

# LUNCH

TUESDAY, JANUARY 21, 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

## TWO CHEESE PASTA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
341	556mg	12g	17g	35g	20mg	2g

## 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

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## CHICKEN PARMESAN CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
405	695mg	16g	25g	29g	85mg	2g

## BEEF STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
261	477mg	19g	12g	17g	55mg	1g

## CAPRESE QUINOA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	612mg	8g	14g	20g	32mg	3g

## GARDEN PATCH STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
215	166mg	4g	6g	38g	0mg	4g



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vegetarian



vegan



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contains nuts



ask about allergen