

Saturday September 24, 2016









Lunch

Salisbury Steak w/Mushroom Gravy

Chicken w/Vegetables & Pasta

Baked Layered Polenta Lacto Vegetarian

Black Bean Pasta Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Salisbury Steak w/ Mushroom Gravy  	400	450mg	26g	29g	8g	106mg	0g
Chicken w/ Vegetables and Pasta  	260	670mg	18g	7g	30g	35mg	2g
Baked Layered Polenta  	178	485mg	10g	10g	12g	21mg	4g
Black Bean Pasta  	242	490mg	7g	10g	31g	0mg	5g