



Nutrition Information

Monday: Aunt Judy's Brisket with Roasted Potatoes				Serves: 6	
Serving Size: 5oz brisket and 5oz potatoes					
Calories	408	kcal	Fat	17	g
Protein	37	g	Saturated	5	g
Carbohydrate	26	g	Sugar	3	g
Sodium	579	mg	Calcium	3	%DV
Fiber	4	g	Iron	24	%DV
Cholesterol	94	mg			

Tuesday: Ratatouille Halibut with Basil Couscous				Serves: 4	
Serving Size: 5oz halibut, 3/4 cup prepared couscous					
Calories	428	kcal	Fat	12	g
Protein	34	g	Saturated	1	g
Carbohydrate	47	g	Sugar	8	g
Sodium	395	mg	Calcium	3	%DV
Fiber	9	g	Iron	1	%DV
Cholesterol	70	mg			

Wednesday: Braised-Beef Skillet Lasagna with Green Salad				Serves: 5	
Serving Size: 1/5 lasagna, 1/5 dressed salad					
Calories	748	kcal	Fat	36	g
Protein	59	g	Saturated	11	g
Carbohydrate	48	g	Sugar	11	g
Sodium	641	mg	Calcium	37	%DV
Fiber	7	g	Iron	37	%DV
Cholesterol	142	mg			

Thursday: Split Pea and Ham Soup with Crunchy Fall Salad				Serves: 5	
Serving Size: Approximately 1.5 cups soup, 1/4 dressed salad					
Calories	617	kcal	Fat	27	g
Protein	41	g	Saturated	4	g
Carbohydrate	56	g	Sugar	12	g
Sodium	368	mg	Calcium	22	%DV
Fiber	22	g	Iron	6	%DV
Cholesterol	63	mg			

Friday: Eggplant Caponata Penne				Serves: 4	
Serving Size: Approximately 1 1/2 cups prepared pasta with vegetables					
Calories	374	kcal	Fat	14	g
Protein	15	g	Saturated	3	g
Carbohydrate	58	g	Sugar	10	g
Sodium	359	mg	Calcium	13	%DV
Fiber	11	g	Iron	17	%DV
Cholesterol	10	mg			