

LUNCH

WEDNESDAY, SEPTEMBER 15, 2021

MEXICAN CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
415	415mg	22g	34g	5g	145mg	0g

CARNITAS (2 tortillas) without tortilla, carnita meat is gluten free

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
437	827mg	26g	21g	36g	73mg	2g

3-CHEESE SOUFFLÉ

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	650mg	22g	21g	5g	350mg	0g


TAMALE PIE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
212	615mg	11g	8g	24g	0mg	5g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

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MAPLE PECAN CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
400	150mg	22g	30g	10g	125mg	0g

CREOLE CASSEROLE


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
267	750mg	15g	15g	18g	40mg	2g

SOUTHWEST SWEET POTATO BAKE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
315	950mg	11g	10g	45g	20mg	4g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen