

Month: June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pork Carnitas on Flat Bread Calories 699 Protein 39.4 Carbs 74 Fat 25 Fiber 11.2 Sodium 1024	2 Roast Beef Wrap Fresh Vegetables Calories 840 Protein 54 Carbs 82 Fat 35 Fiber 12.4 Sodium 927	3 Lemon Baked Cod Calories 731 Protein 47 Carbs 88 Fat 22 Fiber 9.8 Sodium 454	4 Grilled Cilantro Lime Chicken Calories 606 Protein 42 Carbs 54 Fat 26 Fiber 9.3 Sodium 354	5 Stuffed Tomato w/ Egg Salad Calories 656 Protein 28 Carbs 68 Fat 32 Fiber 9.9 Sodium 1118
8 Turkey & Hummus in WW Tortilla Calories 719 Protein 41.5 Carbs 92 Fat 22 Fiber 10.4 Sodium 807	9 Baked Garlic Pork Chops Calories 804 Protein 47.5 Carbs 112 Fat 28 Fiber 18.6 Sodium 530	10 Beef Cabbage Rolls Calories 610 Protein 50 Carbs 70 Fat 16.7 Fiber 11.7 Sodium 958	11 Battered Fried Fish Calories 872 Protein 43 Carbs 94 Fat 38 Fiber 10.8 Sodium 771	12 Chicken Salad on Lettuce Leaves Calories 739 Protein 49 Carbs 70 Fat 32 Fiber 9.8 Sodium 1006
15 Green Chili Chicken Breast Calories 1011 Protein 62 Carbs 102 Fat 42 Fiber 13.7 Sodium	16 French Dip on a Whole Wheat Roll Calories 919 Protein 55 Carbs 107 Fat 33 Fiber 14.2 Sodium 1075	17 Grilled Burgers Calories 1001 Protein 60 Carbs 128 Fat 30 Fiber 18.6 Sodium 1103	18 Vegetarian Sloppy Joes Calories 885 Protein 37 Carbs 113 Fat 35 Fiber 14.3 Sodium 1212	19 Sausage w/ Grilled Peppers & Onions Calories 699 Protein 35 Carbs 87 Fat 25 Fiber 9.8 Sodium 1033
22 Grilled Lime Salmon Calories 1070 Protein 47 Carbs 126 Fat 47 Fiber 16.2 Sodium 884	23 Reuban Bake Calories 670 Protein 31 Carbs 68 Fat 31 Fiber 6.8 Sodium 1302	24 Breaded Chicken Breast Calories 712 Protein 55 Carbs 84 Fat 18 Fiber 10.8 Sodium 403	25 Breaded Pork Chop Calories 891 Protein 62 Carbs 94 Fat 31 Fiber 12 Sodium 912	26 Veggie Sandwich Calories 741 Protein 39 Carbs 77 Fat 33.4 Fiber 10.8 Sodium 819
29 Meatball Hero Sandwich Calories 641 Protein 37 Carbs 67 Fat 25 Fiber 8.5 Sodium 1128	30 Salsa Verde Chic Enchiladas Calories 979 Protein 42 Carbs 112 Fat 44 Fiber 20 Sodium 1174	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.		