

# Saturday May 7, 2016

## Lunch







Breaded Drummies

Beef Stew

Spaghetti Tomato Salad

w/Dill Dressing Lacto Vegetarian

Hoppin' John Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Breaded Drummies (3pcs) 	278	480mg	22g	18g	7g	75mg	1g
Beef Stew 	261	477mg	19g	12g	17g	55mg	1g
Spaghetti Tomato Salad w/Dill Dressing    (contains gelatin)	185	231mg	7g	4g	30g	5mg	2g
Hoppin' John 	105	500 mg	4g	1g	20g	0mg	4g