

Month: July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
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.		1 Mediterranean Baked Cod Calories 940 Protein 50 Carbs 102 Fat 38 Fiber 8 Sodium 831	2 Chicken Penne alla Vodka Calories 108 Protein 67.5 Carbs 115 Fat 37 Fiber 11.3 Sodium 867	3 Tomato Tuna Melt Calories 582 Protein 31 Carbs 53 Fat 29 Fiber 53 Sodium 1359
6 Broccoli & Ham Quiche Calories 728 Protein 44 Carbs 72 Fat 31 Fiber 7.1 Sodium 1090	7 Tuna Salad with Swiss Cheese Calories 889 Protein 55 Carbs 96 Fat 30 Fiber 14.3 Sodium 1126	8 Blackened Chicken Calories 786 Protein 52 Carbs 96 Fat 24 Fiber 15.3 Sodium 707	9 Beef Stuffed Peppers Calories 717 Protein 36 Carbs 106 Fat 18.4 Fiber 11.2 Sodium 1009	10 Parm Crusted Tilapia Calories 895 Protein 51 Carbs 103 Fat 35 Fiber 13.3 Sodium 723
13 Chicken Lo Mein Calories 852 Protein 37 Carbs 117 Fat 26 Fiber 11.4 Sodium 1189	14 Quinoa Enchilada Calories 617 Protein 25 Carbs 74 Fat 27 Fiber 9.8 Sodium 835	15 Meatloaf Calories Protein 45 Carbs 109 Fat 26 Fiber 12.65 Sodium 687	16 Crab Quiche Calories 810 Protein 33 Carbs 87 Fat 38 Fiber 8.9 Sodium 1116	17 Chicken Tikki Marsala Calories 1096 Protein 54 Carbs 142 Fat 38.4 Fiber 14.4 Sodium 1077
20 Battered Fried Fish Calories 872 Protein 43 Carbs 94 Fat 38 Fiber 10.3 Sodium 771	21 Meatball Hero Calories 626 Protein 37 Carbs 63 Fat 26 Fiber 4.3 Sodium 1128	22 Pork Carnitas w/ Flat Bread Calories 669 Protein 39 Carbs 74 Fat 24.7 Fiber 11.2 Sodium 1024	23 Bruschetta Chicken Calories 896 Protein 44 Carbs 126 Fat 26 Fiber 14 Sodium 671	24 Eggplant Parmesean Calories 801 Protein 39 Carbs 94 Fat 32 Fiber 9.4 Sodium 1148
27 Chicken Avocado Pita Calories 744 Protein 46 Carbs 95 Fat 24 Fiber 8.9 Sodium 1048	28 Stuffed French Toast Calories 870 Protein 37 Carbs 96 Fat 40 Fiber 13.7 Sodium 974	29 Sweet and Sour Meatballs Calories 875 Protein 42 Carbs 122 Fat 29 Fiber 14.4 Sodium 807	30 Roast Beef & Hummus Pita Calories 817 Protein 54 Carbs 78 Fat 35 Fiber 9.8 Sodium 671	31 Thai Chicken Calories 479 Protein 24 Carbs 54 Fat 21 Fiber 8.6 Sodium 999

