LUNCH

TUESDAY, NOVEMBER 28, 2017

FRIED CATFISH



CALORIES 220

SODIUM 445mg

PROTEIN 16g

FAT 14g **CARBS** 7**g**

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

3-CHEESE SOUFFLÉ VG 🕕







CALORIES 300

SODIUM 650mg

PROTEIN 22g

FAT 21g CARBS 5g

CHOLESTEROL 350mg

FIBER 0g

GINGER TOFU SLAW V



CALORIES 170

SODIUM 489mg

PROTEIN 10g

FAT 11g

CARBS 7**g**

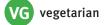
CHOLESTEROL 0mg

FIBER 3g

contains wheat



















DINNER

TUESDAY, NOVEMBER 28, 2017

BLACKENED CAJUN TILAPIA 🖎



CALORIES 111

SODIUM 760mg

PROTEIN 21g

FAT 3g

CARBS 0g

CHOLESTEROL 48mg

FIBER 0g

POPPYSEED CHICKEN





CALORIES

SODIUM 360 650mg

PROTEIN 17g

FAT 20g

CARBS 28g

CHOLESTEROL 49mg

FIBER 1g

ASPARAGUS CASSEROLE

SODIUM







CALORIES

233 200mg **PROTEIN** 9g

FAT 13g

CARBS 20g

CHOLESTEROL 19mg

FIBER 3g

POTATO VINDALOO



CALORIES 175

SODIUM 150mg

PROTEIN 4g

FAT 3g

CARBS 33g

CHOLESTEROL 0mg

FIBER 4g

contains wheat





