LUNCH

MONDAY, APRIL 23, 2018

CHEESY VEGETABLE STRATA VG (1) (1)









CALORIES 268

SODIUM 800mg

PROTEIN 17g

FAT 12g

CARBS 23g

CHOLESTEROL 64mg

FIBER 2g

SESAME TOFU W/ ASPARAGUS







CALORIES 170

SODIUM 900mg

PROTEIN 12g

FAT 8g

CARBS 10g

CHOLESTEROL 0mg

FIBER 3g

BREADED CHEDDAR CHICKEN W/ CREAM SAUCE





CALORIES 432

SODIUM 650mg

PROTEIN 21g

FAT 32g **CARBS** 15g

CHOLESTEROL 140mg

FIBER 0g

BLACKENED CAJUN TILAPIA



CALORIES 111

SODIUM 760mg

PROTEIN 21g

FAT 3g

CARBS 0g

CHOLESTEROL 48mg

FIBER 0g

contains wheat







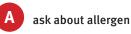












DINNER

MONDAY, APRIL 23, 2018

CAPRESE QUINOA BAKE VG 🕕 🚾







CALORIES 240

SODIUM 612mg

PROTEIN 8g

FAT 14g

CARBS 20g

CHOLESTEROL 32mg

FIBER 3g

HOPPIN' JOHN





CALORIES 105

SODIUM 500mg

PROTEIN 4g

FAT 1g

CARBS 20g

CHOLESTEROL 0mg

FIBER 4g

CHICKEN PARMESAN CASSEROLE







CALORIES 405

SODIUM 695mg

PROTEIN 16g

FAT 25g **CARBS** 29g

CHOLESTEROL 85mg

FIBER 2g

CHEESEBURGER CASSEROLE





CALORIES 428

SODIUM 571mg

PROTEIN 22g

FAT 21g **CARBS** 36g

CHOLESTEROL 75mg

FIBER 0g

contains wheat

















