

LUNCH

TUESDAY, FEBRUARY 4, 2025

LASAGNA



CALORIES
260

SODIUM
760mg

PROTEIN
17g

FAT
6g

CARBS
35g

CHOLESTEROL
20mg

FIBER
2g

SOUTHERN BRAISED PORK CHOPS



CALORIES
335

SODIUM
350mg

PROTEIN
30g

FAT
17g

CARBS
15g

CHOLESTEROL
81mg

FIBER
0g

VEGETABLE LASAGNA



CALORIES
300

SODIUM
760mg

PROTEIN
15g

FAT
14g

CARBS
28g

CHOLESTEROL
45mg

FIBER
2g

SOUTHWEST POTATO AND CORN CHOWDER



CALORIES
136

SODIUM
152mg

PROTEIN
6g

FAT
4g

CARBS
19g

CHOLESTEROL
0mg

FIBER
4g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, FEBRUARY 4, 2025

PORK FRITTER W/ GRAVY



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	400mg	22g	18g	12g	92mg	2g

WINGS OF FIRE



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

GREEN GOODNESS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
180	200mg	8g	7g	21g	0mg	8g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen