

LUNCH

THURSDAY, SEPTEMBER 19, 2019

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

3-CHEESE SOUFFLÉ

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	650mg	22g	21g	5g	350mg	0g

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

THURSDAY, SEPTEMBER 19, 2019

BRAISED BEEF OVER RICE NOODLES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	550mg	21g	14g	25g	75mg	0g

HERB ROASTED CHICKEN

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

CARROT LENTIL CASSEROLE



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

BLACK BOTTOM TOFU W/ RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
281	596mg	11g	9g	39g	0mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen