LUNCH TUESDAY, SEPTEMBER 26, 2017

FRIED CATFISH 📀 🌖

CALORIES 220	SODIUM 445mg	PROTEIN 16g	FAT 14g	CARBS 7g	CHOLESTEROL 45mg	FIBER 1g
LEMON PE	PPEREE	O CATFI	SH 😋			
CALORIES 129	SODIUM 850mg	PROTEIN 16g	FAT 7g	CARBS 0g	CHOLESTEROL 45mg	FIBER Og
BBQ COUN		BS 闄				
CALORIES 456	SODIUM 210mg	PROTEIN 40g	FAT 32g	CARBS 2g	CHOLESTEROL 150mg	FIBER Og
3-CHEESE	SOUFF	LÉ VG	00			
CALORIES 300	SODIUM 650mg	PROTEIN 22g	FAT 21g	CARBS 5g	CHOLESTEROL 350mg	FIBER Og
GINGER TO)FU SLA	wv				
CALORIES 170	SODIUM 489mg	PROTEIN 10g	FAT 11g	CARBS 7g	CHOLESTEROL Omg	FIBER 3g
👏 contains wheat	Con	tains egg	contains milk	VG	vegetarian	V vegan
contains pork	con	tains fish	🦻 contains shellfi	ish 🕗	contains nuts	A ask about allerge

DINNER tuesday, september 26, 2017

BLACKENE	D CAJU	N TILAPI	A 😋			
CALORIES 111	SODIUM 760mg	PROTEIN 21g	FAT 3g	CARBS 0g	CHOLESTEROL 48mg	FIBER Og
POPPYSEE		KEN 🏮	0			
CALORIES 360	SODIUM 650mg	PROTEIN 17g	FAT 20g	CARBS 28g	CHOLESTEROL 49mg	FIBER 1g
ASPARAGI	JS CASS	EROLE	VG 🔮	0		
CALORIES 233	SODIUM 200mg	PROTEIN 9g	FAT 13g	CARBS 20g	CHOLESTEROL 19mg	FIBER 3g
POTATO VI	NDALOO) 💙				
CALORIES 175	SODIUM 150mg	PROTEIN 4g	FAT 3g	CARBS 33g	CHOLESTEROL Omg	FIBER 4g
contains whea	it 🖸 cor	itains egg	contains m	ilk VG	vegetarian	vegan
contains pork	cor	ntains fish	🦻 contains sł	nellfish 🕗	contains nuts	A ask about aller