LUNCH

TUESDAY, JANUARY 21, 2020

FRIED CATFISH



CALORIES 220

SODIUM 445mg

PROTEIN 16g

FAT 14g **CARBS** 7g

CHOLESTEROL 45mg

FIBER 1g

LEMON PEPPERED CATFISH



CALORIES 129

SODIUM 850mg

PROTEIN 16g

FAT 7g

CARBS 0g

CHOLESTEROL 45mg

FIBER 0g

BBQ COUNTRY RIBS



CALORIES 456

SODIUM 210mg

PROTEIN 40g

FAT 32g **CARBS** 2g

CHOLESTEROL 150mg

FIBER 0g

TWO CHEESE PASTA VG







CALORIES 341

SODIUM 556mg

PROTEIN 12g

FAT 17g

CARBS 35g

CHOLESTEROL 20mg

FIBER 2g

GINGER TOFU SLAW



CALORIES 170

SODIUM 489mg

PROTEIN 10g

FAT 11g

CARBS 7**g**

CHOLESTEROL 0mg

FIBER 3g

contains wheat







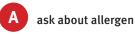












DINNER

TUESDAY, JANUARY 21, 2020

CHICKEN PARMESAN CASSEROLE







CALORIES 405

SODIUM 695mg

PROTEIN 16g

FAT 25g CARBS 29g

CHOLESTEROL 85mg

FIBER 2g

BEEF STEW



CALORIES 261

SODIUM 477mg

PROTEIN 19g

FAT 12g **CARBS** 17g

CHOLESTEROL 55mg

FIBER 1g

CAPRESE QUINOA





CALORIES 240

SODIUM 612mg

PROTEIN 8g

FAT 14g

CARBS 20g

CHOLESTEROL 32mg

FIBER 3g

GARDEN PATCH STEW (V



CALORIES 215

SODIUM 166mg

PROTEIN 4g

FAT 6g

CARBS 38g

CHOLESTEROL 0mg

FIBER 4g

contains wheat





