

LUNCH

WEDNESDAY, MAY 9, 2018

MEXICAN CHICKEN W/ MEXICAN RICE

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 515 | 615mg | 24g | 34g | 28g | 145mg | 1g |

BLACKENED TILAPIA

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 111 | 760mg | 21g | 3g | 0g | 48mg | 0g |

VEGETABLE LASAGNA

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 300 | 920mg | 13g | 11g | 37g | 25mg | 3g |


VEGAN POT PIE

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

 contains wheat

 contains egg

 contains milk


 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

WEDNESDAY, MAY 9, 2018

CHILI

| | | | | | | |
|------------------------|------------------------|-----------------------|------------------|--------------------|----------------------------|--------------------|
| CALORIES 146 | SODIUM 560mg | PROTEIN 14g | FAT 6g | CARBS 9g | CHOLESTEROL 32mg | FIBER 1g |
|------------------------|------------------------|-----------------------|------------------|--------------------|----------------------------|--------------------|

GRILLED CHEESE



| | | | | | | |
|------------------------|------------------------|----------------------|-------------------|---------------------|----------------------------|--------------------|
| CALORIES 275 | SODIUM 800mg | PROTEIN 9g | FAT 15g | CARBS 26g | CHOLESTEROL 26mg | FIBER 1g |
|------------------------|------------------------|----------------------|-------------------|---------------------|----------------------------|--------------------|

CHICKEN & DUMPLINGS



| | | | | | | |
|------------------------|------------------------|-----------------------|-------------------|---------------------|----------------------------|--------------------|
| CALORIES 332 | SODIUM 775mg | PROTEIN 17g | FAT 19g | CARBS 21g | CHOLESTEROL 65mg | FIBER 0g |
|------------------------|------------------------|-----------------------|-------------------|---------------------|----------------------------|--------------------|

VEGAN CHILI



| | | | | | | |
|------------------------|------------------------|----------------------|------------------|---------------------|---------------------------|--------------------|
| CALORIES 115 | SODIUM 625mg | PROTEIN 6g | FAT 0g | CARBS 23g | CHOLESTEROL 0mg | FIBER 5g |
|------------------------|------------------------|----------------------|------------------|---------------------|---------------------------|--------------------|



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen