

# LUNCH

MONDAY, NOVEMBER 18, 2019

## TUSCAN PRIMAVERA PIE

MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
205	280mg	6g	7g	31g	0mg	5g

## MASOOR DAL OVER RICE

MEATLESS MONDAY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
152	144mg	7g	1g	30g	0mg	6g

## CREAMY CHIPOTLE CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
192	350mg	21g	12g	0g	55mg	0g

## KOREAN BEEF

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	676mg	11g	17g	28g	30mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

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## RISOTTO FLORENTINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
218	450mg	6g	6g	35g	15mg	3g

## GINGER VEGETABLE STIR-FRY



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	650mg	6g	4g	35g	0mg	5g

## CHICKEN FLORENTINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
375	450mg	21g	30g	5g	130mg	0g

## TUNA & NOODLE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
355	450mg	15g	15g	40g	45mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen