

LUNCH

SATURDAY, OCTOBER 14, 2017

WINGS OF FIRE 2 pcs

CALORIES 160	SODIUM 410mg	PROTEIN 15g	FAT 11g	CARBS 1g	CHOLESTEROL 80mg	FIBER 0g
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BEEF STEW

CALORIES 261	SODIUM 477mg	PROTEIN 19g	FAT 12g	CARBS 17g	CHOLESTEROL 55mg	FIBER 2g
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SPINACH POLENTA


CALORIES 220	SODIUM 380mg	PROTEIN 8g	FAT 14g	CARBS 15g	CHOLESTEROL 15mg	FIBER 3g
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MEXICAN STEW

CALORIES 145	SODIUM 430mg	PROTEIN 6g	FAT 0g	CARBS 30g	CHOLESTEROL 0mg	FIBER 6g
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 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen