

Nutritionals for REGULAR MEAL					Nutritionals for OPTION B MEAL				
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4		1	2	3	4
	Meatloaf	Pot Roast	Honey-Soy Glazed Salmon	Stuffed Peppers		BBQ Roasted Salmon	Turkey a la King	Spaghetti	Chicken Pot Pie
	Calories 881	Calories 714	Calories 880	Calories 574		Calories 618	Calories 745	Calories 964	Calories 626
	Carbohydrates 100	Carbohydrates 87	Carbohydrates 74	Carbohydrates 68		Carbohydrates 86	Carbohydrates 74	Carbohydrates 104	Carbohydrates 57
	Protein 33	Protein 20	Protein 33	Protein 21		Protein 38	Protein 45	Protein 30	Protein 30
	Fat 38	Fat 33	Fat 36	Fat 23		Fat 14	Fat 31	Fat 33	Fat 29
	Sodium 1328	Sodium 984	Sodium 875	Sodium 927		Sodium 589	Sodium 817	Sodium 1043	Sodium 975
7	8	9	10	11	7	8	9	10	11
	Baked Ham	Sweet n Sour Chicken	Shepard's Pie	Baked Cod		Lasagna	Beef Brisket	Mac n Cheese	Baked Chicken
	Calories 550	Calories 705	Calories 679	Calories 866		Calories 848	Calories 635	Calories 857	Calories 613
	Carbohydrates 92	Carbohydrates 61	Carbohydrates 78	Carbohydrates 90		Carbohydrates 145	Carbohydrates 35	Carbohydrates 100	Carbohydrates 79
	Protein 26	Protein 24	Protein 31	Protein 53		Protein 27	Protein 28	Protein. 44	Protein 36
	Fat 11	Fat 28	Fat 16	Fat 31		Fat 19	Fat 29	Fat. 24	Fat 16
	Sodium 1310	Sodium 980	Sodium 1041	Sodium 1116		Sodium 1239	Sodium 1328	Sodium. 1191	Sodium 802
14	15	16	17	18	14	15	16	17	18
Salisbury Steak	Lasagna	London Broil	Pot Roast	Hawaiian Chicken	Pasta Primavera w/ Chicken	Baked Cod	Garlic Rosemary Chicken	Turkey Tetrazzini	Lemon Pepper Tilapia
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
21	22	23	24	25	21	22	23	24	25
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
28	29	30			28	29	30		
Stuffed Cabbage	Beef Brisket	Baked Ham			Margarita Chicken	Chicken Parmesan	Tuna Noodle Casserole		
Calories 560	Calories 586	Calories 711			Calories 592	Calories 586	Calories 533		
Carbohydrates. 60	Carbohydrates 53	Carbohydrates 95			Carbohydrates 81	Carbohydrates 75	Carbohydrates 68		
Protein 30	Protein 28	Protein 32			Protein 14	Protein 41	Protein 32		
Fat 22	Fat 28	Fat 25			Fat 24	Fat 13	Fat 19		
Sodium 363	Sodium 875	Sodium 1100			Sodium 893	Sodium 930	Sodium 1408		

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