

Wednesday October 1, 2014











Lunch

Low Country Chicken

Ravioli Bake

Carrot Lentil Casserole *Lacto Vegetarian*

Mushroom Pasta *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Low Country Chicken  	382	715mg	21g	30g	7g	130mg	0g
Ravioli Bake  	342	890mg	20g	18g	25g	55mg	2g
Carrot Lentil Casserole    	223	310mg	12g	7g	28g	15mg	6g
Mushroom Pasta  	195	166mg	5g	6g	30g	0mg	4g

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Dinner

Fried Chicken

Ham, Mac & Cheese Casserole

7-Layer Tortilla Casserole *Lacto Vegetarian*

Vegan Pot Pie *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Fried Chicken  	260	425mg	21g	17g	6g	97mg	1g
Ham, Mac & Cheese Casserole  	382	650mg	15g	18g	40g	50mg	1g
7-Layer Tortilla Casserole   	295	813mg	14g	15g	26g	40mg	4g
Vegan Pot Pie  	320	370mg	6g	18g	33g	0mg	3g