LUNCH

FRIDAY, SEPTEMBER 22, 2017

CHICKEN LIVERS



CALORIES 205

SODIUM 590mg

PROTEIN 18g

FAT 9g

CARBS 13g

CHOLESTEROL 340mg

FIBER 1g

LIVER AND ONIONS



CALORIES 200

SODIUM 650mg

PROTEIN 17g

FAT 11g CARBS 8g

CHOLESTEROL 250mg

FIBER 0g

CHICKEN STRIPS



(southern style contains







CALORIES 312

SODIUM 425mg

PROTEIN 31g

FAT 17.5g **CARBS** 6g

CHOLESTEROL 97mg

FIBER 1g

GINGER LEMON TAMARI COD 🖎



CALORIES 161

SODIUM 570mg

PROTEIN 24g

FAT 5g

CARBS 5g

CHOLESTEROL 65mg

FIBER 0g

BREADED CHIK'N TENDERS





CALORIES

210

SODIUM 400mg

PROTEIN 16g

FAT 9g

CARBS 17g

CHOLESTEROL 0mg

FIBER 3g

VEGAN MAC & CHEESE







CALORIES

240

SODIUM 120mg

PROTEIN 9g

FAT 8g

CARBS 32g

CHOLESTEROL 0mg

FIBER 4g

contains wheat



contains egg



contains milk



vegetarian



vegan







contains shellfish



contains nuts



DINNER

FRIDAY, SEPTEMBER 22, 2017

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





CALORIES 160

SODIUM 150mg

PROTEIN 3g

FAT 5g

CARBS 25g

CHOLESTEROL 0mg

FIBER 2g

LOADED MASHED POTATOES 🕕 🕞





CALORIES 291

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 wheat

















