

Month: July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Oven Fried Chicken Calories 789 Protein 41 Carbs 85 Fiber 10.4 Fat 33 Sodium 391	2 Beef and Bean Burrito Calories 753 Protein 49 Carbs 71 Fiber 13.6 Fat 30 Sodium 1181	3 Grilled Lime Salmon Calories 1069 Protein 47 Carbs 131 Fiber 15 Fat 44 Sodium 751	4 Closed	5 Closed
8 Turkey Wrap Calories 810 Protein 47 Carbs 84 Fiber 10.3 Fat 34 Sodium 876	9 Sweet and Sour Meatballs Calories 740 Protein 41 Carbs 12.6 Fiber 12.6 Fat 16 Sodium 782	10 Roasted Chicken Calories 604 Protein 44 Carbs 79 Fiber 9.7 Fat 13.4 Sodium 553	11 Baked Tilapia Calories 733 Protein 41 Carbs 82 Fiber 10.4 Fat 29 Sodium 696	12 Sausage w/ Grilled Onions on a Bun Calories 727 Protein 30 Carbs 86 Fiber 10.6 Fat 31.4 Sodium 1185
15 Roast Pork Calories 773 Protein 54 Carbs 81 Fiber 10 Fat 26 Sodium 767	16 Honey-Mustard Chicken Calories 760 Protein 46 Carbs 118 Fiber 9.9 Fat 10.7 Sodium 994	17 Stuffed Cod Calories 630 Protein 45 Carbs 80 Fiber 12 Fat 17 Sodium 386	18 Baked Chicken/or Liver and Onions Calories 661/937 Protein 51/46 Carbs 88/127 Fiber 12.6/15.3 Fat 13.4/29.5 Sodium 553/663	19 Beef Cabbage Rolls Calories 897 Protein 66 Carbs 89 Fiber 11 Fat 32 Sodium 821
22 Chicken Salad on Lettuce Leaves Calories 664 Protein 44 Carbs 79 Fiber 10 Fat 20.6 Sodium 570	23 Sweet and Sour Pork Calories 721 Protein 41 Carbs 100 Fiber 9.6 Fat 19 Sodium 871	24 Bruschetta Chicken Pasta Calories 880 Protein 45 Carbs 127 Fiber 15.6 Fat 22 Sodium 693	25 Meatloaf Calories 616 Protein 38 Carbs 73 Fiber 9.7 Fat 20 Sodium 509	26 Battered Fried Fish Calories 793 Protein 46 Carbs 88 Fiber 9.5 Fat 29 Sodium 852
29 Cilantro Lime Chicken Calories 653 Protein 46 Carbs 76 Fiber 10 Fat 20 Sodium 343	30 Lemon Baked Fish Calories 814 Protein 40 Carbs 94 Fiber 10.6 Fat 33 Sodium 695	31 Chicken Picatta Calories 995 Protein 56 Carbs 104 Fiber 15.5 Fat 42 Sodium 923		

*All analyses include 8 oz. of 1% milk