LUNCH

MONDAY, JANUARY 25, 2021

TUSCAN PRIMAVERA PIE





CALORIES 205

SODIUM 280mg

PROTEIN 6g

FAT 7**g**

CARBS 31g

CHOLESTEROL 0mg

FIBER 5g

CREAMY CHIPOTLE CHICKEN



CALORIES 192

SODIUM 350mg

PROTEIN 21g

FAT 12g

FAT

5g

CARBS 0g

CHOLESTEROL 55mg

FIBER 0g

BAKED HAM



CALORIES 130

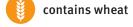
SODIUM 1200mg

PROTEIN 21g

CARBS 0g

CHOLESTEROL 50mg

FIBER 0g





















DINNER

MONDAY, JANUARY 25, 2021

RISOTTO FLORENTINE







CALORIES 218

SODIUM 450mg

PROTEIN 6g

FAT 6g

CARBS 35g

CHOLESTEROL 15mg

FIBER 3g

CHICKEN FLORENTINE





CALORIES 375

SODIUM 450mg

PROTEIN 21g

FAT 30g **CARBS** 5g

CHOLESTEROL 130mg

FIBER 0g

BEEF LO MEIN



CALORIES 220

SODIUM 950mg

PROTEIN 14g

FAT 7**g**

CARBS 25g

CHOLESTEROL 40mg

FIBER 2g

contains wheat





