

LUNCH

SUNDAY, FEBRUARY 8, 2026

CHICKEN FRAICHE



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 300 | 878mg | 28g | 17g | 9g | 85mg | 0g |

ROAST BEEF



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 269 | 450mg | 29g | 17g | 0g | 98mg | 1g |

BREADED SHRIMP

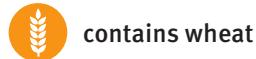


| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 260 | 750mg | 9g | 15g | 12g | 65mg | 0g |

RED BEANS AND RICE



| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
|----------|--------|---------|-----|-------|-------------|-------|
| 120 | 534mg | 5g | 3g | 18g | 0mg | 6g |



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen

DINNER

SUNDAY, FEBRUARY 8, 2026

sesame

POLISH SAUSAGE W/ONIONS & PEPPERS



CALORIES
512

SODIUM
1150mg

PROTEIN
18g

FAT
36g

CARBS
29g

CHOLESTEROL
70mg

FIBER
1g

CHILI

CALORIES
146

SODIUM
560mg

PROTEIN
14g

FAT
6g

CARBS
9g

CHOLESTEROL
32mg

FIBER
1g

3-BEAN CHILI



CALORIES
115

SODIUM
625mg

PROTEIN
6g

FAT
0g

CARBS
23g

CHOLESTEROL
0mg

FIBER
5g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergens