

July 2024

# chef for hire

home  
delivered  
meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chicken & Noodles 628 Calories 12 g Fat 10 g Fiber 394 mg Calcium 644 mg Sodium 93 g Carbohydrate	<b>2</b> Pot Roast 511 Calories 15 g Fat 5 g Fiber 372 mg Calcium 560 mg Sodium 66 g Carbohydrate	<b>3</b> Spaghetti 670 Calories 22 g Fat 11 g Fiber 489 mg Calcium 434 mg Sodium 90 g Carbohydrate	<b>4</b> Country Fried Steak 736 Calories 28 g Fat 5 g Fiber 445 mg Calcium 1004 mg Sodium 93 g Carbohydrate	<b>5</b> Southwest Omelet 655 Calories 22 g Fat 7 g Fiber 561 mg Calcium 1126 mg Sodium 82 g Carbohydrate
<b>8</b> Grilled Hamburger 727 Calories 24 g Fat 7 g Fiber 586 mg Calcium 1031 mg Sodium 93 g Carbohydrate	<b>9</b> Almond Crusted Fish 658 Calories 27 g Fat 6 g Fiber 537 mg Calcium 834 mg Sodium 62 g Carbohydrate	<b>10</b> Veal Piccata 507 Calories 7 g Fat 6 g Fiber 393 mg Calcium 663 mg Sodium 72 g Carbohydrate	<b>11</b> Braised Beef 569 Calories 19 g Fat 6 g Fiber 586 mg Calcium 674 mg Sodium 64 g Carbohydrate	<b>12</b> Vegetable Lasagna 694 Calories 17 g Fat 12 g Fiber 621 mg Calcium 627 mg Sodium 98 g Carbohydrate
<b>15</b> Oven Fried Chicken 569 Calories 22 g Fat 6 g Fiber 852 mg Calcium 747 mg Sodium 61 g Carbohydrate	<b>16</b> Bowtie Pasta 579 Calories 19 g Fat 9 g Fiber 462 mg Calcium 573 mg Sodium 72 g Carbohydrate	<b>17</b> Breakfast Bagel 696 Calories 30 g Fat 9 g Fiber 594 mg Calcium 749 mg Sodium 73 g Carbohydrate	<b>18</b> Ham & Beans 687 Calories 12 g Fat 17 g Fiber 481 mg Calcium 820 mg Sodium 112 g Carbohydrate	<b>19</b> Potato Pollock 611 Calories 21 g Fat 7 g Fiber 529 mg Calcium 894 mg Sodium 79 g Carbohydrate
<b>22</b> Sloppy Joe 630 Calories 19 g Fat 12 g Fiber 439 mg Calcium 895 mg Sodium 92 g Carbohydrate	<b>23</b> Teriyaki Stir-Fry 598 Calories 9 g Fat 7 g Fiber 400 mg Calcium 749 mg Sodium 95 g Carbohydrate	<b>24</b> Chicken Parmesan 591 Calories 18 g Fat 8 g Fiber 400 mg Calcium 687 mg Sodium 86 g Carbohydrate	<b>25</b> Southwest Pasta 526 Calories 8 g Fat 10 g Fiber 460 mg Calcium 775 mg Sodium 82 g Carbohydrate	<b>26</b> Beef Stew 522 Calories 10 g Fat 8 g Fiber 528 mg Calcium 710 mg Sodium 77 g Carbohydrate
<b>29</b> Meatloaf 791 Calories 24 g Fat 7 g Fiber 407 mg Calcium 901 mg Sodium 96 g Carbohydrate	<b>30</b> Indiana Chili Mac 660 Calories 23 g Fat 9 g Fiber 458 mg Calcium 658 mg Sodium 87 g Carbohydrate	<b>31</b> Ginger BBQ Chicken 620 Calories 19 g Fat 11 g Fiber 419 mg Calcium 899 mg Sodium 91 g Carbohydrate		

\*The nutrition information listed above is for the entire meal on the calendar