

LUNCH

TUESDAY, OCTOBER 27, 2026

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 CHICKEN THIGH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	250 mg	22g	5g	6g	105mg	0g

CAJUN SAUTE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
145	150mg	5g	4g	20g	0mg	4g

HUSHPUPIES



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, OCTOBER 27, 2026

CHICKEN PARMESAN CASSEROLE



CALORIES
405

SODIUM
695mg

PROTEIN
16g

FAT
25g

CARBS
29g

CHOLESTEROL
85mg

FIBER
2g

ITALIAN SAUSAGE W/ONIONS & PEPPERS



CALORIES
320

SODIUM
1300 mg

PROTEIN
18g

FAT
25g

CARBS
6g

CHOLESTEROL
120mg

FIBER
1g

CRUSTLESS BROCCOLI QUICHE



CALORIES
215

SODIUM
480mg

PROTEIN
15g

FAT
15g

CARBS
5g

CHOLESTEROL
220mg

FIBER
3g

VEGAN SAUSAGE W/ONIONS & PEPPERS



contains pea protein

CALORIES
240

SODIUM
460 mg

PROTEIN
17g

FAT
15g

CARBS
9g

CHOLESTEROL
0mg

FIBER
2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen