



# Nutrition Info

Meals	Cals (kCal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A (RE)	Vit C (mg)	Calcium (mg)	Iron (mg)	Potassium (mg)
<b>All Beef-Pot Roast</b> (Laced with stew vegetables and gravy, creamy parsley potatoes, steamed glazed carrots)	618.03	17.82	5.99	0.07	101.96	722.57	69.33	5.12	35.7	46.65	2176.63	39.24	413.13	6.54	1777.46
<b>BBQ Marinated Pork</b> (Sauteed onions, steamed rice pilaf, glazed peas/carrots, black eye pea medley, slice of whole wheat bread)	660.52	14.29	5.83	0.59	85.21	691.39	91.89	9.02	35.15	44.37	938.19	22.65	436.46	5.48	1379.06
<b>Beef Stew</b> (Laced with celery/carrot/peas/squash/pimentos/tomatoes, creamy garlic red potatoes, spinach)	631.43	15.34	5.37	0.3	130.72	646.54	61.13	7.13	24.08	62.43	1103.12	32.11	536.68	7.26	1817.1
<b>Chicken Fajitas</b> (mexican rice, refried beans)	633.78	14.38	4.78	0.48	99.42	804.75	78.25	8.83	34.67	47.65	356.26	55.49	384.42	4.71	1200.38
<b>Chicken Marsala</b> (Buttered fettuccini, broccoli florets, corn, slice of whole wheat bread)	666	15.92	4.83	0.3	79.24	624	91.44	9.4	36.84	45.5	514.33	70	404.45	4.71	1105.49
<b>Chicken Parmesan</b> (Topped with stew tomatoes and cheese, buttered mini penne, california vegetables)	736.27	21.4	6.99	0.3	118.85	631.82	80.66	8.45	37.31	56.09	1163.4	23.56	489.22	4.71	1131.91
<b>Chili Con Carne</b> (Topped with bean stew, creamy macaroni & cheese, steamed green beans)	708.67	25.4	10.35	1.12	93.56	786.91	76.37	11.97	31.14	45.04	1614.63	43.39	425.9	8.24	1551.19
<b>Country Chicken</b> (Low sodium gravy, steamed wild rice, fiesta corn, steamed broccoli florets)	666.57	13.65	4.2	0.3	75.72	754.46	94.82	8.27	17.2	45.84	305.69	67.71	381.83	3.98	1191.85
<b>Italian Chicken</b> (Sauteed peppers & zucchini, steamed wild rice, mediterranean chick peas, slice of whole wheat bread)	644.88	11.97	3.87	0.3	78.34	729.6	91.68	11.19	37.21	45.47	367.96	69.66	401.03	5.01	1220.85
<b>Marinated Caribbean Roast Pork</b> (Black beans, yellow steamed rice, sweet fried plantains)	659.36	18.35	5.17	0.07	77.21	618.27	83.72	10.26	26.54	42.65	275.94	15.72	385.26	5.09	1265.42
<b>Meatloaf</b> (Low sodium gravy, scalloped potatoes, glazed carrots)	600	18.44	7.49	0.74	117.61	781.16	78.09	9.36	34.29	32.88	1559.3	22.65	387.9	4.05	1414.58
<b>Oven Baked Chicken Cutlet</b> (Sauteed zucchini/squash/pimentos, red mashed potatoes, glazed carrots, slice of whole wheat bread)	622.44	17.2	5.25	0.3	95.79	682.41	74.05	9.75	36.55	46.44	1916.54	135.54	386.68	4.08	1544.97
<b>Oven Baked Stuffed Chicken</b> (Stuffed with Broccoli, rice with olives/capers, steamed italian vegetables, slice of whole wheat bread)	623.36	16.84	5.88	0.31	102.09	629.14	70.14	7	26.15	47.81	357.1	46.4	427.91	4.58	957.94
<b>Oven Fried Fish</b> (Sweet mashed potato with brown sugar/ginger/cinnamon, spring vegetables, slice of whole wheat bread)	608.52	15.33	4.66	0.67	78.38	795.13	89.29	9.63	50.46	32.27	2329	56.09	466.42	5.26	1241.48
<b>Oven Roasted Mojo Rosemary Chicken</b> (Yellow rice with corn, pinto beans, vegetable ratatouille)	684.42	20.04	6.4	0.3	89.32	748.3	90382	13.65	29.78	37.98	599.49	11.3	429.91	5.83	1232.31
<b>Parmesan Stuffed Shells</b> (Creamy spinach, glazed carrots, slice of whole wheat bread)	687.28	28.82	11.69	0.5	97.14	714.52	81.14	11.01	37.22	32.39	2662.06	23.47	618.5	4.63	1143.29
<b>Ravioli Primavera</b> (Glazed warm apples, green beans)	680.61	14.63	6.64	0.5	146.52	667.78	103.68	9.8	56.72	37.88	547.22	40.6	539.07	4.93	1085.11
<b>Sliced Beef</b> (Sauteed onions/peppers, low sodium gravy, scalloped potatoes, fiesta corn)	694.42	25.6	10.1	1.12	116.92	626.14	72.45	6.19	29.85	51.22	165.91	13.54	358.87	5.43	1350.55
<b>Sliced Caribbean Roasted Pork</b> (Yellow rice, pinto bean medley, green beans)	627.78	14.35	5.2	0.06	118.17	593.19	65.93	11.85	26.34	55.92	162.13	20.45	263.52	5.97	1144.86
<b>Spaghetti Meatballs</b> (Topped with cheese and parsley, italian vegetable medley, carrots, slice of whole wheat bread)	626.78	15.65	6.13	0.3	81.85	750.88	86.86	9.13	38.58	37.27	1696.71	48.63	434.75	4.66	1218.81