LUNCH

MONDAY, JANUARY 30, 2023

BLACK BEAN NACHOS VG []







CALORIES 240

SODIUM 700mg

PROTEIN 12g

FAT 12g **CARBS** 21g

CHOLESTEROL 31mg

FIBER 4g



CREAMY TOMATO BASIL PASTA

cauliflower & cashew sauce gluten-free pasta





CALORIES 275

SODIUM 550mg

PROTEIN 15g

FAT 6g

CARBS 40g

CHOLESTEROL 0mg

FIBER 8g

MEATLOAF (contains oatmeal - not gluten free)





CALORIES 250

SODIUM 350mg

PROTEIN 23g

FAT 15g **CARBS** 6g

CHOLESTEROL 60mg

FIBER 1g

CRISPY CHICKEN W/ CREAM SAUCE







CALORIES 432

SODIUM 650mg

PROTEIN 21g

FAT 32g

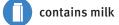
CARBS 15g

CHOLESTEROL 140mg

FIBER 0g

contains wheat



















DINNER

MONDAY, JANUARY 30, 2023

SWEET & SAVORY BBQ SANDWICH







CALORIES 267

SODIUM 780mg

PROTEIN 13g

FAT 7g

CARBS 38g CHOLESTEROL Omg

FIBER 4g

BBQ PORK SANDWICH





CALORIES 410

SODIUM 970mg PROTEIN 25g

FAT 14g CARBS 46g CHOLESTEROL 85mg FIBER 1g

BLACKENED CHICKEN

CALORIES 120

SODIUM 830mg PROTEIN 21g

FAT 4g CARBS 0g CHOLESTEROL 55mg

FIBER 0g







