DINNER

WEDNESDAY, NOVEMBER 18, 2026

MAPLE PECAN CHICKEN

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	150mg	22g	17g	15g	105mg	0g

CREOLE CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
267	750mg	15g	15g	18g	40mg	2g

SAUSAGE ETOUFFEE

V A coconut oil/pea protein

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
260	850mg	16g	17g	10g	0mg	2g

contains wheat
contains egg
contains milk
VG vegetarian
V vegan
contains pork
contains fish
contains shellfish
contains nuts
A ask about allergen