

LUNCH

WEDNESDAY, JANUARY 22, 2020

GRILLED CHOPPED STEAK W/ ANCHO SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
380	424mg	37g	27g	4g	130mg	0g

CHARGRILLED CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
120	230mg	21g	4g	0g	55mg	0g

HONOLULU CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
325	1100mg	22g	15g	25g	60mg	0g

CRUSTLESS BROCCOLI QUICHE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	480mg	15g	15g	5g	220mg	3g

PROTEIN POWER BOWL



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
353	220mg	15g	9g	53g	0mg	9g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, JANUARY 22, 2020

CHEESEBURGER CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
428	571mg	22g	21g	36g	75mg	0g

CHICKEN FILLET SANDWICH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
423	860mg	21g	19g	42g	50mg	1g

RISOTTO FLORENTINE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
218	450mg	6g	6g	35g	15mg	3g

BLACK BEAN PASTA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
242	490mg	7g	10g	31g	0mg	5g



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contains egg



contains milk



vegetarian



vegan



contains pork



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contains shellfish



contains nuts



ask about allergen