

LUNCH

SUNDAY, NOVEMBER 16, 2025

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, NOVEMBER 16, 2025

THAI PORK



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
339	350mg	29g	23g	10g	106mg	0g

MEXICAN CRISPITOS (2) W/ RICE



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

CREAMY VEGETABLE POT PIE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
320	370mg	6g	18g	33g	0mg	3g



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contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen