








Sunday August 21, 2016

Dinner

Italian Spaghetti
Chicken Stew

Rice Primavera Lacto Vegeterian

Veggie Spaghetti Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Italian Spaghetti 	274	687mg	12g	6g	43g	22mg	2g
Chicken Stew  	178	100mg	13g	6g	18g	36 mg	1 g
Rice Primavera  	348	813mg	10g	16g	41g	10mg	2g
Veggie Spaghetti  	242	474mg	7 g	2g	49g	0mg	3g