

# LUNCH

FRIDAY MAY 10, 2019

## LIVER AND ONIONS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
200	650mg	17g	11g	8g	250mg	0g

## CHICKEN STRIPS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
312	425mg	31g	17.5g	6g	97mg	1g

## GRILLED COD

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
90	61mg	20g	1g	0g	49mg	0g

## BREADED CHIK'N TENDERS

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
210	400mg	16g	9g	17g	0mg	3g

## VEGAN MAC & CHEESE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
405	385mg	20g	11g	57g	0mg	4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

# DINNER

FRIDAY, MAY 10, 2019

## SEASONED GRILLED STEAK

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	400mg	25g	22g	0g	83mg	0g

## SEASONED GRILLED CHICKEN BREAST

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
150	230mg	21g	7g	0g	55mg	0g

## MASHED POTATOES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	150mg	3g	5g	25g	0mg	2g

## PENNE BAKE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	650mg	5g	0g	35g	0mg	2g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen