

DINNER

SUNDAY, AUGUST 20, 2017

ITALIAN SPAGHETTI

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
316	475mg	16g	8g	45g	40mg	2g

CHICKEN STEW

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
142	250mg	10g	6g	12g	27mg	2g

RICE PRIMAVERA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
225	520mg	10g	7g	30g	14mg	2g


VEGGIE SPAGHETTI

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	475mg	3g	2g	45g	0mg	3g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen