

LUNCH

FRIDAY, SEPTEMBER 15, 2017

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
240	120mg	9g	8g	32g	0mg	4g


 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

FRIDAY, SEPTEMBER 15, 2017

CHICKEN CORDON BLEU

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	500mg	29g	16g	16g	75mg	0g

SEASONED GRILLED STEAK

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	400mg	25g	22g	0g	83mg	0g

SEASONED GRILLED CHICKEN BREAST

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	230mg	21g	7g	0g	55mg	0g

MASHED POTATOES


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	150mg	3g	5g	25g	0mg	2g

LOADED MASHED POTATOES


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
291	350mg	9g	15g	30g	25mg	2g

PENNE BAKE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	650mg	5g	0g	35g	0mg	2g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen