

LUNCH

WEDNESDAY, JANUARY 23, 2019

CARNITAS (2 tortillas)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	827mg	26g	21g	36g	73mg	2g

CHICKEN TACO CASSEROLE

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

BLACK BEAN NACHOS

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

QUINOA HASH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
185	50mg	7g	5g	28g	0mg	5g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

WEDNESDAY, JANUARY 23, 2019

BEEF POT PIE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
335	417mg	15g	20g	24g	38mg	1g

GENERAL TSO'S CHICKEN OVER RICE NOODLES

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
450	905mg	21g	25g	35g	125mg	1g

VEGAN POT PIE


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	370mg	6g	18g	33g	0mg	3g

VEGETABLE LO MEIN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
133	718mg	6g	1g	25g	0mg	4g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen