



KNOW YOUR COLORS

GREEN

Good choice! Eat plenty of these foods.

YELLOW

Eat these foods in moderation.

RED

Rarely eat these foods.

NEW: Scroll down to view weekly nutrition of all menu items listed.

Creekside Café

Week of September 14th, 2020

Monday

BREAKFAST:	BANANA PECAN WHOLE GRAIN PANCAKES
SOUPS:	POTATO AND CORN CHOWDER - VEGAN LENTIL 🍃
ENTREES:	STUFFED PASTA W/ VEGETABLE RAGU 🍃 STIR-FRIED RICE WITH SCALLION AND EGG
SIDES:	BROCCOLI & CAULIFLOWER FLORETS 🍃 - CHICKPEA CHILI ROASTED MUSHROOMS 🍃 - ROASTED GREEN BEANS 🍃
CHEF'S FEATURE:	BYO BAKED POTATO BAR 🍃
GRILL:	CARAMELIZED ONION GRILLED CHEESE

Tuesday

BREAKFAST:	BREAKFAST HASH
SOUPS:	CHICKEN ENCHILADA - ITALIAN WEDDING 🍃
ENTREES:	BLACKENED SALMON W/ PINEAPPLE SALSA 🍃 APPLE RAISIN STUFFED PORK LOIN 🍃
SIDES:	MALIBU BLEND 🍃 - KALE AND POTATO GRATIN PAN-FRIED BLACK-EYED PEAS 🍃 - CREOLE RICE W/ TOMATOES 🍃
CHEF'S FEATURE:	CHICKEN SHWARMA W/ TABBOULEH
GRILL:	TEX MEX BARBACOA

Wednesday

BREAKFAST:	APPLE RAISIN FRENCH TOAST STRATA (MADE TO ORDER OMELETS AT CHEF'S FEATURE STATION)
SOUPS:	WISCONSIN CHILI 🍃 - BROCCOLI CHEESE
ENTREES:	GARLIC CHICKEN W/ WHITE WINE SAUCE CHEDDAR AND HERB CRUSTED COD 🍃
SIDES:	ROASTED SUMMER SQUASH 🍃 - ROASTED BROCCOLI AND CARROT 🍃 GNOCCHI W/ HERBED BUTTER - MUSHROOM RED RICE PILAF 🍃
CHEF'S FEATURE:	GRILLED CHICKEN AND SPINACH PASTA SALAD 🍃
GRILL:	PHILLY BEEF SANDWICH



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Thursday

BREAKFAST:	BLUEBERRY WAFFLE
SOUPS:	OLD FASHIONED HAM WITH BEAN 🍃 - CHICKEN POT PIE 🍃
ENTREES:	CHILI LIME TORTILLA COD 🍃 PULLED PORK STUFFED SWEET POTATO
SIDES:	SOUTHERN STYLE GREEN BEANS - MEXICAN STREET CORN BLACK BEAN COUSCOUS 🍃 - CAPRI BLEND VEGETABLES 🍃
CHEF'S FEATURE:	SWEET AND SOUR CHICKEN BOWL
GRILL:	CHIMICHURRI CHICKEN SANDWICH

Friday

BREAKFAST:	BREAKFAST CASSEROLE
SOUPS:	NEW ENGLAND CLAM CHOWDER 🍃 - CHICKEN NOODLE 🍃
ENTREES:	WEST COAST BAKED SALMON 🍃 VEGETABLE LASAGNA
SIDES:	ROASTED FRESH CALIFORNIA BLEND 🍃 - ITALIAN STYLE GREEN BEAN 🍃 HEARTY GRAINS W/ KALE 🍃 - PARMESAN GARLIC TELERA ROLL
CHEF'S FEATURE:	GRILLED GINGER SESAME CHICKEN SALAD 🍃
GRILL:	BAKED BATTERED COD SANDWICH

*Hours of Operation: Monday through Friday 6:30 a.m. to 6:30 p.m.
Saturday and Sunday 7:00 a.m. to 2:00 p.m.*

Weekday Grill Hours: 6:30 a.m. to 10:00 a.m.; 11:00 a.m. to 1:30 p.m.
Evening and Weekend Grill Hours: Limited hot items available

Executive Chef: Rich Nimkie

Hospitality Services Director: Donna Van Buren



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Monday Week 3

Chickpea Chili

Allergens: Soy **Vg G** Serving Size-1/2 cup
Total Cal...60 Sugars...3g Sodium...280mg
Fiber... 2g Carbs...10g Total Fat...1g
Protein...2g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Roasted Mushrooms

Allergens: None **Vg G** Serving Size-3/4 cup
Total Cal...70 Sugars...1g Sodium...85mg
Fiber... 1g Carbs...3g Total Fat...0g
Protein...1g Sat Fat...0g Total Chol...20mg
Trans-Fat...0g

Baked Potato

Allergens: None **Vg G** Serving Size-1 Potato
Total Cal...70 Sugars...2g Sodium...5mg
Fiber... 2g Carbs...31g Total Fat...0g
Protein...3g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Stuffed Pasta Roll

Allergens: Wheat, Milk **V** Serving Size-1 Roll
Total Cal...180 Sugars...3g Sodium...270mg
Fiber... 2g Carbs...3g Total Fat...4g
Protein...8g Sat Fat...2g Total Chol...15mg
Trans-fat...0g

Stir-Fried Rice w/ Scallion and Egg

Allergens: Soy, Wheat **V** Serving Size-10 oz.
Total Cal...440 Sugars...12g Sodium...810mg
Fiber... 8g Carbs...67g Total Fat...9g
Protein...25g Sat Fat...1g Total Chol...0mg
Trans-Fat...0g

Cauliflower and Broccoli Florets

Allergens: None **Vg G** Serving Size- 3/4 Cup
Total Cal...15 Sugars...1g Sodium...15mg
Fiber... 1g Carbs...3g Total Fat...0g
Protein...1g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Roasted Green Beans

Allergens: None **Vg G** Serving Size-3/4 cup
Total Cal...35 Sugars...3g Sodium...15mg
Fiber... 3g Carbs...5g Total Fat...0g
Protein...1g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Banana Pecan Whole Grain Pancake

Allergens: Milk, Wheat, Tree Nuts **V**
Serving Size-1 pancake
Total Cal...130 Sugars...3g Sodium...200mg
Fiber... 3g Carbs...24g Total Fat...3.5g
Protein...4g Sat Fat...0g Total Chol...5mg
Trans-Fat...0g

Vegan Lentil Soup

Allergens: Soy **Vg G** Serving Size-8 oz.
Total Cal...80 Sugars...2g Sodium...350mg
Fiber... 3g Carbs...14g Total Fat...0.5g
Protein...3g Sat Fat...0g Total Chol... 0mg
Trans-Fat...0g

Potato and Corn Chowder Soup

Allergens: Wheat, Soy, Milk **V** Serving Size-8 oz.
Total Cal...180 Sugars...5g Sodium...350mg
Fiber... 2g Carbs...22g Total Fat...9g
Protein...5g Sat Fat...5g Total Chol...25mg
Trans-fat...0g

Caramelized Onion/Gouda Grilled Cheese

Allergens: Milk, Wheat, Soy **V**
Serving Size- I Sandwich
Total Cal...360 Sugars...11g Sodium...1010mg
Fiber... 7g Carbs...51g Total Fat...14g
Protein...14g Sat Fat...3g Total Chol...15mg
Trans-Fat...0g

Build Your Own Taco Salad

Topping Choices Will Determine
Final Nutrition of Meal (See nutrition sheet)



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BYO Baked Potato Bar

Kale Crunch Salad **Vg G**

Allergens: None Serving Size: ¼ cup

Total Cal...45	Sugars...4g	Sodium...30mg
Fiber... 1g	Carbs...6g	Total Fat...1g
Protein...1g	Sat Fat...0g	Total Chol...0mg
Trans-fat...0g		

Cheddar Cheese

Allergens: Milk **V G** Serving Size 1 oz.

Total Cal...110	Sugars...0g	Sodium...180mg
Fiber... 0g	Carbs...0g	Total Fat...9g
Protein...7g	Sat Fat...6g	Total Chol... 30mg
Trans-Fat...0g		

Sour Cream

Allergens: Milk **V G** Serving Size 2 Tbsp

Total Cal...60	Sugars...1g	Sodium...10mg
Fiber... 0g	Carbs...2g	Total Fat...5g
Protein...0g	Sat Fat...3.5g	Total Chol...20mg
Trans-Fat...0g		

Tomatoes

Allergens: None **Vg G**  Serving Size 2 oz.

Total Cal...5	Sugars...0.5g	Sodium...0mg
Fiber... 0.5g	Carbs...1g	Total Fat...0g
Protein...0g	Sat Fat...0g	Total Chol...0mg
Trans-Fat...0g		

Salsa

Allergens: None Serving Size 1 oz.

Total Cal...10	Sugars...2g	Sodium...230mg
Fiber... 0g	Carbs...2g	Total Fat01g
Protein...0g	Sat Fat...0g	Total Chol...0mg
Trans-fat...0g		

Black Olives

Allergens: None  Serving Size 1 oz.

Total Cal...15	Sugars...0g	Sodium...150mg
Fiber... 0.5g	Carbs...1g	Total Fat...1.5g
Protein...0g	Sat Fat...0g	Total Chol... 0mg
Trans-Fat...0g		

Roasted Corn Salsa

Allergens: None **Vg**  Serving Size 2 Tbsp.

Total Cal...35	Sugars...1g	Sodium...10mg
Fiber... 1g	Carbs...2g	Total Fat...0g
Protein...1g	Sat Fat...0g	Total Chol...0mg
Trans-Fat...0g		

Onions

Allergens: None  Serving Size 1 oz.

Total Cal...10	Sugars...1g	Sodium...0mg
Fiber... 0g	Carbs...2g	Total Fat...0g
Protein...0g	Sat Fat...0g	Total Chol...0mg
Trans-Fat...0g		



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Tuesday Week 3

Blackened Salmon w/ Pineapple Salsa

Allergens: Fish **G** Serving Size-1 Fillet

Total Cal...280 Sugars...5g Sodium...420mg
Fiber... 0g Carbs...7g Total Fat...15g
Protein...24g Sat Fat...3g Total Chol...60mg
Trans-fat...0g

Kale and Potato Gratin

Allergens: Soy **V** **G** Serving Size-1/2 Cup

Total Cal...110 Sugars...4g Sodium...350mg
Fiber... 2g Carbs...18g Total Fat...3.5g
Protein...6g Sat Fat...0.5g Total Chol... 5mg
Trans-Fat...0g

Malibu Blend Vegetables

Allergens: None **Vg** **G** Serving Size-3/4 cup

Total Cal...50 Sugars...2g Sodium...30mg
Fiber... 4g Carbs...10g Total Fat...1.5g
Protein...2g Sat Fat...1g Total Chol...0mg
Trans-Fat...0g

Apple Raisin Stuffed Pork Loin

Allergens: Soy, Wheat Serving Size-6 oz.

Total Cal...260 Sugars...5g Sodium...150mg
Fiber... 1g Carbs...13g Total Fat...11g
Protein...26g Sat Fat...0g Total
Chol...80mg Trans-Fat...0g

Creole Rice w/ Roasted Tomato

Allergens: Wheat, Milk **V** Serving Size-3/4 cup

Total Cal...210 Sugars...4g Sodium...105mg
Fiber...6g Carbs...36g Total Fat...3g
Protein...8g Sat Fat...1g Total Chol... 5mg
Trans-Fat...0g

Pan-Fried Black-Eyed Peas

Allergens: None **Vg** **G** Serving Size-3/4 cup

Total Cal...30 Sugars...4g Sodium...30mg
Fiber... 3g Carbs...7g Total Fat...0g
Protein...2g Sat Fat...0g Total Chol...0mg
Trans-Fat...0g

Breakfast Hash **G**

Allergens: Milk, Eggs, Soy Serving Size- 6 oz.

Total Cal...270 Sugars...5g Sodium...510mg
Fiber... 2g Carbs...23g Total Fat...15g
Protein...15g Sat Fat...4g Total
Chol...45mg Trans-Fat...0g

Chicken Enchilada Soup

Allergens: Milk, Wheat, Soy Serving Size- 8 oz.

Total Cal...130 Sugars...5g Sodium...580mg
Fiber... 1g Carbs...11g Total Fat...6g
Protein...8g Sat Fat...3g Total Chol...30mg
Trans-Fat...0g

Italian Wedding Soup

Allergens: Soy, Wheat Serving Size-8 oz.

Total Cal...80 Sugars...1g Sodium...350mg
Fiber... 1g Carbs...9g Total Fat...2.5g
Protein...5g Sat Fat...1g Total Chol...10mg
Trans-Fat...0g

Chicken Shawarma w/ Tabbouleh

Allergens: Wheat, Milk, Soy Serving Size- I bowl

Total Cal...350 Sugars...9g Sodium...760mg
Fiber...9g Carbs...42g Total Fat...9g
Protein...27g Sat Fat...2g Total Chol...85mg
Trans-Fat...0g

Tex Mex Barbacoa Sandwich

Allergens: Wheat, Soy, Milk Serving Size- I sandwich

Total Cal...360 Sugars...5g Sodium...780mg
Fiber... 3g Carbs...46g Total Fat...7g
Protein...26g Sat Fat...1.5g Total
Chol...50mg Trans-Fat...0g



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Wednesday Week 3

Cheddar and Herb Crusted Cod

Allergens: Milk, Fish, Wheat **Serving Size-1 Fillet.**
 Total Cal...290 Sugars...1g Sodium...500mg
 Carbs...26g Fiber...0g Total Fat...6g
 Protein...24g Sat Fat...3g Total Chol...55mg
 Trans-fat...0g

Roasted Summer Squash

Allergens: None **Serving Size-3/4 cup**
 Total Cal...40 Sugars...3g Sodium...20mg
 Fiber...2g Carbs...9g Total Fat...0g
 Protein...0g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Mushroom Red Rice Pilaf

Allergens: soy **Serving Size-1/2 cup**
 Total Cal...100 Sugars...1g Sodium...100mg
 Fiber...2g Carbs...18g Total Fat...2g
 Protein...2g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Garlic Chicken with White Wine Sauce

Allergens: Milk **Serving Size- 1 Breast w/ 2 oz. Sauce**
 Total Cal...270 Sugars...2g Sodium...450mg
 Fiber...1g Carbs...10g Total Fat...9g
 Protein...34g Sat Fat...4.5g Total
 Chol...100mg Trans-Fat...0g

Gnocchi w/ Herbed Butter

Allergens: Milk, Wheat **Serving Size-1/2 Cup**
 Total Cal...430 Sugars...9g Sodium...60mg
 Fiber...3g Carbs...63g Total Fat...15g
 Protein...10g Sat Fat...9g Total
 Chol...45mg Trans-Fat...0g

Roasted Broccoli/Carrot with Lemon Sauce

Allergens: None **Serving Size-3/4 cup**
 Total Cal...150 Sugars...4g Sodium...105mg
 Fiber...4g Carbs...12g Total Fat...12g
 Protein...3g Sat Fat...1g Total Chol...0mg
 Trans-Fat...0g

Apple Raisin French Toast Strata

Allergens: Wheat, milk, eggs **Serving Size-144 grams**
 Total Cal...240 Sugars...20g Sodium...270mg
 Fiber...2g Carbs...32g Total Fat...8g
 Protein...11g Sat Fat...3g Total
 Chol...15mg Trans-Fat...0g

Wisconsin Chili Soup

Allergens: Wheat, Soy **Serving Size- 8 oz.**
 Total Cal...120 Sugars...3g Sodium...360mg
 Fiber...4g Carbs...15g Total Fat...3g
 Protein...8g Sat Fat...1g Total
 Chol...10mg Trans-Fat...0g

Broccoli Cheese Soup

Allergens: Soy, Milk **Serving Size-8 oz.**
 Total Cal...160 Sugars...4g Sodium...390mg
 Fiber...2g Carbs...14g Total Fat...9g
 Protein...6g Sat Fat...2g Total
 Chol...10mg Trans-Fat...0g

Philly Beef Sandwich

Allergens: Milk, Soy, Wheat **Serving Size- 1 sandwich**
 Total Cal...350 Sugars...5g Sodium...610mg
 Fiber...3g Carbs...45g Total Fat...5g
 Protein...27g Sat Fat...3g Total
 Chol...55mg Trans-Fat...0g

Grilled Chicken & Spinach Pasta Salad

Allergens: Milk, Wheat **Serving Size-1 salad**
 Total Cal...400 Sugars...5g Sodium...530mg
 Fiber...5g Carbs...31g Total Fat...15g
 Protein...36g Sat Fat...6g Total
 Chol...95mg Trans-Fat...0g



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Thursday Week 3

Chili Lime Tortilla Cod

Allergens: Fish, Milk, Wheat **Serving Size-1 Fillet.**
 Total Cal...280 Sugars...1g Sodium...510mg
 Fiber... 1g Carbs...16g Total Fat...5g
 Protein...28g Sat Fat...1g Total Chol...85mg
 Trans-fat...0g

Southern Style Green Beans

Allergens: None **Serving Size-3/4 cup**
 Total Cal...110 Sugars...2g Sodium...150mg
 Fiber...4g Carbs...9g Total Fat...6g
 Protein...6g Sat Fat...2g Total
 Chol...15mg Trans-Fat...0g

Capri Blend Vegetables

Allergens: None **Vg G** **Serving Size-1/2 Cup**
 Total Cal...45 Sugars...4g Sodium...55mg
 Fiber... 4g Carbs...7g Total Fat...g
 Protein...4g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Pulled Pork Stuffed Sweet Potato

Allergens: Wheat, Milk, Soy **Serving Size-10 oz.**
 Total Cal...350 Sugars...18g Sodium...390mg
 Fiber... 5g Carbs...41g Total Fat...13g
 Protein...15g Sat Fat...5g Total Chol...
 50mg Trans-Fat...0g

Mexican Street Corn

Allergens: Soy, Milk **V G** **Serving Size-3/4 cup**
 Total Cal...170 Sugars...18g Sodium...180mg
 Fiber...5g Carbs...41g Total Fat...13g
 Protein...15g Sat Fat...5g Total Chol...
 50mg Trans-Fat...0g

Black Bean Couscous

Allergens: Wheat, Soy **Vg** **Serving Size-1/2 cup**
 Total Cal...110 Sugars...2g Sodium...130mg
 Fiber... 3g Carbs...21g Total Fat...0g
 Protein...5g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Blueberry Waffle

Allergens: Milk, Soy **Serving Size-1 waffle**
 Total Cal...220 Sugars...12g Sodium...760mg
 Fiber...5g Carbs...47g Total Fat...2g
 Protein...5g Sat Fat...1g Total Chol...5mg
 Trans-fat...0g

Chicken Pot Pie Soup

Allergens: Wheat, Soy, Milk, Eggs **Serving Size-8 oz.**
 Total Cal...140 Sugars...5g Sodium...320mg
 Fiber... 1g Carbs...21g Total Fat...1g
 Protein...11g Sat Fat...0g Total
 Chol...20mg Trans-Fat...0g

Old Fashioned Bean w/ Ham Soup

Allergens: Wheat, Soy **Serving Size-8 oz.**
 Total Cal...90 Sugars...2g Sodium...400mg
 Fiber... 2g Carbs...12g Total Fat...2g
 Protein...6g Sat Fat...0.5g Total Chol...10mg
 Trans-Fat...0g

Sweet and Sour Chicken

Allergens: Soy, Wheat **Serving Size-1 stir fry**
 Total Cal...200 Sugars...17g Sodium...250mg
 Fiber...5g Carbs...28g Total Fat...2.5g
 Protein...20g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Chimichurri Chicken Sandwich

Allergens: Wheat, Soy **Serving Size-1 sandwich**
 Total Cal...440 Sugars...3g Sodium...780mg
 Fiber... 2g Carbs...39g Total Fat...16g
 Protein...36g Sat Fat...3g Total
 Chol...80mg Trans-Fat...0g



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Friday Week 3

West Coast Baked Salmon

Allergens: Milk, Fish, Soy **Serving Size-** I Fillet
 Total Cal...300 Sugars...1g Sodium...270mg
 Fiber... 1g Carbs...4g Total Fat...20g
 Protein...23g Sat Fat...3.5g Total Chol...60mg
 Trans-fat...0g

Roasted California Veg

Allergens: None **Serving Size-** 3/4 cup
 Total Cal...45 Sugars...4g Sodium...50mg
 Fiber... 3g Carbs...8g Total Fat...0.5g
 Protein...2g Sat Fat...0g Total Chol... 0mg
 Trans-Fat...0g

Hearty Grains with Kale

Allergens: Wheat, Soy **Serving Size-** 3/4 Cup
 Total Cal...100 Sugars...2g Sodium...120mg
 Fiber... 2g Carbs...19g Total Fat...1.5g
 Protein...4g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Vegetable Lasagna

Allergens: Milk, Wheat, Soy **Serving Size-** I Piece
 Total Cal...300 Sugars...6g Sodium...380mg
 Fiber... 2g Carbs...27g Total Fat...13g
 Protein...20g Sat Fat...7g Total Chol...
 40mg Trans-Fat...0g

Roasted Green Beans

Allergens: None **Serving Size-** 3/4 cup
 Total Cal...35 Sugars...3g Sodium...15mg
 Fiber...3g Carbs...5g Total Fat...0g
 Protein...1g Sat Fat...0g Total Chol...0mg
 Trans-Fat...0g

Parmesan Garlic Telera Roll

Allergens: Wheat, Milk **Serving Size-** I Piece
 Total Cal...240 Sugars...2g Sodium...400mg
 Fiber... 1g Carbs...24g Total Fat...12g
 Protein...8g Sat Fat...6g Total
 Chol...25mg Trans-Fat...0g

Breakfast Casserole

Allergens: Wheat, Eggs, Milk **Serving Size-** 6 oz.
 Total Cal...190 Sugars...1g Sodium...340mg
 Fiber... 1g Carbs...14g Total Fat...15g
 Protein...8g Sat Fat...8g Total
 Chol...45mg Trans fat...0g

New England Clam Chowder Soup

Allergens: Wheat, Soy, Shell Fish, Milk, Fish
Serving Size- 8oz.
 Total Cal...140 Sugars...4g Sodium...360mg
 Fiber... 1g Carbs...23g Total Fat...1g
 Protein...10g Sat Fat...0g Total
 Chol...35mg Trans-Fat...0g

Chicken Noodle Soup

Allergens: Eggs, Wheat, Soy **Serving Size-** 8 oz.
 Total Cal...80 Sugars...2g Sodium...320mg
 Fiber... 1g Carbs...11g Total Fat...1g
 Protein...7g Sat Fat...0g Total
 Chol...20mg Trans-Fat...0g

Grilled Ginger Sesame Chicken Salad

Allergens: Soy, Tree nuts **Serving Size-** I salad
 Total Cal...180 Sugars...3g Sodium...420mg
 Fiber...3g Carbs...8g Total Fat...4g
 Protein...25g Sat Fat...0.5g Total Chol...0mg
 Trans-Fat...0g

Baked Battered Cod Sandwich

Allergens: Wheat, Milk, Fish **Serving Size-** I Sandwich
 Total Cal...350 Sugars...3g Sodium...960mg
 Fiber...4g Carbs...45g Total Fat...11g
 Protein...17g Sat Fat...0.5 Total
 Chol...25mg Trans-Fat...0g