# LUNCH
THURSDAY, MARCH 18, 2021

<table>
<thead>
<tr>
<th></th>
<th>BEEF STROGANOFF OVER RICE</th>
<th>SESAME SEED PORK WITH RICE</th>
<th>SOUTHWEST POTATO AND CORN CHOWDER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CALORIES</strong></td>
<td>330</td>
<td>310</td>
<td>136</td>
</tr>
<tr>
<td><strong>SODIUM</strong></td>
<td>479mg</td>
<td>900mg</td>
<td>152mg</td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td>16g</td>
<td>17g</td>
<td>6g</td>
</tr>
<tr>
<td><strong>FAT</strong></td>
<td>16g</td>
<td>15g</td>
<td>4g</td>
</tr>
<tr>
<td><strong>CARBS</strong></td>
<td>30g</td>
<td>27g</td>
<td>19g</td>
</tr>
<tr>
<td><strong>CHOLESTEROL</strong></td>
<td>65mg</td>
<td>40mg</td>
<td>10mg</td>
</tr>
<tr>
<td><strong>FIBER</strong></td>
<td>1g</td>
<td>1g</td>
<td>4g</td>
</tr>
</tbody>
</table>

- contains wheat
- contains egg
- contains milk
- VG vegetarian
- V vegan
- contains pork
- contains fish
- contains shellfish
- contains nuts
- ask about allergen

**Southwest Potato and Corn Chowder**

- 136 calories
- 4g fat
- 19g carbs
- 10mg cholesterol
- 4g fiber
- contains wheat
- contains egg
- contains milk
- VG vegetarian

**Beef Stroganoff over Rice**

- 330 calories
- 16g protein
- 16g fat
- 30g carbs
- 65mg cholesterol
- 1g fiber
- contains wheat
- contains egg
- contains milk
- VG vegetarian

**Sesame Seed Pork with Rice**

- 310 calories
- 17g protein
- 15g fat
- 27g carbs
- 40mg cholesterol
- 1g fiber
- contains wheat
- contains egg
- contains milk
- VG vegetarian

**Lunch**

- thursday, march 18, 2021

- southwest potato and corn chowder
  - calories: 136
  - protein: 6g
  - fat: 4g
  - carbs: 19g
  - cholesterol: 10mg
  - fiber: 4g
  - contains wheat
  - contains egg
  - contains milk
  - VG vegetarian

- beef stroganoff over rice
  - calories: 330
  - protein: 16g
  - fat: 16g
  - carbs: 30g
  - cholesterol: 65mg
  - fiber: 1g
  - contains wheat
  - contains egg
  - contains milk
  - VG vegetarian

- sesame seed pork with rice
  - calories: 310
  - protein: 17g
  - fat: 15g
  - carbs: 27g
  - cholesterol: 40mg
  - fiber: 1g
  - contains wheat
  - contains egg
  - contains milk
  - VG vegetarian
## Dinner

**Thursday, March 18, 2021**

### Farmhouse Chicken

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>270</td>
</tr>
<tr>
<td>Sodium</td>
<td>582mg</td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
</tr>
<tr>
<td>Fat</td>
<td>11g</td>
</tr>
<tr>
<td>Carbs</td>
<td>26g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>38mg</td>
</tr>
<tr>
<td>Fiber</td>
<td>1g</td>
</tr>
</tbody>
</table>

Contains: Wheat, Milk

### Swedish Meatballs with Noodles

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>290</td>
</tr>
<tr>
<td>Sodium</td>
<td>433mg</td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
</tr>
<tr>
<td>Fat</td>
<td>10g</td>
</tr>
<tr>
<td>Carbs</td>
<td>30g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
</tr>
<tr>
<td>Fiber</td>
<td>2g</td>
</tr>
</tbody>
</table>

Contains: Pork, Fish, Egg, Nuts

### Protein Power Bowl

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>200</td>
</tr>
<tr>
<td>Sodium</td>
<td>220mg</td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
</tr>
<tr>
<td>Fat</td>
<td>4g</td>
</tr>
<tr>
<td>Carbs</td>
<td>31g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Fiber</td>
<td>10g</td>
</tr>
</tbody>
</table>

Contains: Milk, Shellfish, Egg

### Allergen Information

- Contains: Wheat, Egg, Milk, Pork, Fish, Shellfish, Nuts
- Vegetarian: Yes
- Vegan: Yes
- Ask about allergens: Yes