

LUNCH

THURSDAY, FEBRUARY 22, 2018

CARNITAS (2 tortillas)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	827mg	26g	21g	36g	73mg	2g

CRAB CAKES WITH DILL SAUCE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
380	1250mg	14g	27g	20g	97mg	0g

SPINACH QUINOA CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
263	472mg	12g	10g	31g	20mg	3g

SMOKY KALE AND BEAN SOUP

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
68	688mg	4g	0g	13g	0mg	4g


 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

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CHICKEN ALFREDO OVER LINGUINI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	475mg	15g	12g	25g	58mg	1g

BLACK & BLEU CHOPPED STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	740mg	27g	27g	2g	97mg	0g

VEGETABLE ALFREDO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	170mg	7g	9g	25g	10mg	3g

QUINOA HASH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
185	50mg	7g	5g	28g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen