

Month: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Closed 1	Beef Stuffed Peppers 2 Calories 711 Protein 35 Carbs 119 Fiber 15.2 Fat 12.5 Sodium 674	Pork Picatta 3 Calories 637 Protein 47 Carbs 73 Fiber 10.8 Fat 18 Sodium 505	Baked Chicken 4 Calories 652 Protein 51 Carbs 87 Fiber 11.2 Fat 12.8 Sodium 566
Salmon w/ Dill Sauce 7 Calories 773 Protein 44 Carbs 74 Fiber 10.9 Fat 34 Sodium 304	Roast Pork 8 Calories 742 Protein 54 Carbs 80 Fiber 9.7 Fat 23 Sodium 779	Tore's Meatloaf 9 Calories 893 Protein 44 Carbs 125 Fiber 11.7 Fat 25 Sodium 877	Stuffed Cod 10 Calories 630 Protein 45 Carbs 80 Fiber 12 Fat 17 Sodium 386	Stuffed Chicken 11 Calories 1060 Protein 68 Carbs 108 Fiber 11.2 Fat 40 Sodium 782
Pork Stew 14 Calories 753 Protein 45 Carbs 93 Fiber 16.6 Fat 22 Sodium 962	Baked Tilapia 15 Calories 776 Protein 44 Carbs 82 Fiber 9.5 Fat 31 Sodium 626	Roasted Turkey 16 Calories 671 Protein 47 Carbs 87 Fiber 10.7 Fat 17 Sodium 466	Beef Stew 17 Calories 795 Protein 43 Carbs 93 Fiber 11.5 Fat 30 Sodium 799	Chicken Burrito 18 Calories 688 Protein 46 Carbs 88 Fiber 16 Fat 19 Sodium 686
Chili con Carne 21 Calories 788 Protein 40 Carbs 96 Fiber 14 Fat 32 Sodium 1147	Pork Marsala 22 Calories 750 Protein 42 Carbs 98 Fiber 11.2 Fat 23 Sodium 443	Herb Baked Chicken 23 Calories 835 Protein 46 Carbs 94 Fiber 11 Fat 32 Sodium 715	Spaghetti & Meatballs 24 Calories 847 Protein 58 Carbs 107 Fiber 14.8 Fat 22 Sodium 862	Fried Fish 25 Calories 843 Protein 45 Carbs 95 Fiber 10.5 Fat 32 Sodium 1007
Oven Fried Chicken 28 Calories 877 Protein 44.5 Carbs 85 Fiber 10.4 Fat 41 Sodium 440	Beef Lasagna 29 Calories 992 Protein 55 Carbs 116 Fiber 19.2 Fat 35 Sodium 1069	Baked Tilapia 30 Calories 708 Protein 41 Carbs 78 Fiber 10.4 Fat 28 Sodium 486	Breaded Chicken 31 Calories 776 Protein 54 Carbs 102 Fiber 15.4 Fat 18 Sodium 451	

*All analyses include 8 oz. of 1% milk