

Thursday September 22, 2016





Lunch

Fish & Chips

Spicy Chicken Enchilada

Veggie Meatloaf Lacto-Ovo Vegetarian

Bean Enchilada Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Fish & Chips 	540	570mg	26g	25g	53g	40mg	3g
Spicy Chicken Enchiladas 	285	750mg	22g	13g	20g	80mg	3g
Veggie Meatloaf 	240	350mg	20g	3g	33g	16mg	3g
Bean Enchilada 	240	900mg	11g	4g	40g	0mg	7g

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## Dinner

Po Boy Sandwich

Ravioli w/Bolognese Sauce

Cheese Ravioli w/Marinara Lacto-Ovo Vegetarian

Gypsy Soup Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Po' Boy (contains Shrimp) 	475	1100mg	15g	25g	48g	65mg	1g
Ravioli w/ Bolognese Sauce 	266	950mg	16g	14g	19g	85mg	2g
Cheese Ravioli (4) with Marinara 	136	620mg	6g	4g	19g	24mg	2g
Gypsy Soup 	126	250mg	5g	2g	22g	0mg	6g