

LUNCH

SATURDAY, SEPTEMBER 23, 2017

SALISBURY STEAK

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
400	450mg	26g	29g	8g	106mg	0g

CHICKEN W/ VEGETABLES & PASTA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	670mg	18g	7g	30g	35mg	2g

BAKED LAYERED POLENTA


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
178	485mg	10g	10g	12g	21mg	4g


MUSHROOM PASTA

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
195	166mg	5g	6g	30g	0mg	4g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen