

St. Anthony Fryday Fish Dinner

Comprehensive List of Food Values

1. Classic Fish Dinner (Pollock)
2. Batter Dipped Fish Dinner (Pollock)
3. Cajun Style Fish Dinner (Pollock)
4. Lightly Breaded Fish Dinner (Pollock)
5. Baked Fish Dinner (Cod Fish)
6. Shrimp Dinner

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Classic Fish	200	14.0	19.0	10.0	15	460	2.0
French Fries	190	2.0	23.0	10.0	0	360	1.0
Coleslaw	130	1.0	20.0	4.5	5.0	470	2.0
Hush Puppies 2 Ounces	130	3.0	24.0	8.0	500	0	0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Batter Dipped Fish Dinner	280	8.0	26.0	17.0	25	560	0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Cajun Style Fish Dinner	250	6.0	19.0	10.0	15	460	2.0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Lightly Breaded Fish Dinner	230	8.0	19.0	2.0	20	320	0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Baked Fish Dinner	173	25.9	0	1.0	62	88	0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Shrimp Dinner	270	10.0	27.0	14.0	80	530	1.0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Baked Potato	220	4.7	51.0	.2	0	16	4.8

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Green Beans	25	1.0	5.0	0	0	380	2.0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
White Roll	95	3.0	17.0	2.0	0	140	0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Sour Cream	60	1.0	1.0	5.0	20	10	0

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium	Fiber
Squeeze Margarine	80	0	0	8.0	0	95	0



February 19 * February 26 * March 5 * March 12 * March 19 * March 26

St. Anthony Catholic Church – 1000 Sixth Street, Charleston, WV 25302 – 304-342-2716