

Wednesday September 17, 2014

Lunch

Carnitas
Chicken & Vegetable Couscous
Cheesy Penne Bake Lacto Vegetarian
Mamma Mia Pasta Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Carnitas (2 tortillas) 	375	460mg	25g	18g	28g	44mg	1g
Chicken & Vegetable Couscous 	220	250mg	23g	5g	18g	60mg	4g
Cheesy Penne Bake   	341	825mg	20g	13g	36g	40mg	2g
Mamma Mia Pasta  	205	350mg	5g	5g	35g	0mg	4g

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Dinner

Maple Pecan Chicken

Creole Casserole

Asparagus Casserole *Lacto Vegetarian*

Vegan Pot Pie *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Maple Pecan Chicken 	400	150mg	22g	30g	10g	125mg	0g
Creole Casserole 	267	750mg	15g	15g	18g	40mg	2g
Asparagus Casserole 	233	200mg	9g	13g	20g	19mg	3g
Vegan Pot Pie 	320	370mg	6g	18g	33g	0mg	3g