



Nutrition Information

Calories (kcal)

Total Fat (g)

Sat Fat (g)

Sodium (mg)

Carbs (g)

Fiber (g)

Sugar (g)

Protein (g)

WEEK 1

Wednesday

| | | | | | | | | |
|-----------------------|-----|----|----|------|----|----|----|----|
| Chicken Fried Steak | 310 | 12 | 4 | 2633 | 11 | 1 | 1 | 36 |
| Mashed Potatoes | 380 | 22 | 14 | 314 | 41 | 5 | 3 | 6 |
| Gravy | 45 | 2 | 1 | 260 | 6 | 0 | 0 | 0 |
| Sautéed Green Beans | 100 | 11 | 3 | 1215 | 2 | 0 | 0 | 1 |
| Fried Okra | 130 | 10 | 1 | 91 | 9 | 2 | 2 | 2 |
| Banana Pudding | 250 | 5 | 4 | 333 | 47 | 2 | 40 | 6 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Corn Bread | 120 | 3 | 1 | 350 | 21 | 1 | 3 | 2 |
| Outlaw Chili | 425 | 18 | 5 | 3000 | 34 | 12 | 8 | 39 |
| Broccoli Cheddar Soup | 280 | 23 | 9 | 890 | 9 | 2 | 3 | 8 |

Thursday

| | | | | | | | | |
|-------------------------------|-----|----|---|------|----|---|----|----|
| Sticky Thai Chicken | 402 | 28 | 7 | 1184 | 8 | 1 | 4 | 28 |
| Udon Noodles | 344 | 23 | 9 | 650 | 12 | 1 | 7 | 22 |
| Sesame Ginger Cucumber Salad | 89 | 5 | 1 | 405 | 12 | 1 | 6 | 2 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Apple Pie | 320 | 12 | 5 | 350 | 49 | 1 | 27 | 3 |
| French Onion Soup | 80 | 5 | 1 | 800 | 8 | 2 | 4 | 2 |
| Roasted Red Pepper Gouda Soup | 300 | 22 | 8 | 830 | 18 | 3 | 12 | 7 |

Friday

| | | | | | | | | |
|--------------------------|-----|----|-----|------|----|---|----|----|
| Brisket Mac & Cheese | 356 | 10 | 5.5 | 323 | 47 | 2 | 5 | 19 |
| Jalapeño Coleslaw | 187 | 16 | 2 | 161 | 11 | 2 | 8 | 1 |
| Roasted Brussels Sprouts | 103 | 5 | 1 | 416 | 14 | 4 | 4 | 4 |
| Collard Greens | 240 | 12 | 4 | 863 | 13 | 2 | 5 | 20 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Pecan Cinnamon Rolls | 576 | 26 | 13 | 1227 | 79 | 3 | 33 | 7 |

| | | | | | | | | |
|--------------------------------|-----|----|----|------|----|---|----|----|
| Italian Ravioli soup | 482 | 26 | 9 | 2495 | 35 | 5 | 11 | 21 |
| Tomato Basil Soup | 110 | 6 | 4 | 680 | 12 | 2 | 5 | 2 |
| Saturday | | | | | | | | |
| Stuffed Shells | 452 | 35 | 21 | 552 | 26 | 3 | 2 | 11 |
| Broccoli | 30 | 1 | 0 | 16 | 6 | 2 | 1 | 2 |
| Zucchini & Red Peppers | 81 | 0 | 0 | 16 | 3 | 1 | 0 | 1 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Faggioli | 130 | 2 | 1 | 660 | 23 | 4 | 5 | 4 |
| WEEK 2 | | | | | | | | |
| Sunday | | | | | | | | |
| Popcorn Shrimp | 280 | 12 | 2 | 580 | 30 | 1 | 1 | 12 |
| Macaroni and Cheese | 340 | 18 | 11 | 800 | 32 | 1 | 6 | 13 |
| Broccoli | 25 | 1 | 0 | 200 | 3 | 2 | 0 | 1 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 1 |
| Italian Wedding | 200 | 5 | 2 | 1340 | 28 | 2 | 2 | 10 |
| Monday | | | | | | | | |
| Sausage and Peppers | 246 | 18 | 6 | 787 | 12 | 2 | 6 | 10 |
| Parmesan Roasted Red Potatoes | 261 | 13 | 4 | 910 | 28 | 3 | 2 | 10 |
| Sauted Green Beans | 102 | 11 | 3 | 1215 | 2 | 0 | 0 | 1 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Loaded Potato Soup | 340 | 18 | 8 | 1560 | 32 | 2 | 2 | 12 |
| Minestorne | 160 | 1 | 0 | 1560 | 34 | 2 | 14 | 6 |
| Tuesday | | | | | | | | |
| Meatloaf | 430 | 22 | 8 | 518 | 12 | 1 | 4 | 43 |
| Mashed Potatoes | 380 | 22 | 14 | 314 | 41 | 5 | 3 | 6 |
| Honey Glaced Carrots | 225 | 13 | 8 | 1388 | 29 | 6 | 19 | 2 |
| Gravy | 45 | 2 | 1 | 260 | 6 | 0 | 0 | 0 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Hungarian Mushroom Soup | 374 | 23 | 13 | 807 | 28 | 3 | 7 | 16 |
| Manuel's Chicken Tortilla Soup | 315 | 10 | 5 | 1429 | 25 | 2 | 5 | 30 |
| Wednesday | | | | | | | | |
| Beef Enchiladas | 343 | 20 | 7 | 430 | 16 | 2 | 2 | 26 |

| | | | | | | | | |
|----------------------------------|-----|----|----|------|----|----|----|----|
| Refired Beans | 180 | 2 | 1 | 565 | 30 | 10 | 0 | 10 |
| Mexican Vegetables | 50 | 1 | 0 | 589 | 10 | 2 | 5 | 3 |
| Corn Bread | 120 | 3 | 1 | 350 | 21 | 1 | 3 | 2 |
| Pho | 134 | 1 | 0 | 854 | 26 | 2 | 3 | 5 |
| Outlaw Chili | 425 | 18 | 5 | 3000 | 34 | 12 | 8 | 39 |
| Thursday | | | | | | | | |
| Fried Chicken | 452 | 25 | 4 | 646 | 9 | 0 | 0 | 45 |
| Mashed Potatoes | 380 | 22 | 14 | 314 | 41 | 5 | 3 | 6 |
| Cream Gravy | 60 | 2 | 2 | 440 | 10 | 0 | 0 | 0 |
| Asparagus with Hollandaise | 313 | 31 | 20 | 1184 | 8 | 4 | 3 | 4 |
| Fried Okra | 130 | 10 | 1 | 91 | 9 | 2 | 2 | 2 |
| Dinner roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Cuban Chili | 403 | 19 | 8 | 370 | 29 | 7 | 4 | 29 |
| Roasted Red Peper and Gouda Soup | 300 | 22 | 8 | 830 | 18 | 3 | 12 | 7 |
| Friday | | | | | | | | |
| Brisket | 240 | 20 | 8 | 660 | 0 | 0 | 0 | 17 |
| Collard Greens | 240 | 12 | 4 | 863 | 13 | 2 | 5 | 20 |
| Macaroni and Cheese | 340 | 18 | 11 | 800 | 32 | 1 | 6 | 13 |
| Potato Salad | 180 | 8 | 1 | 830 | 25 | 3 | 5 | 3 |
| Corn on the Cob | 40 | 1 | 0 | 7 | 9 | 1 | 1 | 1 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Thai Coconut Shrimp Soup | 286 | 17 | 13 | 1223 | 9 | 2 | 5 | 26 |
| Gumbo | 320 | 21 | 8 | 768 | 14 | 2 | 1 | 23 |
| Saturday | | | | | | | | |
| Meatball Sub | 492 | 21 | 8 | 835 | 30 | 2 | 21 | 44 |
| Mozzarella Stick | 270 | 15 | 5 | 650 | 23 | 1 | 2 | 12 |
| Roasted Zucchini and Red Peppers | 81 | 0 | 0 | 16 | 3 | 1 | 0 | 1 |
| Dinner Roll | 280 | 7 | 1 | 420 | 42 | 8 | 2 | 8 |
| Chicken and Dumplings | 513 | 34 | 13 | 849 | 36 | 2 | 6 | 16 |

More information will be added at a later date