

LUNCH

TUESDAY, JANUARY 21, 2025

FRIED CATFISH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
220	445mg	16g	14g	7g	45mg	1g

LEMON PEPPERED CATFISH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
129	850mg	16g	7g	0g	45mg	0g

BBQ CHICKEN THIGH

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
160	250 mg	22g	5g	6g	105mg	0g

SPINACH MUSHROOM PENNE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	380mg	9g	9g	35g	0mg	2g

COLLARD GREENS

HUSHPUPPIES

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

TUESDAY, JANUARY 21, 2025

CHICKEN PARMESAN CASSEROLE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
405	695mg	16g	25g	29g	85mg	2g

ITALIAN SAUSAGE W/ONIONS & PEPPERS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	1300 mg	18g	25g	6g	120mg	1g

sesame

TOFU AND BROCCOLI WITH RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	750mg	15g	5g	41g	0mg	4g


 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen