

Sunday August 28, 2016





Lunch

Chicken Fraiche

Roast Beef









Breaded Shrimp

Red Beans and Rice *Vegan*

| Item | Calories | Sodium | Protein | Fat | Carbs | Cholesterol | Fiber |
|---|----------|--------|---------|-----|-------|-------------|-------|
| Chicken Fraiche  | 300 | 878mg | 28g | 17g | 9g | 85mg | 0g |
| Roast Beef (4 oz)  | 269 | 450mg | 29g | 17g | 0g | 98mg | 1g |
| Breaded Shrimp (3 oz)  | 304 | 570mg | 12g | 16g | 28g | 136mg | 0g |
| Red Beans and Rice  | 100 | 534mg | 5g | 1g | 18g | 0mg | 6g |

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Dinner
 Cheesy Steak
 Lemon Garlic Chicken w/Pasta
 Cheese Ravioli *Lacto Vegetarian*
 Potato Soup *Vegan*

| Item | Calories | Sodium | Protein | Fat | Carbs | Cholesterol | Fiber |
|---|----------|--------|---------|-----|-------|-------------|-------|
| Cheesy Steak  | 390 | 530mg | 30g | 30g | 0g | 113mg | 0g |
| Lemon Garlic Chicken w/Pasta  | 100 | 166 mg | 7g | 4g | 8g | 18mg | 1g |
| Cheese Ravioli (4) with Sauce     | 136 | 620mg | 6g | 4g | 19g | 24mg | 2g |
| Potato Soup   | 143 | 320mg | 4g | 7g | 16g | 0mg | 3g |