

Friday May 16, 2014

*Chicken Livers*

*Liver and Onions*

*Chicken Strips*

*Grilled Cod*

*Grilled Cod w/Sauce*

*Macaroni and Cheese* *Lacto Vegetarian*








*Chik'n Nuggets* *Lacto-Ovo Vegetarian*

*Vegan Tofu Mac* *Vegan*

| Item   | Calories | Sodium | Protein | Fat   | Carbs | Cholesterol | Fiber |
|--|----------|--------|---------|-------|-------|-------------|-------|
| Chicken Livers<br>   | 312      | 718mg  | 34g     | 12g   | 15g   | 794mg       | 0g    |
| Liver and Onions<br>  | 340      | 479mg  | 29g     | 8g    | 37g   | 446mg       | 0g    |
| Chicken Strips<br>   | 312      | 425mg  | 31g     | 17.5g | 6g    | 97mg        | 1g    |
| Grilled Cod  | 108      | 170mg  | 18g     | 4g    | 0g    | 40mg        | 0g    |
| Grilled Cod w/<br>sauce  | 190      | 200mg  | 19g     | 12g   | 3g    | 57mg        | 0g    |
| Macaroni and Cheese<br>            | 427      | 884mg  | 19g     | 23 g  | 37g   | 63mg        | 2g    |
| Chik'n Nuggets<br>(4 pieces)<br>   | 190      | 600mg  | 12g     | 9g    | 19g   | 0mg         | 4g    |
| Vegan Tofu Mac<br>                  | 208      | 149 mg | 12g     | 3.5g  | 32g   | 0mg         | 2g    |

*Friday May 16, 2014*

Chicken Cordon Bleu  
 Seasoned Grilled Steak  
 Grilled Chicken Breast  
 Loaded Mashed Potatoes  
 Penne Bake *Vegan*

| Item   | Calories | Sodium | Protein | Fat | Carbs | Cholesterol | Fiber |
|--|----------|--------|---------|-----|-------|-------------|-------|
| Chicken Cordon Bleu<br>   | 360      | 575mg  | 30g     | 18g | 19g   | 77mg        | 0g    |
| Seasoned Grilled Steak<br>   | 300      | 400mg  | 25g     | 22g | 0g    | 83mg        | 0g    |
| Grilled Chicken Breast   | 120      | 230mg  | 21g     | 4g  | 0g    | 55mg        | 0g    |
| Loaded Mashed Potatoes (1 cup)<br> <br>(also contains pork) | 365      | 976mg  | 15g     | 19g | 34g   | 40mg        | 2g    |
| Penne Bake<br>    | 192      | 650mg  | 5g      | 0g  | 43g   | 0mg         | 2g    |