Month: November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Chili con Carne** Calories *887* Protein *47* Carbs *93* Fat *37* Fiber *12.6* Sodium *794*	**3** **Beef Cannelloni** Calories *832* Protein *53* Carbs *94* Fat *29* Fiber *14.1* Sodium *621*	**4** **Crunchy Fish** Calories Protein Carbs Fat Fiber Sodium	**5** **Pork & Veg Stir-Fry** Calories *751* Protein *43* Carbs *86* Fat *28* Fiber *8.4* Sodium *770*	**6** **Pollo con Crema** Calories *1102* Protein *44* Carbs *89* Fat *64* Fiber *14.5* Sodium *726*
9 **Pork Stew** Calories *750* Protein *45* Carbs *103* Fat *17* Fiber *17* Sodium *914*	**10** **Baked Tilapia w/ Tartar Sauce** Calories *907* Protein *41* Carbs *85* Fat *46* Fiber *9* Sodium *699*	**11** **Breaded Chicken Breast** Calories *866* Protein *58* Carbs *108* Fat *25* Fiber *14* Sodium *457*	**12** **Eggplant Parmesan Chef's Choice Meal** Calories *801* Protein *39* Carbs *94* Fat *32* Fiber *7.4* Sodium *1148*	**13** **Chicken Pasta** Calories *796* Protein *53* Carbs *111* Fat *18.7* Fiber *14.9* Sodium *643*
16 **Fish Slider Chef's Choice Meal** Calories *926* Protein *52* Carbs *124* Fat *26* Fiber *5* Sodium *1674*	**17** **Oven Fried Chicken** Calories *1084* Protein *46* Carbs *98* Fat *59* Fiber *11.4* Sodium *549*	**18** **Thanksgiving Stuffing** Calories *1022* Protein *51* Carbs *150* Fat *26* Fiber *13.1* Sodium *780*	**19** **Tore's Meatloaf** Calories *855* Protein *44* Carbs *116* Fat *22.3* Fiber *13.4* Sodium *661*	**20** **Breakfast Casserole** Calories *605* Protein *31* Carbs *90* Fat *15.2* Fiber *12.7* Sodium *1196*
23 **Broccoli & Ham Quiche** Calories *886* Protein *44* Carbs *110* Fat *32* Fiber *10.5* Sodium *1099*	**24** **Chicken Enchiladas** Calories *791* Protein *37* Carbs *88* Fat *34* Fiber *10.9* Sodium *1004*	**25** **Closed**	**26** **Closed**	**27** **Closed**
30-Nov **Parm Spinach Gnocci** Calories *641* Protein *31* Carbs *91* Fat *18* Fiber *9.9* Sodium *958*				

Nov 12- Fiber low

Nov 16- Fiber low/Sodium high