

Nutritionals for REGULAR MEAL					Nutritionals for OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7	3	4	5	6	7
SALISBURY STEAK	LASAGNA	LONDON BROIL	POT ROAST	LEMON PEPPER TILAPIA	PASTA PRIMAVERA WITH CHICKEN	BAKED COD	GARLIC ROSEMARY CHICKEN	TURKEY TETRAZZINI	HAWAIIAN CHICKEN
Calories 580	Calories 754	Calories 668	Calories 660	Calories 540	Calories 739	Calories 552	Calories 633	Calories 700	Calories 530
Carbohydrates 72	Carbohydrates 90	Carbohydrates 70	Carbohydrates 99	Carbohydrates 75	Carbohydrates 105	Carbohydrates 68	Carbohydrates 70	Carbohydrates 98	Carbohydrates 66
Protein 22	Protein 27	Protein 39	Protein 19	Protein 25	Protein 45	Protein 28	Protein 30	Protein 21	Protein 28
Fat 23	Fat 33	Fat 24	Fat 21	Fat 16	Fat 15	Fat 19	Fat 25	Fat 25	Fat 17
Sodium 1428	Sodium 1118	Sodium 550	Sodium 1600	Sodium 900	Sodium 1361	Sodium 687	Sodium 952	Sodium 1500	Sodium 600
10	11	12	13	14	10	11	12	13	14
STUFFED PEPPERS	BAKED TURKEY	CHICKEN FRIED STEAK	CHICKEN POT PIE	SWEET N SOUR CHICKEN	CHICKEN MARSALA	ITALIAN SAUSAGE PASTA	BREADED COD	BEEF BRISKET	MAC N CHEESE
Calories 685	Calories 619	Calories 1003	Calories 1044	Calories 740	Calories 620	Calories 609	Calories 939	Calories 820	Calories 851
Carbohydrates 96	Carbohydrates 63	Carbohydrates 65	Carbohydrates 137	Carbohydrates 27	Carbohydrates 63	Carbohydrates 78	Carbohydrates 74	Carbohydrates 102	Carbohydrates 81
Protein 37	Protein 26	Protein 60	Protein 24	Protein 25	Protein 49	Protein 13	Protein 33	Protein 36	Protein 29
Fat 17	Fat 28	Fat 33	Fat 45	Fat 30	Fat 20	Fat 2	Fat 35	Fat 30	Fat 28
Sodium 928	Sodium 1505	Sodium 1404	Sodium 1208	Sodium 1125	Sodium 621	Sodium 1470	Sodium 1158	Sodium 822	Sodium 1594
17	18	19	20	21	17	18	19	20	21
MARGARITA CHICKEN	BEEF BRISKET	BAKED HAM	BEEF STEW	SLOPPY JOE	STUFFED CABBAGE	CHICKEN PARMESAN	TUNA NOODLE CASSEROLE	BBQ CHICKEN	COCONUT TILAPIA
Calories 560	Calories 586	Calories 711	Calories 672	Calories 770	Calories 592	Calories 586	Calories 533	Calories 776	Calories 642
Carbohydrates 60	Carbohydrates 53	Carbohydrates 95	Carbohydrates 98	Carbohydrates 122	Carbohydrates 81	Carbohydrates 75	Carbohydrates 68	Carbohydrates 119	Carbohydrates 92
Protein 30	Protein 28	Protein 32	Protein 35	Protein 25	Protein 14	Protein 41	Protein 32	Protein 25	Protein 25
Fat 22	Fat 28	Fat 25	Fat 16	Fat 19	Fat 24	Fat 13	Fat 19	Fat 23	Fat 20
Sodium 363	Sodium 875	Sodium 1100	Sodium 593	Sodium 1106	Sodium 893	Sodium 930	Sodium 1408	Sodium 1008	Sodium 618
24	25	26	27	28	24	25	26	27	28
BBQ PULLED PORK	MEATLOAF	POT ROAST	HONEY-SOY GLAZED CHICKEN	CHICKEN POT PIE	BAKED CHICKEN	BBQ ROASTED SALMON	TURKEY ALA KING	SPAGHETTI	STUFFED PEPPERS
Calories 682	Calories 881	Calories 714	Calories 880	Calories 574	Calories 653	Calories 618	Calories 745	Calories 964	Calories 626
Carbohydrates 114	Carbohydrates 100	Carbohydrates 87	Carbohydrates 74	Carbohydrates 68	Carbohydrates 102	Carbohydrates 86	Carbohydrates 74	Carbohydrates 104	Carbohydrates 57
Protein 30	Protein 33	Protein 20	Protein 33	Protein 21	Protein 35	Protein 38	Protein 45	Protein 30	Protein 30
Fat 12	Fat 38	Fat 33	Fat 36	Fat 23	Fat 11	Fat 14	Fat 31	Fat 33	Fat 29
Sodium 732	Sodium 1328	Sodium 984	Sodium 875	Sodium 927	Sodium 415	Sodium 589	Sodium 817	Sodium 1043	Sodium 975

Please note: Nutritional info may be higher based on the meal being 1/2 the daily recommendation according to the DASH diet.