

LUNCH

TUESDAY, MAY 10, 2022

MEATLOAF (contains oatmeal - not gluten free)



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 250 | 350mg | 23g | 15g | 6g | 60mg | 1g |

CHICKEN RUSTICA W/ PASTA



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 368 | 651mg | 21g | 21g | 23g | 58mg | 1g |

SPICY LENTIL W/ KALE & SWEET POTATO



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|------|-------|-------------|-------|
| 200 | 312mg | 10g | 2.5g | 34g | 0mg | 8g |



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, MAY 10, 2022

PORK FRITTER W/ GRAVY

| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 300 | 400mg | 22g | 18g | 12g | 92mg | 2g |

CHICKEN GUMBO W/ RICE

| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 235 | 675mg | 15g | 7g | 28g | 25mg | 2g |

VEGAN GUMBO

| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 164 | 250mg | 4g | 4g | 28g | 0mg | 3g |

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen