

Secondary Menu Nutritional Information

Day	Menu	Srv/Wt	Calories	Carb gm	Sodium	Allergens
3	Chicken Breast Filet	1 (84 g)	120	1	320	s
	Brown rice	1/2 cup	210	45	10	no
	Broccoli Slaw	3/4 cup	170	20	225	e,s, m
4	Pulled Pork	2.35 oz	80	0	160	no
	BBQ Sauce	1,2 oz	60	15	240	no
	Peas	3/4 cup	95	22	20	no
	Corn Bread					
	Cinnamon Apple Slices	1/2 cup	75	19	1	no
5	Hot & Spicy Chicken Patty	1 patty (105 g)	200	9	330	s, w
	WW Bun	57 gm	146	29	318	w, s
	Lettuce/Tomato	1/4 c	60	7	30	no
	Blue cheese Dressing	1 oz	130	1	350	e, m, s, may contain g
6	Fiesta Turkey & Cheese Burrito	1	479	54	350	m, w, s
	Corn & Black Bean Salsa	.5 cup	115	23	338	no
9	WW Stuff Crust Pizza	4.84 oz	330	35	820	M, W, S,
	Salad	2 oz	9	2	3.5	no
	Feta	1 oz	74	1.2	260	m
	Dressing	1 oz	130	1	350	e, m, s, may contain g
10	Egg	1.25 oz	190	3	310	e, s, m, may contain g
	Turkey Ham	2 oz	50	0	300	no
	cheese	1 slice	110	2	270	m
	WW English Muffin					
11	Bone in Chicken	2 oz	100	0	200	no
	Teriyaki sauce	1 tbsp	60	14	470	w, s, may contain sesame
	Brown Rice	1/2 cup	210	45	10	no
	Roasted Carrots	1/2 cup	62	11.4	58	no
12	Wings of Fire	96 g	220	1	560	w, s,
	Fries	1/2 g	87	15	100	s,
	Corn	1/2 cup	62	11.4	58	no
	W Dinner Roll	28 gm	72	14	159	w,s,
13	Chicken Filet	1 piece (84g)	120	1	320	s
	Flatbread	62 g	180	29	330	w, m, s
	sauce	1/4 c	16	4	70	no
	Cheese	1 oz	80	1	200	no
	Side Caesar	2 oz	9	2	3.5	no
	Parmesean Cheese	1 oz	110	2	270	m
	Caesar Dressing	1 oz	130	1	350	e, m, s, may contain g
Three Bean Salad	3/4 c	279	55	700	e, s, may contain g (dressing)	
17	Oven Roast Chicken	2 oz	100	0	200	
	Fries	3/4 cup	100	24	130	s, may contain g
	Carrots	1/2 cup	62	11.4	58	no
	WW dinner Roll	28 gm	72	14	159	w,s,
	Cinnamon Apple Slices	1/2 cup	75	19	1	no
18	beef Lasagna	8 oz	335	40	460	w,s, e
	garlic bread	1.2 oz	90	15	110	w, s,m
	Green Bean	1/2 cup	62	11.4	58	no
19	Beef Sharpeards Pie	8 oz	410	54	545	s
	Breadstick	42 gr	110	21	210	w, s
20	Chicken Fritters	4.23oz	230	12	330	s, w
	Elbow Pasta	1/2 cup ckd	87	18.58	2	w
	Cheese Sauce	1/4 c	100	3	400	m
	Side Caesar	2 oz	9	2	3.5	no
	Parmesean Cheese	1 oz	110	2	270	m
Caesar Dressing	1 oz	130	1	350	e, m, s, may contain g	





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