LUNCH

TUESDAY, FEBRUARY 5, 2019

CHICKEN TACO CASSEROLE



CALORIES 333

SODIUM 657mg

PROTEIN 21g

FAT 18g **CARBS** 22g

CHOLESTEROL 64mg

FIBER 0g

POT ROAST (1)





CALORIES 235

SODIUM 445mg

PROTEIN 20g

FAT 13g **CARBS** 9g

CHOLESTEROL 85mg

FIBER 2g

BLACK BEAN NACHOS





CALORIES 240

SODIUM 700mg

PROTEIN 12g

FAT 12g CARBS 21g

CHOLESTEROL 31mg

FIBER 4g

MOROCCAN FARRO & LENTIL SOUP





CALORIES 140

SODIUM 650mg

PROTEIN 9g

FAT 2g

CARBS 22g

CHOLESTEROL 0mg

FIBER 8g

contains wheat







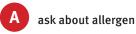












DINNER

TUESDAY, FEBRUARY 5, 2019

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

SPINACH QUICHE









CALORIES 280

SODIUM 292mg

PROTEIN 12g

FAT 17g

CARBS 20g

CHOLESTEROL 188mg

FIBER 2g

EGGPLANT W/ HOMINY SALSA





CALORIES 155

SODIUM 455mg

PROTEIN 5g

FAT 6g

CARBS 20g

CHOLESTEROL 0mg

FIBER 3g

contains wheat





