

# LUNCH

TUESDAY, SEPTEMBER 10, 2019

## LASAGNA



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 280      | 700mg  | 16g     | 10g | 32g   | 40mg        | 2g    |

## PECAN CRUNCH TILAPIA



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 448      | 340mg  | 20g     | 32g | 20g   | 50mg        | 1g    |

## VEGETABLE LASAGNA

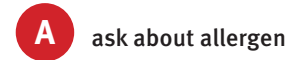
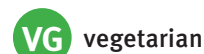
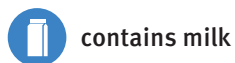
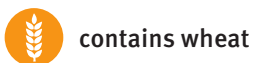


| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 300      | 920mg  | 13g     | 11g | 37g   | 25mg        | 3g    |

## LENTIL & 5-VEGETABLE STEW



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 117      | 285mg  | 7g      | 1g  | 20g   | 0mg         | 8g    |



# DINNER

TUESDAY, SEPTEMBER 10, 2019

## PORK ENCHILADA (2) W/ CHILI SAUCE

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 450      | 1200mg | 25g     | 18g | 47g   | 75mg        | 2g    |

## MEXICAN TORTILLA SOUP

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 145      | 650mg  | 10g     | 4g  | 17g   | 16mg        | 3g    |

## VEGETABLE TETRAZZINI


| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 266      | 269mg  | 11g     | 7g  | 40g   | 5mg         | 2g    |

## BEAN ENCHILADA BAKE

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 240      | 900mg  | 11g     | 4g  | 40g   | 0mg         | 7g    |

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen