

Select Meals November Dishes

Enjoy our delicious selections!

NUTRITION INFORMATION

Entrees	Carbs (g)	Calories	Fat (g)	Protein (g)
Turkey & Gravy	4	110	3	18
Swedish Meatballs	10	200	12	10
Tony's Cheese Pizza	22	260	10	12
Roasted Drumsticks	4	180	9	24
Meatloaf w/ Gravy	7	210	14	14
Turkey Ham & Cheese Sandwich	27	220	8	14
Sausage Gravy & Biscuit	34	400	22	10
Side Dishes	Carbs (g)	Calories	Fat (g)	Protein (g)
Homemade Stuffing	24	150	6	4
Swedish Noodles	25	130	4	3
Southern Cornbread	28	180	6	2
Garden Rice	31	160	3	3
Mashed Potatoes	22	110	3	2
Cheddar Broccoli Soup	20	150	8	6
Vegetables	Carbs (g)	Calories	Fat (g)	Protein (g)
Green Beans	4	20	0	1
Collard Greens	4	25	0	1
Fresh Baby Carrots	4	20	0	1
Green Peas	8	50	0	3
Sweet Corn	12	60	1	2
Mixed Vegetables	9	40	0	2

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Low-Fat, Low-Carb

Suggested Meal Combinations

Entree	Side	Vegetable	Carbs	Calories	Fat	Protein
Turkey & Gravy	Mashed Potatoes	Green Beans	32g	240	6g	21g
Roasted Drumsticks	Garden Rice	Fresh Carrots	39g	360	12g	28g
Swedish Meatballs	Swedish Noodles	Green Peas	43g	380	16g	16g
Meatloaf w/ Gravy	Sweet Corn	Mixed Veggies	28g	310	15g	18g
Cheddar Broccoli Soup	Mash Potatoes	Green Beans	46g	280	11g	9g
Roasted Drumsticks	Stuffing	Collard Greens	32g	355	15g	29g
Tony's Cheese Pizza	Collard Greens	Fresh Carrots	30g	305	10g	14g

Healthy Balance

Lower-calorie options are 500 calories or less

Lower-fat options are 16 grams or less of total fat

Carb-controlled options are at or less 45 grams of total carbs