

# LUNCH

THURSDAY, APRIL 25, 2024

## BUFFALO CHICKEN TAQUITOS (2)

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

## BEEF STEW

|          |        |         |     |       |             |       |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 261      | 477mg  | 19g     | 12g | 17g   | 55mg        | 2g    |

cashew

## BEAN ENCHILADA BAKE

|          |        |         |     |       |             |       |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 260      | 900mg  | 12g     | 6g  | 40g   | 0mg         | 7g    |

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

# DINNER

THURSDAY, APRIL 25, 2024

## PO' BOY SANDWICH

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

## RAVIOLI BAKE

| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 342      | 890mg  | 20g     | 18g | 25g   | 55mg        | 2g    |

## CHEESE RAVIOLI W/ MARINARA


| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 380      | 920mg  | 16g     | 18g | 43g   | 60mg        | 6g    |

## 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