# LUNCH

## MONDAY, NOVEMBER 18, 2019

## TUSCAN PRIMAVERA PIE





**CALORIES** 205

SODIUM 280mg

**PROTEIN** 6g

FAT 7**g** 

**CARBS** 31g

**CHOLESTEROL** 0mg

**FIBER** 5g

### MASOOR DAL OVER RICE





**CALORIES** 152

**SODIUM** 144mg

**PROTEIN** 7**g** 

**FAT** 1g

**CARBS** 30g

**CHOLESTEROL** 0mg

**FIBER** 6g

### CREAMY CHIPOTLE CHICKEN (1)



**CALORIES** 192

SODIUM 350mg

**PROTEIN** 21g

**FAT** 12g

**CARBS** 0g

**CHOLESTEROL** 55mg

**FIBER** 0g

### **KOREAN BEEF**



**CALORIES** 316

SODIUM 676mg

**PROTEIN** 11g

**FAT** 17g

**CARBS** 28g

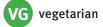
**CHOLESTEROL** 30mg

**FIBER** 1g

contains wheat



















# DINNER

## MONDAY, NOVEMBER 18, 2019

#### **RISOTTO FLORENTINE**







**CALORIES** 218

SODIUM 450mg

**PROTEIN** 6g

**FAT** 6g

**CARBS** 35g

**CHOLESTEROL** 15mg

**FIBER** 3g

#### **GINGER VEGETABLE STIR-FRY**







**CALORIES** 200

**SODIUM** 650mg

**PROTEIN** 6g

FAT 4g

**CARBS** 35g

**CHOLESTEROL** 0mg

**FIBER** 5g

### **CHICKEN FLORENTINE**



**CALORIES** 375

**SODIUM** 450mg

**PROTEIN** 21g

**FAT** 30g **CARBS** 5g

**CHOLESTEROL** 130mg

**FIBER** 0g

### TUNA & NOODLE CASSEROLE







**CALORIES** 355

SODIUM 450mg

**PROTEIN** 15g

**FAT** 15g **CARBS** 40g

**CHOLESTEROL** 45mg

FIBER 2g

contains wheat





