



	Calories	Fat	Carbohydrates	Protein
BBQ BRISKET W/ CANDIED YAMS	421	17	47	20
Half Carb	256	16	8	20
No Carb	256	16	8	20
Extra Protein	549	25	50	31
Gluten Free	421	17	47	20
BLACK & BLEU STEAK	300	12	15	33
Half Carb	300	12	15	33
No Carb	300	12	15	33
Extra Protein	388	16	16	45
Gluten Free	300	12	15	33
GENERAL TSO'S CHICKEN	399	7	60	24
Half Carb	NOT AVAILABLE			
No Carb	NOT AVAILABLE			
Extra Protein	462	10	60	33
Gluten Free	339	7	52	17
TURKEY TETRAZZINI	422	10	43	40
Half Carb	298	10	15	37
No Carb	298	10	15	37
Extra Protein	492	12	44	52
Gluten Free	298	10	15	37
ENCHILADA W/ CILANTRO CREAM	586	22	59	38
Half Carb	269	13	10	28
No Carb	269	13	10	28
Extra Protein	639	23	60	48
Gluten Free	269	13	10	28
HASHBROWN CASSEROLE	386	22	27	20
Extra Protein	468	28	27	27