

LUNCH

SUNDAY, JANUARY 18, 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, JANUARY 18, 2026

CHICKEN TETRAZZINI



CALORIES
422

SODIUM
389mg

PROTEIN
25g

FAT
18g

CARBS
40g

CHOLESTEROL
65mg

FIBER
2g

sesame in bun

BBQ PORK SANDWICH



CALORIES
410

SODIUM
970mg

PROTEIN
25g

FAT
14g

CARBS
46g

CHOLESTEROL
85mg

FIBER
1g

sesame in bun

SWEET & SAVORY BBQ SANDWICH



CALORIES
228

SODIUM
750mg

PROTEIN
18g

FAT
4g

CARBS
30g

CHOLESTEROL
0mg

FIBER
6g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen