

LUNCH

TUESDAY, AUGUST 22, 2017

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

TUESDAY, AUGUST 22, 2017

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



CALORIES
215

SODIUM
166mg

PROTEIN
4g

FAT
6g

CARBS
38g

CHOLESTEROL
0mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen