

LUNCH

WEDNESDAY, FEBRUARY 21, 2018

LOW COUNTRY CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
382	715mg	21g	30g	7g	30mg	0g

RAVIOLI BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
342	890mg	20g	18g	25g	55mg	2g

ROASTED VEGETABLE ENCHILADA CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	891mg	14g	15g	42g	15mg	0g

VEGETABLE BROWN RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
133	118mg	3g	1g	28	0mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, FEBRUARY 21, 2018

BUFFALO CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
310	1200mg	13g	16g	28g	40mg	0g

BEEF STROGANOFF OVER NOODLES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
330	479mg	16g	16g	30g	65mg	1g

CRUSTLESS GARDEN QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
305	635mg	20g	18g	16g	60215	4g

BLACK BEAN STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
121	473mg	7g	1g	21g	0mg	7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen