

Tuesday September 16, 2014




Lunch

Chicken Taco Casserole

Beef Brisket

Black Bean Nachos *Lacto Vegetarian*





Sweet & Sour Tofu *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Taco Casserole 	333	657mg	21g	18g	22g	64mg	0g
Beef Brisket	282	850mg	20g	18g	10g	75mg	0g
Black Bean Nachos 	240	700mg	12g	12g	21g	31mg	4g
Sweet & Sour Tofu w/Rice 	192	580mg	7g	4g	32g	0mg	2g

Tuesday September 16, 2014

Dinner

Chicken Penne Rustica
Salisbury Steak
White Beans w/Pasta *Lacto Vegetarian*
Prosperous Peas *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Penne Rustica  contains Pork	368	651mg	21g	21g	23g	58mg	1g
Salisbury Steak 	375	750mg	25g	26g	10g	100mg	0g
White Beans w/Pasta 	180	307mg	8g	3g	30g	5mg	5g
Prosperous Peas 	146	638mg	5g	3g	26g	0mg	6g