LUNCH

THURSDAY, JANUARY 23, 2020

ITALIAN SPAGHETTI



CALORIES 316

SODIUM 475mg

PROTEIN 16g FAT 8g CARBS 45g

CHOLESTEROL 40mg

FIBER 2g

HONEY STUNG BREADED DRUMMIES

3 pc





CALORIES 211

SODIUM 460mg

PROTEIN 13g FAT 15g CARBS 6g CHOLESTEROL 70mg

FIBER 0g

CARROT LENTIL CASSEROLE





CALORIES 223

SODIUM 310mg

PROTEIN 12g

FAT

CARBS 28g CHOLESTEROL 15mg

FIBER 6g

VEGGIE SPAGHETTI





CALORIES 210

SODIUM 475mg PROTEIN 3g

FAT 2g CARBS 45g

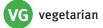
CHOLESTEROL Omg

FIBER 3g























DINNER

THURSDAY, JANUARY 23, 2020

SOUTHWEST CHICKEN W/ MUSHROOMS



CALORIES 437

SODIUM 450mg

PROTEIN 21g

FAT 37g

CARBS 5g

CHOLESTEROL 130mg

FIBER 1g

SALMON CROQUETTES





CALORIES 187

SODIUM 512mg

PROTEIN 21g

FAT 7g

CARBS 10g

CHOLESTEROL 80mg

FIBER 0g

SOUTHWEST SWEET POTATO BAKE





CALORIES 315

SODIUM 950mg

PROTEIN 11g

FAT 10g

CARBS 45g

CHOLESTEROL 20mg

FIBER 4g

MOROCCAN TAGINE



CALORIES 160

SODIUM 378mg

PROTEIN 6g

FAT 4g

CARBS 25g

CHOLESTEROL 0mg

FIBER 5g

contains wheat

















