

LUNCH

THURSDAY, NOVEMBER 14, 2019

JACKED UP CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
453	945mg	26g	37g	4g	70mg	0g

HAM QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
281	862mg	13g	17g	18g	137mg	0g

TWO-CHEESE PASTA CASSEROLE

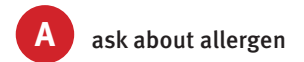
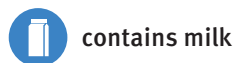


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
285	556mg	10g	15g	28g	20mg	2g

SPICY LENTILS W/ KALE & SWEET POTATO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	312mg	10g	2.5g	34g	0mg	8g



DINNER

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PORK FRITTER W/ GRAVY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	400mg	22g	18g	12g	92mg	2g

TURKEY DIVAN CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
228	950mg	10g	12g	20g	45mg	2g

SPINACH CASSEROLE


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
284	484mg	9g	9g	44g	8mg	3g

HEARTY VEGETABLE SOUP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
142	140mg	9g	2g	22g	0mg	5g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen