





# Sunday October 2, 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

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Dinner

Chicken Crepes

Salisbury Steak

Baked Potato Casserole *Lacto Vegetarian*

Succotash *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Crepes  	290	550mg	15g	12g	30g	45mg	2g
Salisbury Steak  	375	750mg	25g	26g	10g	100mg	0g
Baked Potato Casserole  	210	750mg	8g	12g	17g	20mg	3g
Succotash 	132	400mg	5g	0g	28g	0mg	4g