Month: December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1-Dec	**2-Dec**	**3-Dec**	**4-Dec**
	Beef Stuffed Peppers	**Chicken Chipotle Burritos**	**Stuffed French Toast**	**Parm. Crusted Tilapia**
	Calories *727*	Calories *906*	Calories *771*	Calories *896*
	Protein *36*	Protein *51*	Protein *37*	Protein *46*
	Carbs *106*	Carbs *88*	Carbs *96*	Carbs *116*
	Fat *18.9*	Fat *40*	Fat *40*	Fat *28*
	Fiber *11.2*	Fiber *12.6*	Fiber *13.7*	Fiber *10.2*
	Sodium *1029*	Sodium *1169*	Sodium *974*	Sodium *717*
7-Dec	**8-Dec**	**9-Dec**	**10-Dec**	**11-Dec**
Pan Seared Cod	**Reuben Bake**	**Meatball Hero**	**Teriyaki Chicken**	**Beef Enchiladas**
Calories *774*	Calories *670*	Calories *641*	Calories *880*	Calories *836*
Protein *46*	Protein *31*	Protein *37*	Protein *52*	Protein *49*
Carbs *95*	Carbs *68*	Carbs *67*	Carbs *113*	Carbs *90*
Fat *25*	Fat *31*	Fat *25*	Fat *26*	Fat *32*
Fiber *14.2*	Fiber *6.8*	Fiber *8.5*	Fiber *10.9*	Fiber *15.5*
Sodium *970*	Sodium *1301*	Sodium *1128*	Sodium *765*	Sodium *728*
14-Dec	**15-Dec**	**16-Dec**	**17-Dec**	**18-Dec**
Cheese Stuffed Chicken Breast	**Eggplant Parmesan**	**Holiday Brunch**	**Tore's Meatloaf**	**Pork Stew with Veggies**
Calories *667*	Calories *952*	Calories *728*	Calories *543*	Calories *750*
Protein *59*	Protein *40*	Protein *44*	Protein *38*	Protein *46*
Carbs *70*	Carbs *113*	Carbs *63*	Carbs *66*	Carbs *103*
Fat *17.6*	Fat *40*	Fat *30*	Fat *15.4*	Fat *16.5*
Fiber *9.8*	Fiber *14.6*	Fiber *3.3*	Fiber *8.6*	Fiber *17*
Sodium *314*	Sodium *980*	Sodium *925*	Sodium *484*	Sodium *914*
21-Dec	**22-Dec**	**23-Dec**	**24-Dec**	**25-Dec**
Cheese Enchiladas	**Beef Lasanga**	**Crab Quiche**	**Closed**	**Closed**
Calories *1131*	Calories *847*	Calories *682*		
Protein *33*	Protein *48*	Protein *33*		
Carbs *166*	Carbs *102*	Carbs *87*		
Fat *44*	Fat *29*	Fat *38*		
Fiber *23*	Fiber *10.7*	Fiber *8.9*		
Sodium *975*	Sodium *764*	Sodium *1136*		
28-Dec	**29-Dec**	**30-Dec**	**31-Jan**	
Manicotti	**Chili con Carne**	**Fish Sandwich**	**Chicken Penne ala Vodka**	
Calories *749*	Calories *690*	Calories *553*	Calories *1088*	
Protein *29*	Protein *39*	Protein *37*	Protein *67.5*	
Carbs *85*	Carbs *70*	Carbs *73*	Carbs *115*	
Fat *33*	Fat *29*	Fat *13.9*	Fat *37*	
Fiber *10.5*	Fiber *11*	Fiber *9.6*	Fiber *11.3*	
Sodium *955*	Sodium *381*	Sodium *724*	Sodium *867*	

Dec 8- Chef's Choice- Soidum high, fiber low
Dec 16- Chef's choice- fiber low