LUNCH SATURDAY, OCTOBER 20, 2018

HONEY STUNG BREADED DRUMMIES CARBS FIBER CALORIES SODIUM PROTEIN FAT **CHOLESTEROL** 211 460mg 15g 6g 0g 13g 70mg RAVIOLI CALORIES PROTEIN CARBS FIBER SODIUM FAT CHOLESTEROL 335 900mg 9g 16g 38g 25mg 4g **CHEESE RAVIOLI** VG 4 pcs PROTEIN CHOLESTEROL FIBER CALORIES SODIUM FAT CARBS 136 620mg 6g 24mg 2g 4g 19g

LENTIL & 5-VEGETABLE STEW V

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER	
117	285mg	7 g	1g	20g	0mg	8g	

