Monday, May 07, 2018

soup: chicken noodle soup
   corn chowder
whole+sum:
   crispy panko ranch chicken
   cilantro rice with carrots and peas
   grilled corn

Tuesday, May 08, 2018

soup: Italian wedding soup
   baked potato soup
whole+sum:
   shrimp scampi with creamy polenta
   asparagus power bowl

Wednesday, May 09, 2018

soup: clam chowder
   southwest tortilla
whole+sum:
   turkey and pork bolognaise
   spaghetti
   broccoli

Thursday, May 10, 2018

soup: chicken noodle soup
   lobster corn bisque
whole+sum:
   beef bourguignon
   roasted red potatoes
   fresh green bean almandine

Friday, May 11, 2018

soup: broccoli cheddar
   chicken florentine
whole+sum:
   spiced rubbed tilapia with mint
   lemon rice pilaf
   cucumber tomato parsley salad

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th></th>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>300g</td>
<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
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<td>30g</td>
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