

LUNCH

WEDNESDAY, SEPTEMBER 25, 2019

CHICKEN PARMESAN W/ FETTUCCINI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	630mg	23g	23g	15g	75mg	1g

SHRIMP DIAVOLO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
290	420mg	8g	26g	6g	130mg	0g

BEEF BRACIOLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	745mg	13g	12g	10g	30mg	0g

POLENTA AL FORNO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
264	1448mg	13g	16g	17g	55mg	3g

SICILIAN BAKED ZITI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
230	145mg	8g	6g	36g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, SEPTEMBER 25, 2019

BEEF LO MEIN W/ MUSHROOMS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	950mg	14g	7g	25g	40mg	2g

CHICKEN FILLET SANDWICH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
402	1005mg	21g	18g	39g	42mg	2g

SPINACH CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
284	484mg	9g	9g	44g	8mg	3g

VEGETABLE LO MEIN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
125	918mg	6g	1g	25g	0mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen