LUNCH

SUNDAY, JANUARY 29, 2023

CHICKEN FRAICHE



CALORIES 300

SODIUM 878mg

PROTEIN 28g

FAT 17g **CARBS** 9g

CHOLESTEROL 85mg

FIBER 0g

ROAST BEEF





CALORIES 269

SODIUM 450mg

PROTEIN 29g

FAT 17g **CARBS** 0g

CHOLESTEROL 98mg

FIBER 1g

BREADED SHRIMP





CALORIES 304

SODIUM 570mg

PROTEIN 12g

FAT 16g CARBS 28g

CHOLESTEROL 136mg

FIBER 0g

RED BEANS AND RICE



CALORIES 130

SODIUM 534mg

PROTEIN 5g

FAT 1**g**

CARBS 18g

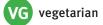
CHOLESTEROL 0mg

FIBER 6g

contains wheat



















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 7**g**

FAT 1g

CARBS 22g

CHOLESTEROL 0mg

FIBER 3g

contains wheat

















