

Wednesday May 7, 2014









Lunch

Meatloaf

Salmon Cakes w/Sauce

Carrot Lentil Casserole *Lacto Vegetarian*










Mushroom Pasta *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Meatloaf (contains oats - not gluten free) 	250	350mg	23g	15g	6g	60mg	1g
Salmon Cakes w/Sauce  	311	1230mg	14g	19g	21g	80mg	1g
Carrot Lentil Casserole   	245	390mg	12g	4g	40g	10mg	10g
Mushroom Pasta  	200	0 mg	5g	8g	27g	0mg	3g

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Dinner

Chicken Fried Chicken
Divine Casserole
Spinach Pasta Salad *Lacto Vegetarian*
Vegan Pot Pie *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Fried Chicken  	317	530mg	17g	21g	15g	45mg	0g
Divine Casserole  	317	608mg	18g	17g	23g	58mg	0g
Spinach Pasta Salad   	285	450mg	10g	13g	32g	8mg	4g
Vegan Pot Pie  	320	270mg	6g	18g	33g	0mg	3g