

LUNCH

THURSDAY, MARCH 15, 2018

CHICKEN ALFREDO W/ PASTA

CALORIES 270	SODIUM 475mg	PROTEIN 15g	FAT 12g	CARBS 25g	CHOLESTEROL 58mg	FIBER 1g
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COUNTRY STEAK BITES W/GRAVY

CALORIES 280	SODIUM 750mg	PROTEIN 23g	FAT 10g	CARBS 8g	CHOLESTEROL 79mg	FIBER 0g
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VEGETABLE ALFREDO W/PASTA


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

CALORIES 180	SODIUM 200mg	PROTEIN 8g	FAT 7g	CARBS 21g	CHOLESTEROL 0mg	FIBER 8g
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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, MARCH 15, 2018

MONTEREY STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	640mg	27g	27g	2g	97mg	0g

CHICKEN & DUMPLINGS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
332	775mg	17g	19g	21g	65mg	0g

POTATO AND CORN CHOWDER



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
136	152mg	6g	4g	19g	10mg	4g

VEGAN POT PIE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	370mg	6g	18g	33g	0mg	3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen