

LUNCH

FRIDAY, JANUARY 24, 2020

CHICKEN LIVERS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
205	590mg	18g	9g	13g	340mg	1g

LIVER AND ONIONS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	650mg	17g	11g	8g	250mg	0g

CHICKEN STRIPS (southern style contains)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
312	425mg	31g	17.5g	6g	97mg	1g

GRILLED COD W/ DILL SAUCE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
190	200mg	19g	12g	3g	57mg	0g

BREADED CHIK'N TENDERS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	400mg	16g	9g	17g	0mg	3g

VEGAN MAC & CHEESE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
370	260mg	20g	8g	54g	0mg	4g


 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen