

LUNCH

TUESDAY, FEBRUARY 25, 2020

FRIED CATFISH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	445mg	16g	14g	7g	45mg	1g

LEMON PEPPERED CATFISH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
129	850mg	16g	7g	0g	45mg	0g

BBQ COUNTRY RIBS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
456	210mg	40g	32g	2g	150mg	0g

3-CHEESE SOUFFLÉ

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	650mg	22g	21g	5g	350mg	0g

GINGER TOFU SLAW

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
170	489mg	10g	11g	7g	0mg	3g

 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

TUESDAY, FEBRUARY 25, 2020

BLACKENED TILAPIA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	760mg	21g	5g	0g	48mg	0g

CREAMED CHICKEN & BROCCOLI W/RICE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	650mg	17g	10g	28g	49mg	1g

ASPARAGUS CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
233	200mg	9g	13g	20g	19mg	3g

POTATO VINDALOO

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
175	150mg	4g	3g	33g	0mg	4g

 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen