

LUNCH

THURSDAY, SEPTEMBER 20, 2018

BUFFALO CHICKEN TAQUITOS (2)

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
370	215mg	20g	18g	32g	54mg	1g

FISH & CHIPS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
540	570mg	26g	25g	53g	40mg	3g

VEGETARIAN MEATLOAF


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	555mg	15g	3g	28g	10mg	3g

BEAN ENCHILADA BAKE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	900mg	11g	4g	40g	0mg	7g

 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

THURSDAY, SEPTEMBER 20, 2018

PO BOY SANDWICH



CALORIES
475

SODIUM
1100mg

PROTEIN
15g

FAT
25g

CARBS
48g

CHOLESTEROL
65mg

FIBER
1g

RAVIOLI W/ BOLOGNESE SAUCE



CALORIES
266

SODIUM
950mg

PROTEIN
16g

FAT
14g

CARBS
19g

CHOLESTEROL
85mg

FIBER
2g

CHEESE RAVIOLI W/ MARINARA



CALORIES
136

SODIUM
620mg

PROTEIN
6g

FAT
4g

CARBS
19g

CHOLESTEROL
24mg

FIBER
2g

LOUISIANA BEAN STEW



CALORIES
150

SODIUM
566mg

PROTEIN
9g

FAT
1g

CARBS
26g

CHOLESTEROL
0mg

FIBER
7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen