

LUNCH

TUESDAY, SEPTEMBER 14, 2021

CHICKEN TACO CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
333	657mg	21g	18g	22g	64mg	0g

POT ROAST


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
235	445mg	20g	13g	9g	85mg	2g

QUINOA TACO CASSEROLE cashew

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	535mg	14g	9g	41g	0mg	5g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

TUESDAY, SEPTEMBER 14, 2021

CHICKEN PENNE RUSTICA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
368	651mg	21g	21g	23g	58mg	1g

SALISBURY STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
375	750mg	25g	26g	10g	100mg	0g

KIMCHI FRIED RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	710mg	11g	17g	28g	135mg	2g

BLACK BOTTOM TOFU



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	596mg	10g	9g	15g	0mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen