# LUNCH

## MONDAY, FEBRUARY 26, 2018

## BUTTERNUT RISOTTO VG (1)







**CALORIES** 182

**SODIUM** 270mg

**PROTEIN** 5g

**FAT** 6g

**CARBS** 27g

**CHOLESTEROL** 10mg

**FIBER** 2g

### TOFU TURKEY V







**CALORIES** 160

**SODIUM** 378mg

**PROTEIN** 6g

**FAT** 4g

**CARBS** 25g

**CHOLESTEROL** 0mg

**FIBER** 5g

#### **TURKEY**

**CALORIES** 100

SODIUM 140mg

**PROTEIN** 22g

**FAT** 0g

**CARBS** 0g

**CHOLESTEROL** 50mg

**FIBER** 0g

### DRESSING





CALORIES 144

SODIUM 15mg

**PROTEIN** 5g

FAT 8g

**CARBS** 13g

**CHOLESTEROL** 35mg

**FIBER** 1g

### KOREAN BEEF OVER RICE



**CALORIES** 316

SODIUM 676mg

**PROTEIN** 11g

**FAT** 17g

**CARBS** 28g

**CHOLESTEROL** 30mg

**FIBER** 1g

contains wheat



















# DINNER

## MONDAY, FEBRUARY 26, 2018

#### **VEGGIE CAESAR WRAP**











**CALORIES** 137

**SODIUM** 275mg

**PROTEIN** 6g

**FAT** 5g

**CARBS** 17g

**CHOLESTEROL** 3mg

**FIBER** 3g

### VEGAN BBQ NACHOS (V)







**CALORIES** 270

SODIUM 430mg

**PROTEIN** 13g

**FAT** 11g **CARBS** 30g

**CHOLESTEROL** 0mg

**FIBER** 3g

### **CHICKEN CAESAR WRAP**







**CALORIES** 350

SODIUM 600mg

**PROTEIN** 23g

**FAT** 20g **CARBS** 19g

CHOLESTEROL 60mg

**FIBER** 1g

### **BBQ NACHOS**







**CALORIES** 460

SODIUM 1,128mg **PROTEIN** 25g

**FAT** 24g **CARBS** 36g

**CHOLESTEROL** 77mg

FIBER 0g



















