

## LIVER AND ONIONS



**CALORIES** 200

**SODIUM** 650mg

**PROTEIN** 17g

**FAT** 11g

**CARBS** 8g

**CHOLESTEROL** 250mg

**FIBER** 0g

## **CHICKEN STRIPS**



**CALORIES** 312

SODIUM 425mg

**PROTEIN** 31g

**FAT** 17.5g **CARBS** 6g

**CHOLESTEROL** 97mg

**FIBER** 1g

## GRILLED COD 🔼



**CALORIES** 90

SODIUM 61mg

**PROTEIN** 20g

FAT 1g

**CARBS** 0g

**CHOLESTEROL** 49mg

**FIBER** 0g

## **BREADED CHIK'N TENDERS**





**CALORIES** 210

SODIUM 400mg

**PROTEIN** 16g

**FAT** 9g

**CARBS** 17g

**CHOLESTEROL** 0mg

**FIBER** 3g

# VEGAN MAC & CHEESE V





CALORIES 405

SODIUM 385mg

PROTEIN 20g

FAT 11g **CARBS** 57g

**CHOLESTEROL** 0mg

**FIBER** 4g

contains wheat





















FRIDAY, MAY 10, 2019

### SEASONED GRILLED STEAK

SODIUM **PROTEIN FAT CHOLESTEROL FIBER CALORIES CARBS** 300 400mg 25g 22g 0g83mg

### SEASONED GRILLED CHICKEN BREAST

**FIBER CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL** 150 230mg 21g 0g 55mg 0g7**g** 

### **MASHED POTATOES**





**FIBER CALORIES CHOLESTEROL SODIUM PROTEIN FAT CARBS** 160 25g 150mg 3g 5g 0mg 2g

## **PENNE BAKE**



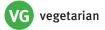


FIBER **CALORIES** SODIUM **PROTEIN** FAT CARBS **CHOLESTEROL** 160 650mg 5g 35g 0mg 0g **2g** 











0g









