

LUNCH

SUNDAY, APRIL 5, 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	22g	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

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CHEESY STEAK


CALORIES 390	SODIUM 530mg	PROTEIN 30g	FAT 30g	CARBS 0g	CHOLESTEROL 113mg	FIBER 0g
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LEMON GARLIC CHICKEN W/ PASTA

CALORIES 496	SODIUM 375mg	PROTEIN 27g	FAT 28g	CARBS 34g	CHOLESTEROL 145mg	FIBER 2g
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SPICY LENTIL W/ KALE & SWEET POTATO

CALORIES 200	SODIUM 312mg	PROTEIN 10g	FAT 2.5g	CARBS 34g	CHOLESTEROL 0mg	FIBER 8g
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 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen