

# LUNCH

MONDAY, SEPTEMBER 25, 2017

## SPINACH QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
280	292mg	12g	17g	20g	188mg	2g

## MOROCCAN TAGINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	378mg	6g	4g	25g	0mg	5g

## RITZY CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	430mg	23g	20g	10g	55mg	1g

## BEEF STROGANOFF OVER NOODLES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	479mg	16g	16g	30g	65mg	1g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

MONDAY, SEPTEMBER 25, 2017

## MONTERERY CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
385	721mg	17g	22g	30g	150mg	1g

## BEAN & VEGETABLE BURRITO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
325	588mg	13g	5g	57g	0mg	8g

## BURRITOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
357	1213mg	21g	12g	39g	48mg	3g

## CHICKEN & NOODLE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
372	429mg	20g	20g	28g	66mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen