




*Tuesday September 16, 2014*

*Lunch*

Chicken Taco Casserole  
Beef Brisket  
Cheesy Penne Bake *Lacto Vegetarian*  
Tofu Turkey *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
Cheesy Penne Bake 	341	825mg	20g	13g	36g	40mg	2g
Tofu Turkey & Dressing 	170	300mg	7g	10g	13g	0mg	4g

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*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   <i>contains Pork</i>	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