

LUNCH

WEDNESDAY, FEBRUARY 21, 2024

LOW COUNTRY CHICKEN



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
382	715mg	21g	30g	7g	30mg	0g

RAVIOLI BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
342	890mg	20g	18g	25g	55mg	2g

CHEESE RAVIOLI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	620mg	9g	18g	19g	24mg	2g

RASTA PASTA



contains coconut milk

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
375	485mg	7g	18g	46g	0mg	3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

WEDNESDAY, FEBRUARY 21, 2024

CHICKEN FRIED STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
262	750mg	13g	18g	24g	35mg	0g

HAM, MAC & CHEESE CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
382	650mg	15g	18g	40g	50mg	1g

SPINACH & ARTICHOKE MAC & CHEESE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	388mg	14g	9g	31g	23mg	3g

SPICY LENTIL STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	343mg	10g	2g	20g	0mg	9g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen