

Thursday August 18, 2016









Lunch

Korean Beef

Southwest Chicken Wrap

Southwest Veggie Wrap *Lacto Vegetarian*

Tofu & Broccoli in Garlic Sauce *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Korean Beef over Rice 	341	875mg	19g	17g	28g	50mg	1g
Southwest Chicken Wrap  	404	750mg	26g	16g	39g	70mg	4g
Southwest Veggie Wrap   	253	710mg	11g	9g	32g	17mg	4g
Tofu & Broccoli in Garlic Sauce  	226	950mg	14g	6g	29g	0mg	3g

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Dinner

Chicken Fillet Sandwich

Beef Stew

Veggie Chik'n Sandwich *Vegan*

Mexican Stew *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Fillet Sandwich 	420	636mg	34g	19g	25g	97mg	1g
Beef Stew 	191	361mg	22g	8g	7g	70mg	0g
Veggie Chik'n Sandwich 	265	750mg	24g	7g	26g	0mg	4g
Mexican Stew 	210	917mg	5g	0g	45g	0mg	8g