choice Calories 784 Protein 61 Carbs 70 Fat 28 Fiber 7.9 Sodium 904		