LUNCH

TUESDAY, SEPTEMBER 14, 2021

CHICKEN TACO CASSEROLE



CALORIES 333

SODIUM 657mg

PROTEIN 21g

FAT 18g **CARBS** 22g

CHOLESTEROL 64mg

FIBER 0g

POT ROAST (1)





CALORIES

SODIUM

PROTEIN

FAT

CARBS

CHOLESTEROL

FIBER

235

445mg

20g

13g

9g

85mg

2g

cashew

QUINOA TACO CASSEROLE





CALORIES 310

SODIUM 535mg

PROTEIN 14g

FAT 9g

CARBS 41g

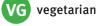
CHOLESTEROL 0mg

FIBER 5g

contains wheat



















DINNER

TUESDAY, SEPTEMBER 14, 2021

CHICKEN PENNE RUSTICA (1)







CALORIES 368

SODIUM 651mg

PROTEIN 21g

FAT 21g

CARBS 23g

CHOLESTEROL 58mg

FIBER 1g

SALISBURY STEAK





CALORIES 375

SODIUM 750mg

PROTEIN 25g

FAT 26g **CARBS** 10g

CHOLESTEROL 100mg

FIBER 0g

KIMCHI FRIED RICE



CALORIES 305

SODIUM 710mg

PROTEIN 11g

FAT 17g **CARBS** 28g

CHOLESTEROL 135mg

FIBER 2g

BLACK BOTTOM TOFU





CALORIES 145

SODIUM 596mg

PROTEIN 10g

FAT 9g

CARBS 15g

CHOLESTEROL 0mg

FIBER 2g

contains wheat

















