LUNCH

FRIDAY, JANUARY 25, 2019

CHICKEN LIVERS



CALORIES 205

SODIUM 590mg

PROTEIN 18g

FAT 9g

CARBS 13g

CHOLESTEROL 340mg

FIBER 1g

LIVER AND ONIONS



CALORIES 200

SODIUM 650mg

PROTEIN 17g

FAT 11g CARBS 8g

CHOLESTEROL 250mg

FIBER 0g

CHICKEN STRIPS



(southern style contains







CALORIES 312

SODIUM 425mg

PROTEIN 31g

FAT 17.5g **CARBS** 6g

CHOLESTEROL 97mg

FIBER 1g

SPICY GARLIC & LIME TILAPIA 🖎



CALORIES 138

SODIUM 150mg

PROTEIN 21g

FAT 6g

CARBS 0g

CHOLESTEROL 48mg

FIBER 0g

BREADED CHIK'N TENDERS





CALORIES 210

SODIUM 400mg

PROTEIN 16g

FAT 9g

CARBS 17g

CHOLESTEROL 0mg

FIBER 3g

VEGAN MAC & CHEESE V





CALORIES 405

SODIUM 385mg

PROTEIN 20g

FAT 11g CARBS 57g

CHOLESTEROL 0mg

FIBER 4g

contains wheat



contains egg



contains milk



vegetarian



vegan





contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

FRIDAY, JANUARY 25, 2019

SEASONED GRILLED STEAK



CALORIES 300

SODIUM 400mg

PROTEIN 25g

FAT 22g CARBS 0g CHOLESTEROL 83mg

FIBER Og

SEASONED GRILLED CHICKEN BREAST

CALORIES 150 SODIUM 230mg

PROTEIN 21g

FAT
7g

CARBS 0g CHOLESTEROL 55mg

FIBER 0g

MASHED POTATOES





CALORIES 160 SODIUM 150mg PROTEIN 3g

FAT 5g CARBS 25g

CHOLESTEROL 0mg FIBER 2g

LOADED MASHED POTATOES





CALORIES 291

SODIUM 350mg

PROTEIN 9g

FAT 15g CARBS 30g

CHOLESTEROL 25mg

FIBER 2g

PENNE BAKE





CALORIES 160

SODIUM 650mg

PROTEIN 5g

FAT 0g CARBS 35g CHOLESTEROL Omg

FIBER 2g

contains wheat

contains egg

contains milk













