

LUNCH

THURSDAY, JANUARY 23, 2020

ITALIAN SPAGHETTI

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

HONEY STUNG BREADED DRUMMIES 3 pcs

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
211	460mg	13g	15g	6g	70mg	0g

CARROT LENTIL CASSEROLE


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
223	310mg	12g	7g	28g	15mg	6g


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

DINNER

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SOUTHWEST CHICKEN W/ MUSHROOMS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	450mg	21g	37g	5g	130mg	1g

SALMON CROQUETTES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
187	512mg	21g	7g	10g	80mg	0g

SOUTHWEST SWEET POTATO BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	950mg	11g	10g	45g	20mg	4g

MOROCCAN TAGINE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	378mg	6g	4g	25g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen