

# LUNCH

TUESDAY, FEBRUARY 5, 2019

## 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

## BLACK BEAN NACHOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	700mg	12g	12g	21g	31mg	4g

## MOROCCAN FARRO & LENTIL SOUP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	650mg	9g	2g	22g	0mg	8g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

TUESDAY, FEBRUARY 5, 2019

## CHICKEN PENNE RUSTICA



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



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen