

Monday September 15, 2014







Lunch

Baked Ham

Sweet & Sour Chicken over Rice

Tuscan Primavera Pie *Vegan*

Vegetable Gumbo over Rice *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Baked Ham 	130	1200mg	21g	5g	0g	50mg	0g
Sweet & Sour Chicken over Rice 	444	1100mg	15g	16g	60g	40mg	0g
Tuscan Primavera Pie  	205	280mg	6g	7g	31g	0mg	5g
Vegetable Gumbo over Rice  	215	250mg	5g	7g	33g	0mg	4g

Monday September 15, 2014


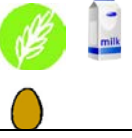


Dinner

Chicken Florentine

Tuna & Noodle Casserole

Spinach Casserole *Lacto Vegetarian*

Middle Eastern Salad *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Florentine 	375	450mg	21g	30g	5g	130mg	0g
Tuna & Noodle Casserole 	355	450mg	15g	15g	40g	45mg	2g
Spinach Casserole 	284	484mg	9g	9g	44g	8mg	3g
Middle Eastern Salad 	118	430mg	4g	2g	21g	0mg	6g