LUNCH

MONDAY, SEPTEMBER 25, 2017

SPINACH QUICHE VG (1) (2)









CALORIES 280

SODIUM 292mg

PROTEIN 12g

FAT 17g **CARBS** 20g

CHOLESTEROL 188mg

FIBER 2g

MOROCCAN TAGINE





CALORIES 160

SODIUM 378mg

PROTEIN 6g

FAT 4g

CARBS 25g

CHOLESTEROL 0mg

FIBER 5g

RITZY CHICKEN





CALORIES 310

SODIUM 430mg

PROTEIN 23g

FAT 20g **CARBS** 10g

CHOLESTEROL 55mg

FIBER 1g

BEEF STROGANOFF OVER NOODLES







CALORIES 330

SODIUM 479mg

PROTEIN 16g

FAT 16g **CARBS** 30g

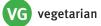
CHOLESTEROL 65mg

FIBER 1g

contains wheat





















DINNER

MONDAY, SEPTEMBER 25, 2017

MONTERERY CASSEROLE









CALORIES 385

SODIUM 721mg

PROTEIN 17g

FAT 22g CARBS 30g CHOLESTEROL 150mg

FIBER 1g

BEAN & VEGETABLE BURRITO







CALORIES 325

SODIUM 588mg PROTEIN 13g

FAT 5g CARBS 57g CHOLESTEROL Omg

FIBER 8g

BURRITOS



CALORIES 357

SODIUM 1213mg PROTEIN 21g

FAT 12g CARBS 39g CHOLESTEROL 48mg

FIBER 3g

CHICKEN & NOODLE CASSEROLE







CALORIES 372

SODIUM 429mg PROTEIN 20g

FAT 20g

CARBS 28g CHOLESTEROL 66mg

FIBER 2g

contains wheat





