

# LUNCH

FRIDAY, OCTOBER 12, 2018

## 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

## SPICY GARLIC & LIME TILAPIA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
138	150mg	21g	6g	0g	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

# DINNER

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## 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