

Month: August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3-Aug Sausage and Grilled Onions & Peppers Calories 670 Protein 34 Carbs 91 Fat 21 Fiber 9.9 Sodium 1070	4-Aug Cuban Mojo Chic Calories 991 Protein 63 Carbs 101 Fat 37.4 Fiber 9.5 Sodium 967	5-Aug Tuna Salad Sandwich Calories 782 Protein 37 Carbs 103 Fat 26 Fiber 9.7 Sodium 1013	Meatloaf Calories 723 Protein 43 Carbs 91 Fat 23 Fiber 11.8 Sodium 642	Parm Crusted Tilapia Calories 891 Protein 46 Carbs 116 Fat 28 Fiber 10.2 Sodium 717
10-Aug Pulled Pork Slider Calories 718 Protein 55 Carbs 88.5 Fat 15.8 Fiber 14.7 Sodium 789	11-Aug Club Sandwich Calories 874 Protein 57 Carbs 107 Fat 32 Fiber 13.7 Sodium 1046	12-Aug Med Baked Cod Calories 940 Protein 50 Carbs 102 Fat 38 Fiber 9.75 Sodium 831	13-Aug Salsa Verde Cheese Enchiladas Calories 979 Protein 42 Carbs 112 Fat 44 Fiber 20 Sodium 1174	14-Aug Chicken Salad on Lettuce Calories 626 Protein 42 Carbs 65 Fat 24 Fiber 7.9 Sodium 625
17 Closed	18 Closed	19 Closed	20 Closed	21 Closed
24 Crunchy Fish Calories 732 Protein 47 Carbs 96 Fat 19 Fiber 9.9 Sodium 1012	25 Grilled Pork Chops Calories 1012 Protein 46 Carbs 133 Fat 37.5 Fiber 13.2 Sodium 1069	26 Beef and Bean Burrito Calories 848 Protein 43 Carbs 87 Fat 36 Fiber 9 Sodium 1200	27 BBQ Chicken Calories 832 Protein 54 Carbs 93 Fat 29 Fiber 10.7 Sodium 921	28 Stuffed Tomato w/ Egg Salad Calories 656 Protein 28 Carbs 68 Fat 32 Fiber 9.9 Sodium 1118
31 Mediterranean Sundried Tomato Quiche Calories 907 Protein 26 Carbs 80 Fat 55 Fiber 9.5 Sodium 1053	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.			

Aug 14th- fiber low Chef's choice meal

