# LUNCH

### WEDNESDAY, JANUARY 22, 2020

## GRILLED CHOPPED STEAK W/ ANCHO SAUCE





**CALORIES** 380

SODIUM 424mg

**PROTEIN** 37g

FAT 27g **CARBS** 4g

CHOLESTEROL 130mg

**FIBER** 0g

#### **CHARGRILLED CHICKEN**

**CALORIES** 120

SODIUM 230mg

**PROTEIN** 21g

**FAT** 4g

**CARBS** 0g

**CHOLESTEROL** 55mg

**FIBER** 0g

HONOLULU CHICKEN



**CALORIES** 325

SODIUM 1100mg **PROTEIN** 22g

FAT 15g CARBS 25g

**CHOLESTEROL** 60mg

**FIBER** 0g

CRUSTLESS BROCCOLI QUICHE VG







CALORIES 215

**SODIUM** 480mg

**PROTEIN** 15g

**FAT** 15g

**CARBS** 5g

**CHOLESTEROL** 220mg

**FIBER** 3g

PROTEIN POWER BOWL





**CALORIES** 353

SODIUM 220mg

PROTEIN 15g

**FAT** 9g

**CARBS** 53g

**CHOLESTEROL** 0mg

FIBER 9g

contains wheat







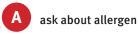












# DINNER

## WEDNESDAY, JANUARY 22, 2020

#### CHEESEBURGER CASSEROLE





CALORIES 428 SODIUM 571mg PROTEIN 22g

FAT 21g CARBS 36g CHOLESTEROL 75mg

FIBER 0g

#### **CHICKEN FILLET SANDWICH**







CALORIES 423

SODIUM 860mg PROTEIN 21g

FAT 19g CARBS 42g CHOLESTEROL 50mg

FIBER 1g

#### **RISOTTO FLORENTINE**





CALORIES 218

SODIUM 450mg PROTEIN 6g

FAT 6g CARBS 35g

CHOLESTEROL 15mg

FIBER 3g

### **BLACK BEAN PASTA**





CALORIES 242

SODIUM 490mg PROTEIN  $7 \mathrm{g}$ 

FAT 10g CARBS 31g CHOLESTEROL Omg

FIBER 5g

contains wheat

















