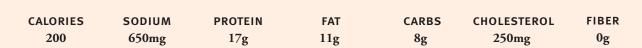
# LUNCH

## FRIDAY, OCTOBER 12, 2018

## CHICKEN LIVERS

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

### LIVER AND ONIONS



# CHICKEN STRIPS (southern style contains

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

# SPICY GARLIC & LIME TILAPIA 🖎

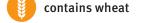
CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 138 150mg 21g 6g 0g 48mg 0g

## **BREADED CHIK'N TENDERS**



# VEGAN MAC & CHEESE W

CALORIES SODIUM PROTEIN FAT CARBS CHOLESTEROL FIBER 405 385mg 20g 11g 57g 0mg 4g









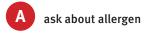












# DINNER

## FRIDAY, OCTOBER 12, 2018

### SEASONED GRILLED STEAK



**CALORIES** 300

**SODIUM** 400mg

**PROTEIN** 25g

**FAT** 22g **CARBS** 0g

**CHOLESTEROL** 83mg

FIBER 0g

#### SEASONED GRILLED CHICKEN BREAST

**CALORIES** 150

SODIUM 230mg

**PROTEIN** 21g

**FAT** 7**g** 

**CARBS** 0g

**CHOLESTEROL** 55mg

FIBER 0g

## MASHED POTATOES VG 🗍





**CALORIES** 160

SODIUM 150mg

**PROTEIN** 3g

FAT 5g

CARBS 25g

**CHOLESTEROL** 0mg

FIBER 2g

### **LOADED MASHED POTATOES**







**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** 0mg

**FIBER** 2g





contains egg





VG vegetarian



vegan









