

# chef for hire



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Lemon Chix 521 Calories 14g Fat 5g Fiber 475 Calcium 1038 mg Sodium 66g Carbohydrate	<b>3</b> Cheesy Smothered Chopped Steak 635 Calories 20 g Fat 4 g Fiber 536 mg Calcium 835 mg Sodium 81 g Carbohydrate	<b>4</b> Braised Beef Over Egg Noodles 582 Calories 17g Fat 6g Fiber 457 mg Calcium 621 mg Sodium 75g Carbohydrate	<b>5</b> Grilled Hamburger 744 Calories 24g Fat 9g Fiber 575mg Calcium 1036 mg Sodium 94g Carbohydrate	<b>6</b> Chicken & White Bean Chili 676 Calories 17g Fat 12g Fiber 531 mg Calcium 461 mg Sodium Carbohydrate
<b>9</b> Beef Stew 521 Calories 8 g Fat 7 g Fiber 548 mg Calcium 602 mg Sodium 77 g Carbohydrate	<b>10</b> Country Fried Steak w/Gravy 704 Calories 26 g Fat 8 g Fiber 488 mg Calcium 876 mg Sodium 94 g Carbohydrate	<b>11</b> Chicken Parmesan 474 Calories 10 g Fat 7g Fiber 403 mg Calcium 988mg Sodium 67 g Carbohydrate	<b>12</b> Scrambled Eggs 600 Calories 21 g Fat 7 g Fiber 403 mg Calcium 1004 mg Sodium 70 g Carbohydrate	<b>13</b> Grilled Chicken w/Salsa & Cheese 703 Calories 20 g Fat 10g Fiber 542 mg Calcium 885 mg Sodium 93 g Carbohydrate
<b>16</b> Country Ham & Beans 654 Calories 10 g Fat 17 g Fiber 484 mg Calcium 810 mg Sodium 108 g Carbohydrate	<b>17</b> Pot Roast w/Gravy 479 Calories 17 Fat 2 g Fiber 324 mg Calcium 532 mg Sodium 50 g Carbohydrate	<b>18</b> Oven Fried Chicken Thigh 688 Calories 35g Fat 5 g Fiber 392 mg Calcium 1125 mg Sodium 75g Carbohydrate	<b>19</b> Potato Pollock 689 Calories 20 g Fat 8 g Fiber 314 mg Calcium 674 mg Sodium 100 g Carbohydrate	<b>20</b> Ginger BBQ Chicken 617 Calories 10 g Fat 11 g Fiber 430 mg Calcium 898 mg Sodium 107 mg Carbohydrate
<b>23</b> Sliced Turkey over/ Southwest Pasta 577Calories 8g Fat 8g Fiber 408 Calcium 764 mg Sodium 93g Carbohydrate	<b>24</b> Pot Roast w/Gravy 479 Calories 17 Fat 2 g Fiber 324 mg Calcium 532 mg Sodium 50 g Carbohydrate	<b>25</b> Smoked sausage 540 Calories 19g Fat 6g Fiber 331 Calcium 808 mg Sodium 67g Carbohydrate	<b>26</b> Meatloaf w/Gravy 570 Calories 17g Fat 5g Fiber 409 Calcium 681 mg Sodium 77g Carbohydrate	<b>27</b> Vegetable Lasagna 704 Calories 15g Fat 13 g Fiber 627 mg Calcium 903 mg Sodium 105 g Carbohydrate
<b>30</b> Spaghetti w/tomato Sauce 618 Calories 21g Fat 11g Fiber 482 Calcium 822 mg Sodium 75g Carbohydrate	<b>31</b> Smothered Chix 514 Calories 10g Fat 5g Fiber 362 Calcium 916 mg Sodium 74g Carbohydrate			<b>December                      2019</b>