

# Monday September 26, 2016

## Lunch

### Ritzy Chicken











### Beef Stroganoff w/Noodles

### Spaghetti Basil Bake Lacto-Ovo Vegetarian



### Eggplant w/Hominy Salsa Vegan



Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Ritzy Chicken  	310	430mg	23g	20g	10g	55mg	1g
Beef Stroganoff over Noodles  	388	479mg	16g	16g	45g	65mg	1g
Spaghetti Basil Bake    	283	300mg	16g	15g	21g	225mg	2g
Eggplant w/Hominy Salsa  	155	455mg	5g	6g	20g	0mg	3g

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## Dinner

### Burrito

#### Chicken & Noodle Casserole

Asparagus Casserole Lacto Vegetarian 

Bean & Vegetable Burrito Vegan 

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Burritos 	357	1213mg	21g	12g	39g	48mg	3g
Chicken & Noodle Casserole  	372	429mg	20g	20g	28g	66mg	2g
Asparagus Casserole   	233	200mg	9g	13g	20g	19mg	3g
Bean & Veggie Burrito  	325	588mg	13g	5g	57g	0mg	8g