

Wednesday April 13, 2016

Lunch





Fried Catfish

Cajun Catfish

BBQ Country Ribs

Southwest Veggie Wrap *Lacto Vegetarian*

Quinoa Hash *Vegan*

| Item   | Calories | Sodium | Protein | Fat | Carbs | Cholesterol | Fiber |
|--|----------|--------|---------|-----|-------|-------------|-------|
| Catfish<br>(fried) (3 oz)<br>  | 220      | 445mg  | 16g     | 14g | 7g    | 45mg        | 1g    |
| Cajun Catfish<br>(baked) (3 oz)  | 129      | 750mg  | 16g     | 7g  | 0g    | 45mg        | 0g    |
| BBQ Country<br>Ribs<br>      | 456      | 210mg  | 40g     | 32g | 2g    | 150mg       | 0g    |
| Southwest<br>Veggie Wrap<br> | 283      | 747mg  | 14g     | 10g | 40g   | 19mg        | 5g    |
| Quinoa Hash<br>              | 185      | 50mg   | 7g      | 5g  | 28g   | 0mg         | 5g    |

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## Dinner

Chicken Carbonara w/Pasta

Chopped Steak Monterey

Risotto Florentine *Lacto Vegetarian*

Hearty Vegetable Soup *Vegan*

| Item   | Calories | Sodium | Protein | Fat | Carbs | Cholesterol | Fiber |
|--|----------|--------|---------|-----|-------|-------------|-------|
| Chicken Carbonara<br>w/Pasta <br> <br><i>contains pork</i> | 270      | 389mg  | 18g     | 13g | 20g   | 76mg        | 2g    |
| Chopped Steak Monterey<br>   | 360      | 640mg  | 27g     | 27g | 2g    | 97mg        | 0g    |
| Risotto Florentine<br>    | 218      | 450mg  | 6g      | 6g  | 35g   | 15mg        | 3g    |
| Hearty Vegetable Soup<br>   | 142      | 140mg  | 9g      | 2g  | 22g   | 0mg         | 5g    |