



Nutrition Information

Monday: Newlywed Macaroni and Cheese with Side Salad				Serves: 5	
Serving Size: 3/4-1 cup macaroni, 1/6 prepared salad					
Calories	631	kcal	Fat	27	g
Protein	42	g	Saturated	13	g
Carbohydrate	58	g	Sugar	1	g
Sodium	1,878	mg	Calcium	52	%DV
Fiber	9	g	Iron	45	%DV
Cholesterol	85	mg			

Tuesday: Sweetheart Scallops with Spinach Rice Medley				Serves: 4	
Serving Size: 5 oz scallop, 1 cup rice medley					
Calories	464	kcal	Fat	13	g
Protein	36	g	Saturated	5	g
Carbohydrate	55	g	Sugar	2	g
Sodium	1006	mg	Calcium	10	%DV
Fiber	6	g	Iron	22	%DV
Cholesterol	73	mg			

Wednesday: Pumpkin Shepard's Pie with Cranberry Salad				Serves: 5	
Serving Size: approximately 1 cup					
Calories	331	kcal	Fat	20	g
Protein	22	g	Saturated	4	g
Carbohydrate	19	g	Sugar	11	g
Sodium	665	mg	Calcium	8	%DV
Fiber	4	g	Iron	17	%DV
Cholesterol	67	mg			

Thursday: Mom's Midwest Goulash				Serves: 5	
Serving Size: approximately 1 cup					
Calories	554	kcal	Fat	16	g
Protein	37	g	Saturated	5	g
Carbohydrate	74	g	Sugar	12	g
Sodium	943	mg	Calcium	15	%DV
Fiber	13	g	Iron	22	%DV
Cholesterol	77	mg			

Friday: Pumpkin Hash with Italian Turkey Sausage and Sage Corn				Serves: 4	
Serving Size: approximately 3/4 -1 cup hash, 1/2 cup corn					
Calories	317	kcal	Fat	8	g
Protein	15	g	Saturated	2	g
Carbohydrate	52	g	Sugar	6	g
Sodium	839	mg	Calcium	4	%DV
Fiber	5	g	Iron	39	%DV
Cholesterol	30	mg			