



## ELEANOR RIBSBY "Eleanor Rigby", Album: *Revolver*

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
293	640mg	20g	17g	15g	60mg	0g



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



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
380	550mg	25g	15g	36g	41mg	3g



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

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	840mg	20g	5g	21g	45mg	0g



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



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	1200mg	21g	5g	5g	50mg	0g



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

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	267mg	12g	14g	35g	22mg	1g



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



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
440	566mg	4g	34g	30g	0mg	3g



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

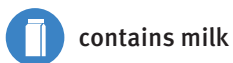
CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	343mg	10g	2g	20g	0mg	9g



contains wheat



contains egg



contains milk



vegetarian



vegan



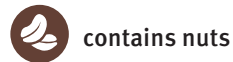
contains pork



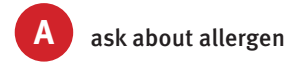
contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

WEDNESDAY, OCTOBER 18, 2017

## CHICKEN & DUMPLINGS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
332	775mg	17g	19g	21g	65mg	0g

## SHEPHERD'S PIE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
250	251mg	18g	16g	8g	52mg	1g

## MONTERERY CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
385	721mg	17g	22g	30g	150mg	1g

## CURRIED QUINOA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
205	254mg	9g	9g	22g	0mg	5g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen