



Nutrition Information

Monday: Mimi's Chicken and Dumplings				Serves: 4	
Serving Size: 1.5 cups soup, 3 dumplings					
Calories	635	kcal	Fat	30	g
Protein	50	g	Saturated	11	g
Carbohydrate	43	g	Sugar	3	g
Sodium	1,989	mg	Calcium	14	%DV
Fiber	7	g	Iron	24	%DV
Cholesterol	208	mg			

Tuesday: Buttery Broiled Fish N Leeks with Carrots				Serves: 4	
Serving Size: 6oz fish, 1 carrot					
Calories	317	kcal	Fat	39	g
Protein	33	g	Saturated	5	g
Carbohydrate	12	g	Sugar	4	g
Sodium	423	mg	Calcium	5	%DV
Fiber	3	g	Iron	0	%DV
Cholesterol	99	mg			

Wednesday: Mushroom soup with Garlic Toast and Shaved Fennel Salad				Serves: 4	
Serving Size: 1 cup soup, 2 garlic toasts, 1/4 cup salad					
Calories	505	kcal	Fat	31	g
Protein	18	g	Saturated	12	g
Carbohydrate	45	g	Sugar	8	g
Sodium	725	mg	Calcium	9	%DV
Fiber	8	g	Iron	22	%DV
Cholesterol	56	mg			

Thursday: Chicken Fricassee				Serves: 4	
Serving Size: 4oz chicken fricassee, 2 slices toasted baguette					
Calories	465	kcal	Fat	16	g
Protein	32	g	Saturated	4	g
Carbohydrate	42	g	Sugar	6	g
Sodium	556	mg	Calcium	8	%DV
Fiber	5	g	Iron	22	%DV
Cholesterol	109	mg			

Friday: Lemon Fennel Risotto				Serves: 4	
Serving Size: Approximately 1.5 cups					
Calories	607	kcal	Fat	16	g
Protein	23	g	Saturated	6	g
Carbohydrate	89	g	Sugar	4	g
Sodium	779	mg	Calcium	32	%DV
Fiber	5	g	Iron	21	%DV
Cholesterol	22	mg			