

Friday May 13, 2016

Lunch





Chicken Strips

Baked Cod

Macaroni and Cheese **Lacto Vegetarian**

Breaded Chick'n Tenders **Vegan**

Vegan Mac & Cheese **Vegan**

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Strips 	312	425mg	31g	17.5g	6g	97mg	1g
Baked Cod	108	170mg	18g	4g	0g	40mg	0g
Macaroni and Cheese 	427	884mg	19g	23g	37g	63mg	2g
Breaded Chick'n Tenders (4 pieces) 	210	400mg	16g	9g	17g	0mg	3g
Vegan Mac & Cheese (cashew) 	235	120mg	9g	8g	32g	0mg	4g

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Dinner






Seasoned Grilled Steak

Seasoned Grilled Chicken Breast

Whole Parsley Potatoes

Cajun Chick'n **Vegan**

Spaghetti Pasta & Marinara **Vegan**

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Seasoned Grilled Steak 	300	400mg	25g	22g	0g	83mg	0g
Seasoned Grilled Chicken Breast	150	230mg	21g	7g	0g	55mg	0g
Whole Parsley Potatoes (1 cup)	175	75mg	3g	7g	25g	0mg	4g
Cajun Chick'n  	160	630mg	22g	6g	6g	0mg	3g
Spaghetti Pasta & Marinara  	160	650mg	5g	0g	35g	0mg	2g