

# LUNCH

THURSDAY, SEPTEMBER 21, 2017

## 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 21, 2017

## PO BOY SANDWICH



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
475	1100mg	15g	25g	48g	65mg	1g

## RAVIOLI W/ BOLOGNESE SAUCE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
266	950mg	16g	14g	19g	85mg	2g

## CHEESE RAVIOLI W/ MARINARA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
136	620mg	6g	4g	19g	24mg	2g

## LOUISIANA BEAN STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	566mg	9g	1g	26g	0mg	7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen