

LUNCH

THURSDAY, SEPTEMBER 16, 2021

ITALIAN SPAGHETTI

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

BING BANG SHRIMP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
376	922mg	13g	21g	35g	96mg	0g

CRUSTLESS BROCCOLI QUICHE


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	480mg	15g	15g	5g	220mg	3g


HEARTY GARDEN 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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MONGOLIAN BEEF OVER RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
295	796mg	17g	12g	30g	44mg	0g

HERBED ROASTED CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	350mg	21g	25g	0g	115mg	0g

SPINACH CASSEROLE



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

MUJADARA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	180mg	7g	6g	55g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen