

**Nutritionals for REGULAR MEAL**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>BBQ Pulled Pork</b>	<b>Meatloaf</b>	<b>Pot Roast</b>	<b>Honey-Soy Glazed Salmon</b>	<b>Chicken Pot Pie</b>
Calories 682	Calories 881	Calories 714	Calories 880	Calories 574
Carbohydrates 114	Carbohydrates 100	Carbohydrates 87	Carbohydrates 74	Carbohydrates 68
Protein 30	Protein 33	Protein 20	Protein 33	Protein 21
Fat 12	Fat 38	Fat 33	Fat 36	Fat 23
Sodium 732	Sodium 1328	Sodium 984	Sodium 875	Sodium 927
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Chicken Fried Steak</b>	<b>Baked Ham</b>	<b>Sweet N Sour Chicken</b>	<b>Shepherd's Pie</b>	<b>Baked Cod</b>
Calories 602	Calories 550	Calories 705	Calories 679	Calories 866
Carbohydrates 67	Carbohydrates 92	Carbohydrates 61	Carbohydrates 78	Carbohydrates 90
Protein 27	Protein 26	Protein 24	Protein 31	Protein 53
Fat 26	Fat 11	Fat 28	Fat 16	Fat 31
Sodium 1053	Sodium 1310	Sodium 980	Sodium 1041	Sodium 1116
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Salisbury Steak</b>	<b>Lasagna</b>	<b>London Broil</b>	<b>Pot Roast</b>	<b>Lemon Pepper Tilapia</b>
Calories 580	Calories 754	Calories 668	Calories 660	Calories 540
Carbohydrates 72	Carbohydrates 90	Carbohydrates 70	Carbohydrates 99	Carbohydrates 75
Protein 22	Protein 27	Protein 39	Protein 19	Protein 25
Fat 23	Fat 33	Fat 24	Fat 21	Fat 16
Sodium 1428	Sodium 1118	Sodium 550	Sodium 1600	Sodium 900
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Stuffed Peppers</b>	<b>Chicken Pot Pie</b>	<b>Turkey Dinner</b>	<b>Thanksgiving No Delivery</b>	<b>Sweet N Sour Chicken</b>
Calories 685	Calories 1044	Calories 733		Calories 740
Carbohydrates 96	Carbohydrates 137	Carbohydrate 115		Carbohydrates 27
Protein 37	Protein 24	Protein 21		Protein 25
Fat 17	Fat 45	Fat 21		Fat 30
Sodium 928	Sodium 1208	Sodium 1334	Sodium 1125	
<b>29</b>	<b>30</b>			
<b>Margarita Chicken</b>	<b>Beef Brisket</b>			
Calories 560	Calories 586			
Carbohydrates. 60	Carbohydrates 53			
Protein 30	Protein 28			
Fat 22	Fat 28			
Sodium 363	Sodium 875			

**Nutritionals for OPTION B MEAL**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Baked Chicken</b>	<b>BBQ Roasted Salmon</b>	<b>Turkey ala King</b>	<b>Spaghetti</b>	<b>Stuffed Peppers</b>
Calories 653	Calories 618	Calories 745	Calories 964	Calories 626
Carbohydrates 102	Carbohydrates 86	Carbohydrates 74	Carbohydrates 104	Carbohydrates 57
Protein 35	Protein 38	Protein 45	Protein 30	Protein 30
Fat 11	Fat 14	Fat 31	Fat 33	Fat 29
Sodium 415	Sodium 589	Sodium 817	Sodium 1043	Sodium 975
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Baked Turkey</b>	<b>Lasagna</b>	<b>Beef Brisket</b>	<b>Mac N Cheese</b>	<b>Baked Chicken</b>
Calories 561	Calories 848	Calories 635	Calories 857	Calories 613
Carbohydrates 59	Carbohydrates 145	Carbohydrates 35	Carbohydrates 100	Carbohydrates 79
Protein 34	Protein 27	Protein 28	Protein. 44	Protein 36
Fat 23	Fat 19	Fat 29	Fat. 24	Fat 16
Sodium 1115	Sodium 1239	Sodium 1328	Sodium. 1191	Sodium 802
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Pasta Primavera with Chicken</b>	<b>Baked Cod</b>	<b>Garlic Rosemary Chicken</b>	<b>Turkey Tetrazzini</b>	<b>Hawaiian Chicken</b>
Calories 739	Calories 552	Calories 633	Calories 700	Calories 530
Carbohydrates 105	Carbohydrates 68	Carbohydrates 70	Carbohydrates 98	Carbohydrates 66
Protein 45	Protein 28	Protein 30	Protein 21	Protein 28
Fat 15	Fat 19	Fat 25	Fat 25	Fat 17
Sodium 1361	Sodium 687	Sodium 952	Sodium 1500	Sodium 600
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Chicken Marsala</b>	<b>Italian Sausage Pasta</b>	<b>Turkey Dinner</b>	<b>Thanksgiving No Delivery</b>	<b>Mac N Cheese</b>
Calories 620	Calories 609	Calories 733		Calories 851
Carbohydrates 63	Carbohydrates 78	Carbohydrate 115		Carbohydrates 81
Protein 49	Protein 13	Protein 21		Protein 29
Fat 20	Fat 2	Fat 21		Fat 28
Sodium 621	Sodium 1470	Sodium 1334	Sodium 1594	
<b>29</b>	<b>30</b>			
<b>Stuffed Cabbage</b>	<b>Chicken Parmesan</b>			
Calories 592	Calories 586			
Carbohydrates 81	Carbohydrates 75			
Protein 14	Protein 41			
Fat 24	Fat 13			
Sodium 893	Sodium 930			

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