

LUNCH

THURSDAY, MAY 10, 2018

ITALIAN SPAGHETTI

CALORIES 316	SODIUM 475mg	PROTEIN 16g	FAT 8g	CARBS 45g	CHOLESTEROL 40mg	FIBER 2g
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SWEET & SPICY CHICKEN W/ RICE

CALORIES 437	SODIUM 750mg	PROTEIN 23g	FAT 25g	CARBS 30g	CHOLESTEROL 125mg	FIBER 1g
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VEGGIE SPAGHETTI


CALORIES 210	SODIUM 475mg	PROTEIN 3g	FAT 2g	CARBS 45g	CHOLESTEROL 0mg	FIBER 3g
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GINGER VEGETABLE STIR-FRY

CALORIES 200	SODIUM 650mg	PROTEIN 6g	FAT 4g	CARBS 35g	CHOLESTEROL 0mg	FIBER 5g
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 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

THURSDAY, MAY 10, 2018

RAVIOLI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
335	900mg	9g	16g	38g	25mg	4g

CHICKEN TETRAZZINI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
422	389mg	25g	18g	40g	65mg	2g

BLACK BEAN PASTA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
242	490g	7g	10g	31g	0mg	5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen