

**OCTOBER**

<b>Tuesday</b>		<b>Thursday</b>	
<b>7</b>	<p><b>Halibut</b> Taco Corn Tortillas Raisin Coleslaw</p> <p>\$20 for 2, \$35 for 4</p> <p>740 Calories, 35g Fat, 920mg Sodium, 68g Carb</p>	<b>9</b>	<p>Chicken Primavera Whole Wheat Pasta Apple Celery Salad</p> <p>\$16 for 2, \$28 for 4</p> <p>730 Calories, 31g Fat, 580mg Sodium, 69g Carb</p>
<b>14</b>	<p>Turkey and Pork Meatballs Whole Wheat Spaghetti Spinach Salad</p> <p>\$16 for 2, \$28 for 4</p> <p>910 Calories, 45g Fat, 1700mg Sodium, 69g Carb</p>	<b>16</b>	<p><b>* !!</b> Kung Pao <b>Shrimp</b> or Tofu Jasmine and Brown Rice Vegetables Saute</p> <p>For Shrimp: \$18 for 2, \$33 for 4 For Tofu: \$16 for 2, \$28 for 4</p> <p>740 Calories, 24g Fat, 825mg Sodium, 76g Carb</p>
<b>21</b>	<p><b>Tilapia</b> or Chicken Pesto Orzo and Spring Mix Salad</p> <p>For Tilapia: \$18 for 2, \$33 for 4 For Chicken: \$16 for 2, \$28 for 4</p> <p>970 Calories, 47g Fat, 1000mg Sodium, 59g Carb</p>	<b>23</b>	<p><b>*</b> Fruited Curry Chicken Egg Noodles Vegetables</p> <p>\$16 for 2, \$28 for 4</p> <p>850 Calories, 36g Fat, 950mg Sodium, 66g Carb</p>
<b>28</b>	<p><b>*</b> Chicken Fajitas Flour Tortillas Mixed Lettuces and Black Bean Salsa</p> <p>\$16 for 2, \$28 for 4</p> <p>407 Calories, 14g Fat, 841mg Sodium, 41g Carb</p>	<b>30</b>	<p>Blue Cheese Stuffed Chicken Couscous Mesclun Mix Salad</p> <p>\$16 for 2, \$28 for 4</p> <p>840 Calories, 38g Fat, 1160mg Sodium, 79g Carb</p>

\$5 discount for each \$100 ordered and paid.

**!!** This meals contain peanuts.

**\*** This meal contains chilies and/or other spicy ingredients.

\* Nutrient values are estimates only. Variations may occur due to product availability and food preparation.