# LUNCH
**Tuesday, October 25, 2022**

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Sodium</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbs</th>
<th>Cholesterol</th>
<th>Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fried Catfish</strong></td>
<td>220</td>
<td>445mg</td>
<td>16g</td>
<td>14g</td>
<td>7g</td>
<td>45mg</td>
<td>1g</td>
</tr>
<tr>
<td><strong>Lemon Peppered Catfish</strong></td>
<td>129</td>
<td>850mg</td>
<td>16g</td>
<td>7g</td>
<td>0g</td>
<td>45mg</td>
<td>0g</td>
</tr>
<tr>
<td><strong>BBQ Country Ribs</strong></td>
<td>456</td>
<td>210mg</td>
<td>40g</td>
<td>32g</td>
<td>2g</td>
<td>150mg</td>
<td>0g</td>
</tr>
<tr>
<td><strong>Eggplant w/ Hominy Salsa</strong></td>
<td>155</td>
<td>455mg</td>
<td>5g</td>
<td>6g</td>
<td>20g</td>
<td>0mg</td>
<td>3g</td>
</tr>
</tbody>
</table>

- 🍎 contains wheat
- 🍌 contains egg
- 🟢 contains milk
- 🌺 vegetarian
- 🌺 vegan
- 🦦 contains pork
- 🐟 contains fish
- 🦀 contains shellfish
- 🦦 contains nuts
- 🚫 ask about allergen

**Lunch Menu:**

- Lemon Peppered Catfish
- BBQ Country Ribs
- Eggplant w/ Hominy Salsa

**Breakfast Menu:**

- Eggplant w/ Hominy Salsa

**Snacks:**

- Lemon Peppered Catfish
- BBQ Country Ribs
- Eggplant w/ Hominy Salsa

**Desserts:**

- Lemon Peppered Catfish
- BBQ Country Ribs
- Eggplant w/ Hominy Salsa
# Dinner

**Tuesday, October 25, 2022**

## 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

## Garden Patch Stew
- **Calories:** 215
- **Sodium:** 166mg
- **Protein:** 4g
- **Fat:** 6g
- **Carbs:** 38g
- **Cholesterol:** 0mg
- **Fiber:** 4g

---

Contains wheat  
Contains egg  
Contains milk  
*VG* vegetarian  
*V* vegan  
Contains pork  
Contains fish  
Contains shellfish  
Contains nuts  
Ask about allergen