

LUNCH

SUNDAY, SEPTEMBER 12, 2021

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
304	570mg	12g	16g	28g	136mg	0g


RED BEANS AND RICE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	534mg	5g	1g	25g	0mg	6g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen

DINNER

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THAI PORK



CALORIES 339	SODIUM 350mg	PROTEIN 29g	FAT 23g	CARBS 10g	CHOLESTEROL 106mg	FIBER 0g
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MEXICAN CRISPITOS (2) W/ RICE



CALORIES 527	SODIUM 560mg	PROTEIN 20g	FAT 19g	CARBS 69g	CHOLESTEROL 30mg	FIBER 3g
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MEXICAN STEW



CALORIES 145	SODIUM 430mg	PROTEIN 6g	FAT 0g	CARBS 30g	CHOLESTEROL 0mg	FIBER 6g
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contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen