

Wednesday September 28, 2016









Lunch

Carnitas

Crab Cake w/Dill Sauce

Carrot Lentil Casserole *Lacto Vegetarian*

Mushroom Pasta *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Carnitas (2 tortillas) 	375	460mg	25g	18g	28g	44mg	1g
Crab Cakes w/Dill Sauce   	380	1250mg	14g	27g	20g	97mg	0g
Carrot Lentil Casserole  	223	310mg	12g	7g	28g	15mg	6g
Mushroom Pasta  	195	166mg	5g	6g	30g	0mg	4g

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Dinner

General Tso's Chicken over Rice Noodles

Ham, Mac & Cheese Casserole

Spinach Pasta Salad *Lacto Vegetarian*

Vegan Pot Pie *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
General Tso's Chicken over Rice Noodles 	450	905mg	21g	25g	35g	125mg	1g
Ham, Mac & Cheese Casserole  	382	650mg	15g	18g	40g	50mg	1g
Spinach Pasta Salad   	240	250mg	9g	10g	28g	10mg	4g
Vegan Pot Pie  	320	370mg	6g	18g	33g	0mg	3g