

Tuesday September 27, 2016

Lunch

Fried Catfish

Baked Lemon Peppered Catfish

BBQ Country Ribs

3-Cheese Soufflé Lacto-Ovo Vegetarian

Tofu & Broccoli in Garlic Sauce 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 Pork Boneless Ribs	326	350mg	25g	22g	7g	80mg	0g
3-Cheese Soufflé   	300	650mg	22g	21g	5g	350mg	0g
Tofu & Broccoli in Garlic Sauce 	270	750mg	15g	5g	41g	0mg	4g

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Dinner

Blackened Tilapia

Poppysseed Chicken

Moroccan Tagine Vegan

Louisiana Bean Stew Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Blackened Tilapia	111	760mg	21g	3g	0g	48mg	0g
Poppysseed Chicken  	360	650mg	17g	20g	28g	49mg	1g
Moroccan Tagine 	160	378mg	6g	4g	25g	0mg	5g
Louisiana Bean Stew 	150	566mg	9g	1g	26g	0mg	7g