

LUNCH

SUNDAY, JANUARY 29, 2023

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
304	570mg	12g	16g	28g	136mg	0g

RED BEANS AND RICE



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
130	534mg	5g	1g	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 29, 2023

GALLOWAY CASSEROLE



CALORIES
361

SODIUM
1185mg

PROTEIN
21g

FAT
25g

CARBS
13g

CHOLESTEROL
84mg

FIBER
1g

CHICKEN STEW



CALORIES
142

SODIUM
250mg

PROTEIN
10g

FAT
6g

CARBS
12g

CHOLESTEROL
27mg

FIBER
2g

BLACK BEAN STEW



CALORIES
125

SODIUM
473mg

PROTEIN
7g

FAT
1g

CARBS
22g

CHOLESTEROL
0mg

FIBER
3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen