LUNCH

THURSDAY, SEPTEMBER 16, 2021

ITALIAN SPAGHETTI



CALORIES 316

SODIUM 475mg

PROTEIN 16g

FAT 8g

CARBS 45g

CHOLESTEROL 40mg

FIBER 2g

BING BANG SHRIMP









CALORIES

376

SODIUM 922mg

PROTEIN 13g

FAT 21g **CARBS** 35g

CHOLESTEROL 96mg

FIBER 0g

CRUSTLESS BROCCOLI QUICHE







CALORIES 215

SODIUM 480mg

PROTEIN 15g

FAT 15g **CARBS** 5g

CHOLESTEROL 220mg

FIBER 3g

HEARTY GARDEN SPAGHETTI





CALORIES 210

SODIUM 475mg

PROTEIN 3g

FAT 2g

CARBS 45g

CHOLESTEROL 0mg

FIBER 3g

contains wheat



contains egg



contains milk



VG vegetarian



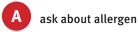
vegan











DINNER

THURSDAY, SEPTEMBER 16, 2021

MONGOLIAN BEEF OVER RICE





CALORIES 295

SODIUM 796mg

PROTEIN 17g

FAT 12g CARBS 30g

CHOLESTEROL 44mg

FIBER 0g

HERBED ROASTED CHICKEN

CALORIES 310

SODIUM 350mg PROTEIN 21g

FAT 25g

CARBS 0g CHOLESTEROL 115mg

FIBER 0g

SPINACH CASSEROLE







CALORIES 284

SODIUM 484mg PROTEIN 9g

FAT 9g CARBS 44g CHOLESTEROL 8mg

FIBER 3g

MUJADARA



CALORIES 300

SODIUM 180mg PROTEIN 7g

FAT 6g CARBS 55g

CHOLESTEROL Omg

FIBER 5g

contains wheat





