ELEANOR RIBSBY "Eleanor Rigby", Album: Revolver



CALORIES 293

SODIUM 640mg

PROTEIN 20g

FAT 17g CARBS 15g CHOLESTEROL 60mg

FIBER 0g 6

SGT. DR. PEPPER'S...FAJITAS (1) "Sgt. Pepper's Lonely Hearts Club Band"



CALORIES 380

SODIUM 550mg PROTEIN 25g

FAT 15g CARBS 36g CHOLESTEROL 41mg

FIBER 3g

SGT. PEPPER'S...CHICKEN FAJITAS (1) "Sgt. Pepper's...."

CALORIES 210

SODIUM 840mg PROTEIN 20g

FAT 5g CARBS 21g

CHOLESTEROL 45mg

FIBER 0g

W CONTRACTOR

I WANT TO HOLD YOUR HAM "I want to Hold Your Hand", Album: Meet the Beatles



CALORIES 150 SODIUM 1200mg

PROTEIN 21g

FAT 5g CARBS 5g

CHOLESTEROL 50mg

FIBER 0g 6

WHEN I'M SIXTY 4-CHEESE MAC "When I'm Sixty-Four", Album: Sgt. Peppers ...

CALORIES 315

SODIUM 267mg

PROTEIN 12g FAT 14g CARBS 35g

CHOLESTEROL 22mg

FIBER 1g

EIGHT DAYS A LEEK (POT PIE) "Eight Days a Week", Album: Beatles For Sale



CALORIES 440 SODIUM 566mg

PROTEIN 4g

FAT 34g CARBS 30g CHOLESTEROL Omg

FIBER 3g

GOT TO GET STEW INTO MY LIFE "Got to Get You Into My Life", Album: Revolver

CALORIES

SODIUM 343mg

PROTEIN 10g

FAT 2g CARBS 20g

CHOLESTEROL Omg

EROL FIBER

R



contains wheat



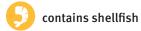




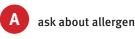












DINNER

WEDNESDAY, OCTOBER 18, 2017

CHICKEN & DUMPLINGS





CALORIES 332

SODIUM 775mg

PROTEIN 17g

FAT 19g **CARBS** 21g

CHOLESTEROL 65mg

FIBER 0g

SHEPHERD'S PIE





CALORIES 250

SODIUM 251mg

PROTEIN 18g

FAT 16g **CARBS** 8g

CHOLESTEROL 52mg

FIBER 1g

MONTERERY CASSEROLE



FAT







CALORIES 385

SODIUM 721mg

PROTEIN 17g

22g

CARBS 30g

CHOLESTEROL 150mg

FIBER 1g

CURRIED QUINOA





CALORIES 205

SODIUM 254mg

PROTEIN 9g

FAT 9g

CARBS 22g

CHOLESTEROL 0mg

FIBER 5g

contains wheat

















