

TUESDAY, MAY 1, 2018

POPPYSEED CHICKEN





CALORIES 360

SODIUM 650mg

PROTEIN 17g

FAT 20g **CARBS** 28g

CHOLESTEROL 49mg

FIBER 1g

KOREAN BEEF OVER RICE



CALORIES 316

SODIUM 676mg

PROTEIN 11g

FAT 17g

CARBS 28g

CHOLESTEROL 30mg

FIBER 1g

3-CHEESE SOUFFLÉ 😘 በ 🖸







CALORIES 300

SODIUM 650mg

PROTEIN 22g

FAT 21g

CARBS 5g

CHOLESTEROL 350mg

FIBER 0g

GINGER TOFU SLAW V



CALORIES 170

SODIUM 489mg

PROTEIN 10g

FAT 11g **CARBS** 7**g**

CHOLESTEROL 0mg

FIBER 3g

contains wheat

















