LUNCH

MONDAY, FEBRUARY 8, 2021

MOROCCAN TAGINE V





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

POT ROAST





CALORIES 235

SODIUM 445mg

PROTEIN 20g

FAT 13g

CARBS 9g

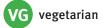
CHOLESTEROL 85mg

FIBER 2g

contains wheat



















DINNER

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SPICY 3-BEAN NACHOS choice of vegetarian cheese sauce or vegan cheese sauce (contains cashews)







CALORIES 330

SODIUM 588mg

PROTEIN 13g

FAT 15g **CARBS** 35g

CHOLESTEROL 0mg

FIBER 8g

BEEF NACHOS



CALORIES 365

SODIUM 1213mg

PROTEIN 21g

FAT 20g

CARBS 25g

CHOLESTEROL 48mg

FIBER 3g

CHICKEN & NOODLE CASSEROLE







CALORIES 372

SODIUM 429mg

PROTEIN 20g

FAT 20g **CARBS** 28g

CHOLESTEROL 66mg

FIBER 2g



















