

November/December 2018 Ingredients/Nutrition Facts

Week of 11/5: Meatballs in Red Sauce, Caesar Salad & Hoagie Rolls

Meatballs: Ground Beef, Ground Pork, salt, pepper, eggs, bread crumbs, parsley, garlic

Red Sauce: Crushed tomato, Tomato sauce, garlic, carrots, onions, celery, salt and pepper

Caesar Salad: Salad greens, croutons, other veggie. Home made Caesar dressing.

3oz Meatball: 244 kcal, Fat: 15.4gm, CHO: 5gm, Pro: 21.1gm

Week of 11/12: Cheesy Ham & Hashbrown Bake, Field Green Salad & Fresh Fruit

Bake: Ham, Hashbrowns, cream of chicken soup, cheddar cheese, salt and pepper

Field Green Salad: Field greens, other salad enhancements, vinaigrette

1.5 Cup Serving: 415 kcal, Fat: 27.2gm, CHO: 29.7gm, Pro: 14.4gm

Week of 11/19: Creamy Tortellini Soup, Spinach Apple Salad & Fresh Bread

Soup: Mirapoix, Cheese tortellini, mild Italian sausage, tomato based chicken broth.

Salad: Spinach, apples and a vinaigrette

1.5 Cup Serving: 443 kcal, Fat: 28gm, CHO: 27gm, Pro: 20gm

Week of 11/26: Pulled Pork Carnitas Taco Bowls

Slow cooked shredded pork loin, rice, black beans, lettuce, sour cream, salsa, cheddar cheese.

Served with tortilla chips.

1 Taco Bowl: 345-400 kcal, Fat: 19.2-22gm, CHO: 10.1-15gm, Pro: 32.8-42gm

Week of 12/3 Homemade Chicken Alfredo, Caesar Salad & Garlic Toast

Chicken breast, penne pasta, sauce: cream cheese, chicken broth, garlic, salt and pepper,

Parmesan cheese.

1.5 Cup Serving: 410 Kcals, Fat: 40gm, CHO: 44gm, Pro: 34gm

Week of 12/10 Martha's Meatloaf, Buttered Potatoes, Wedge Salad and Homemade Dressing

Meatloaf: Ground beef, carrots, celery, onion, parsley, eggs, bread crumbs, ketchup, mustard.

Buttered potatoes, Iceberg wedge salad, dressing.

4oz Serving: 501 Kcals, Fat: 19gm, CHO: 15gm, Pro: 23gm

***All nutrition information is based on a standardized portion and an approximation. Database provided by MyFitnessPal.**