



# Tabitha Meals on Wheels Nutrition Key

## *Vegetarian Entrées* Fall 2018-Spring 2019

	Food Item	Kcal	Protein-g	Carbohydrate-g	Fat-g	Sodium-mg
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### WEEK ONE ENTRÉES

M	Veggie Chicken Nuggets	244	20	25	6	1,021
T	Veggie Shepherd's Pie	341	15	19	23	258
W	Veggie Swiss Steak	209	10	22	8	365
T	Veggie Sauce with Pasta	225	16	38	1	762
F	Veggie Hot Dog	71	10	6	1	610
S	Tofu a la King	337	14	15	28	777
S	Veggie Chicken Patty	244	20	25	6	1,021

### WEEK TWO ENTRÉES

M	Veggie Burger Loaf	235	21	12	14	145
T	Veggie BBQ Chicken	264	20	29	8	1,400
W	Veggie Cranberry Chicken	284	20	32	10	1,450
T	Veggie Meatballs	262	33	29	5	564
F	Veggie Tater Tot Casserole	575	21	41	36	1,064
S	Cheese Quiche	248	11	12	17	353
S	Zucchini Potato Bake	240	10	22	12	320

### WEEK THREE ENTRÉES

M	Cheesy Broccoli Potato Casserole	245	16	30	18	462
T	Veggie Stroganoff Meatballs	294	33	31	12	1,244
W	Cheesy Omelet	254	16	2	19	339
T	Garden Burger	152	9	19	10	197
F	Macaroni & Cheese	425	17	43	22	480
S	Veggie Chili	188	12	30	2	975
S	Tofu Stir Fry	371	16	38	19	1,500