

Monday September 1, 2014






Lunch

Turkey & Dressing

Beef Stroganoff over Rice

Mixed Mushroom Stroganoff *Lacto-Vegetarian*

Tofu Turkey *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Turkey (4 oz) 	100	1140mg	22g	1g	0g	50mg	0g
Dressing  (3 oz)	144	115mg	5g	8g	13g	35mg	1g
Beef Stroganoff over Rice 	330	479mg	16g	16g	30g	65mg	1g
Mixed Mushroom Stroganoff over Rice 	216	124mg	4g	8g	32g	18mg	3g
Tofu Turkey & Dressing 	170	300mg	7g	10g	13g	0mg	4g

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Dinner

Wings of Fire

Beef Stuffed Peppers

Baked Layered Polenta *Lacto-Vegetarian*

Veggie Stuffed Peppers *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Wings of Fire (2 pcs) 	160	410mg	15g	11g	1g	80mg	0g
Beef Stuffed Peppers  	245	270mg	19g	11g	18g	61mg	2g
Beef Stuffed Peppers <i>(without Cheese)</i> 	185	180mg	15g	6g	18g	45mg	2g
Baked Layered Polenta   	178	485mg	10g	10g	12g	21mg	4g
Veggie Stuffed Peppers  	150	865mg	8g	2g	25g	0mg	5g