

Sunday September 25, 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

Sunday September 25, 2016








Dinner

Sloppy Joes

Chicken & Stuffing w/Gravy

Rice Primavera *Lacto Vegetarian*

Vegan Sloppy Joes *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Sloppy Joes 	300	540mg	20g	10g	33g	37mg	1g
Chicken & Stuffing w/Gravy  	275	650mg	18g	9g	30g	35mg	1g
Rice Primavera  	225	520mg	10g	7g	30g	14mg	2g
Vegan Sloppy Joes  	242	675mg	11g	6g	36g	0mg	3g