

Friday October 21, 2016

Lunch

Chicken Livers

Liver and Onions












Chicken Strips

Tilapia Ragout

Macaroni and Cheese Lacto Vegetarian

Breaded Chick'n Tenders Vegan








Vegan Mac & Cheese Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Livers (3 pcs) 	205	590mg	18g	9g	13g	340mg	1g
Liver and Onions 	200	650mg	17g	11g	8g	250mg	0g
Chicken Strips 	312	425mg	31g	17.5g	6g	97mg	1g
Tilapia Ragout	131	438mg	21g	3g	5g	48mg	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, almond, sesame)	235	120mg	9g	8g	32g	0mg	4g

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Dinner

Chicken Cordon Bleu
 Seasoned Grilled Steak
 Grilled Chicken Breast
 Loaded Mashed Potatoes
 Penne Pasta **Vegan**

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Cordon Bleu   (contains pork)	320	500mg	29g	16g	16g	75mg	0g
Seasoned Grilled Steak 	300	400mg	25g	22g	0g	83mg	0g
Seasoned Grilled Chicken Breast	150	230mg	21g	7g	0g	55mg	0g
Mashed Potatoes 	160	150mg	3g	5g	25g	0mg	2g
Loaded Mashed Potatoes  (contains pork)	291	350mg	9g	15g	30g	25mg	2g
Penne Pasta  	160	650mg	5g	0g	35g	0mg	2g