

# DINNER

TUESDAY, DECEMBER 9, 2025

## PORK FRITTER W/ GRAVY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	400mg	22g	18g	12g	92mg	2g

## CHICKEN GUMBO W/ RICE


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
235	675mg	15g	7g	28g	25mg	2g

## SPICY LENTIL W/ KALE & SWEET POTATO

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	312mg	10g	2.5g	34g	0mg	8g

 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen