Month: October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			Crunchy Fish **1** Calories 611 Protein 42 Carbs 85 Fiber 12 Fat 13.4 Sodium 774	**Smothered** **5** **Chicken Burrito** Calories 766 Protein 47 Carbs 93 Fiber 17.5 Fat 26 Sodium 808
5 **Baked Tilapia** Calories 648 Protein 38 Carbs 83 Fiber 13.7 Fat 21 Sodium 407	**Sweet and Sour** **6** **Meatballs** Calories 782 Protein 41 Carbs 123 Fiber 12.7 Fat 16 Sodium 783	**7** **Baked Chicken** Calories 619 Protein 52 Carbs 77 Fiber 10 Fat 12.7 Sodium 564	**8** **Baked Pork Chop** Calories 780 Protein 47 Carbs 96 Fiber 12.3 Fat 31 Sodium 574	**9** **Meatloaf** Calories 859 Protein 43 Carbs 126 Fiber 11.6 Fat 22 Sodium 842
12 **Eggplant Parmesean** Calories 949 Protein 39 Carbs 114 Fiber 15 Fat 40 Sodium 1009	**13** **Baked Cod** Calories 781 Protein 48 Carbs 103 Fiber 11.2 Fat 20 Sodium 590	**14** **Cheese Stuffed Chicken** Calories 750 Protein 55 Carbs 71 Fiber 9.9 Fat 28 Sodium 304	**15** **Breaded Pork Chop** Calories 867 Protein 62 Carbs 92 Fiber 11.9 Fat 29 Sodium 93	**16** **Italian Chicken w/ Spaghetti** Calories 635 Protein 48 Carbs 49 Fiber 10.2 Fat 9.8 Sodium 1006
19 **Chicken Keiv** Calories 808 Protein 50 Carbs 91 Fiber 12.7 Fat 28 Sodium 614	**20** **Battered Fish** Calories 935 Protein 45 Carbs 105 Fiber 8.2 Fat 37 Sodium 948	**Beef Burgundy** **21** **w/ Noodles** Calories 615 Protein 56 Carbs 55 Fiber 7.2 Fat 17.5 Sodium 502	**22** **Pork Piccata** Calories 716 Protein 42 Carbs 84 Fiber 9.7 Fat 26 Sodium 810	**23** **Lasagna** Calories 861 Protein 53 Carbs 105 Fiber 17.5 Fat 28 Sodium 625
26 **Ginger Soy Cod** Calories 713 Protein 41 Carbs 102 Fiber 10.4 Fat 18.6 Sodium 962	**27** **Chicken w/ Lemon Garlic Cream Sauce** Calories 688 Protein 47 Carbs 59 Fiber 9.9 Fat 30 Sodium 724	**28** **Beef Pot Pie** Calories 759 Protein 52 Carbs 74 Fiber 11.6 Fat 29 Sodium 372	**29** **Pulled Pork Sliders** Calories 631 Protein 49 Carbs 72 Fiber 8.5 Fat 14.9 Sodium 683	**30** **Creamy Pasta w/ Bacon and Chicken** Calories 1251 Protein 68 Carbs 119 Fiber 13.8 Fat 59 Sodium 960