

LUNCH

TUESDAY, JANUARY 26, 2021

CHICKEN TACO CASSEROLE

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


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

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

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

TUESDAY, JANUARY 26, 2021

CHICKEN PENNE RUSTICA



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



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



CALORIES 65	SODIUM 144mg	PROTEIN 2g	FAT 2g	CARBS 10g	CHOLESTEROL 0mg	FIBER 2g
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contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen