

Thursday September 11, 2014






Lunch

Sicilia Crostini

Southwest Chicken Wrap

Baked Italian Farfalle *Lacto-Ovo Vegetarian*











Black Bean Stew *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Sicilia Crostini 	422	283mg	20g	18g	45g	62mg	1g
Southwest Chicken Wrap 	404	750mg	26g	16g	39g	70mg	4g
Southwest Chicken Wrap w/no cheese 	295	620mg	24g	7g	34g	55mg	4g
Baked Italian Farfalle 	266	475mg	14g	10g	30g	20mg	3g
Black Bean Stew 	135	475mg	7g	2g	27g	0mg	6g

Thursday September 11, 2014

Dinner

Chicken Carbonara w/Pasta
Chopped Steak Monterey
Asian Bulgur Rice Salad *Vegan*
Succotash *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Carbonara w/Pasta    <small>contains pork</small>	300	448mg	21g	15g	20g	85mg	2g
Chopped Steak Monterey  	360	640mg	27g	27g	2g	97mg	0g
Asian Bulgur Rice Salad   	185	45mg	7g	4g	30g	0mg	5g
Succotash  	132	400mg	5g	0g	28g	0mg	4g