

LUNCH

MONDAY, JANUARY 25, 2021

TUSCAN PRIMAVERA PIE




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

CREAMY CHIPOTLE CHICKEN


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

BAKED HAM

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	1200mg	21g	5g	0g	50mg	0g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

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 7g	CARBS 25g	CHOLESTEROL 40mg	FIBER 2g
------------------------	------------------------	-----------------------	------------------	---------------------	----------------------------	--------------------



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen