

LUNCH

TUESDAY, OCTOBER 15, 2019

CHICKEN W/ MOZZARELLA CREAM SAUCE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	730mg	24g	23g	4g	95mg	0g

BREADED ORIENTAL TILAPIA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
178	550mg	21g	6g	10g	48mg	0g

SUMMER SQUASH PASTA


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	290mg	8g	12g	32g	14mg	5g


EGGPLANT W/ HOMINY SALSA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
155	455mg	5g	6g	20g	0mg	3g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

TUESDAY, OCTOBER 15, 2019

SEAFOOD CREPES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
290	535mg	16g	14g	25g	75mg	1g

HAM, MAC & CHEESE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
382	650mg	15g	18g	40g	50mg	1g

VEGETARIAN CAESAR WRAP



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
137	275mg	6g	5g	17g	3mg	3g

LOUISIANA BEAN STEW



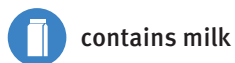
CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	566mg	9g	1g	26g	0mg	7g



contains wheat



contains egg



contains milk



vegetarian



vegan



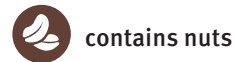
contains pork



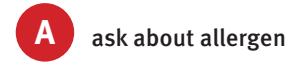
contains fish



contains shellfish



contains nuts



ask about allergen