

LUNCH

TUESDAY, OCTOBER 1, 2024

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	250mg	22g	5g	6g	105mg	0g

KIMCHI FRIED RICE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	300mg	6g	8g	10g	250150	2g

sesame

PROTEIN POWER BOWL

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
353	220mg	15g	9g	53g	0mg	9g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

TUESDAY, OCTOBER 1, 2024

CHICKEN ALFREDO OVER LINGUINI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
270	475mg	15g	12g	25g	58mg	1g

BLACK & BLEU CHOPPED STEAK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
360	740mg	27g	27g	2g	97mg	0g

cashew

CREAMY CAULIFLOWER ALFREDO W/PASTA



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	730mg	13g	12g	35g	0mg	3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen