

# LUNCH

FRIDAY, NOVEMBER 15, 2019

## 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

## SWEET & SPICY CITRUS TILAPIA with pineapple & mango salsa

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
170	438mg	21g	5g	10g	48mg	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
405	385mg	20g	11g	57g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen