

Wednesday February 18, 2015

Lunch





Chicken & Waffles

Grilled Chicken

Korean Beef over Rice

Carrot Lentil Casserole Lacto Vegetarian

Black Bean Stew Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken & (2)Waffles w/syrup 	573	1330mg	27g	21g	69g	67mg	1g
Grilled Chicken	120	230mg	21g	4g	0g	55mg	0g
Korean Beef over Rice 	316	676mg	11g	17g	28g	30mg	1g
Carrot Lentil Casserole 	223	310mg	12g	7g	28g	15mg	6g
Black Bean Stew 	125	473mg	7g	1g	22g	0mg	3g

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Dinner

Lo Mein Beef w/Mushrooms

Wings of Fire

Greek Wrap Lacto Vegetarian

Vegetable Lo Mein Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Lo Mein Beef w/Mushrooms 	220	950mg	14g	7g	25g	40mg	2g
Wings of Fire (2 pcs) 	160	410mg	15g	11g	1g	80mg	0g
Greek Wrap   	175	458g	5g	8g	20g	13mg	4g
Vegetable Lo Mein  	109	618mg	6g	1g	25g	0mg	2g