LUNCH

TUESDAY, JANUARY 26, 2021

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

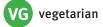
CHOLESTEROL 31mg

FIBER 4g





















DINNER

TUESDAY, JANUARY 26, 2021

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

MEDITERRANEAN EGGPLANT STEW



CALORIES 65

SODIUM 144mg

PROTEIN 2g

FAT 2g

CARBS 10g

CHOLESTEROL 0mg

FIBER 2g







