

Wednesday August 24, 2016

Lunch





Roast Beef

Chargrilled Chicken

Honolulu Chicken

Crustless Broccoli Quiche *Lacto-Ovo Vegetarian*

Protein Power Bowl *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Roast Beef 	220	450mg	20g	11g	10g	56mg	0g
Chargrilled Chicken Breast	120	230mg	21g	4g	0g	55mg	0g
Honolulu Chicken 	325	1100mg	22g	15g	25g	60mg	0g
Crustless Broccoli Quiche 	215	480mg	15g	15g	5g	220mg	3g
Protein Power Bowl  contains sesame	353	220mg	15g	9g	53g	0mg	9g

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Dinner

Cheeseburger Casserole

Chicken Fillet Sandwich

Spinach Casserole *Lacto Vegetarian*

Prosperous Peas *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Cheeseburger Casserole  	428	571mg	22g	21g	36g	75 mg	0g
Chicken Fillet Sandwich  	420	636mg	34g	19g	25g	97mg	1g
Spinach Casserole   	280	560mg	12g	10g	35g	15mg	4g
Prosperous Peas 	146	638mg	5g	3g	26g	0mg	6g