










Tuesday January 27, 2015

Lunch

Oriental Beef & Pepper Steak
 Herb Roasted Chicken
 Spaghetti Basil Bake *Lacto-Ovo Vegetarian*
 Vegetable Brown Rice *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Oriental Beef & Pepper Steak w/Rice  	221	740mg	13g	5g	31g	25mg	2g
Herb Roasted Chicken 	310	350mg	21g	25g	0g	115mg	0g
Spaghetti Basil Bake    	283	300mg	16g	15g	21g	225mg	2g
Vegetable Brown Rice  	115	23mg	3g	1g	24g	0mg	6g











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Dinner

Chili w/Grilled Cheese
Bacon, Ranch Macaroni & Cheese

Rice Primavera *Lacto Vegetarian*

Veggie Chili *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chili 	146	560mg	14g	6g	9g	32mg	1g
Grilled Cheese  	275	800mg	9g	15g	26g	26mg	1g
Bacon Ranch Macaroni & Cheese  	382	687mg	11g	22g	35g	46mg	1g
Rice Primavera   	225	520mg	10g	7g	30g	14mg	2g
Veggie Chili  	115	625mg	6g	0g	23g	0mg	5g