





Tuesday August 23, 2016

Lunch
Catfish

Lemon Peppered Catfish
BBQ Country Ribs

Cheesy Penne Bake *Lacto Vegetarian*

Ginger Tofu Slaw *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Catfish (fried) (3 oz) 	220	445mg	16g	14g	7g	45mg	1g
Lemon Peppered Catfish (baked) (3 oz)	129	850mg	16g	7g	0g	45mg	0g
BBQ Country Ribs 	456	210mg	40g	32g	2g	150mg	0g
Cheesy Penne Bake 	341	825mg	20g	13g	36g	40mg	2g
Ginger Tofu Slaw 	170	489mg	10g	11g	7g	0mg	3g

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Dinner

Chicken Parmesan Casserole

Beef Stew

Veggie Caesar Wrap Lacto Vegetarian

Garden Patch Stew Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Parmesan Casserole 	405	695mg	16g	25g	29g	85mg	2g
Beef Stew 	261	477mg	19g	12g	17g	55mg	1g
Veggie Caesar Wrap 	132	249 mg	7g	4.5g	17g	2mg	1g
Garden Patch Stew 	215	166mg	4g	6g	38g	0mg	4g