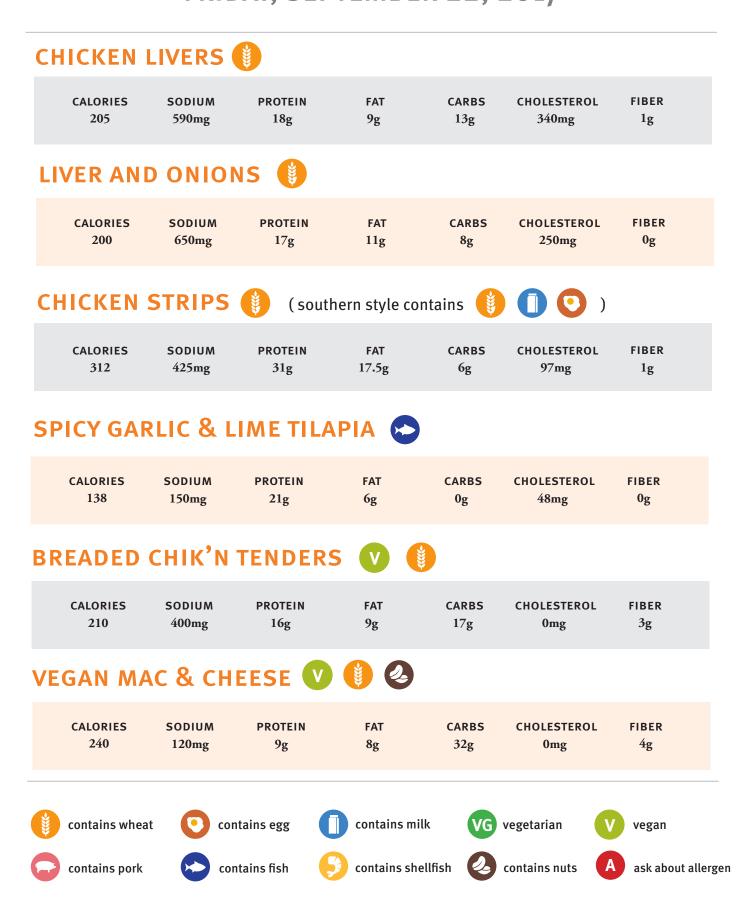
## **LUNCH** FRIDAY, SEPTEMBER 22, 2017



# **DINNER** FRIDAY, SEPTEMBER 22, 2017

### 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	
-	8	8	. 0	8	0	0	

### MASHED POTATOES VG

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

## LOADED MASHED POTATOES (] 💭

	CALORIES 291	SODIUM 350mg	PROTEIN 9g	FAT 15g	CARBS 30g	CHOLESTEROL 25mg	FIBER 2g	
PE	NNE BAI	KE V						
	calories 160	SODIUM 650mg	PROTEIN 5g	FAT 0g	CARBS 35g	CHOLESTEROL Omg	FIBER 2g	
	contains whea	nt 💽 co	ntains egg	<b>()</b> contains mi	lk VG	vegetarian	V vegan	
C	contains pork	<b>CO</b>	ntains fish	contains she	ellfish 🕗	contains nuts	A ask about alle	ergen