

# LUNCH

## SUNDAY, FEBRUARY 15, 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	12g	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

SUNDAY, FEBRUARY 15, 2026

## CHICKEN SPAGHETTI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
345	540mg	22g	15g	30g	60mg	2g

## PORK EGG ROLL



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
165	363mg	7g	13g	12g	49mg	1g

## VEGETABLE EGG ROLL



sesame

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	450mg	4g	5g	23g	5mg	2g

## SPICY LENTIL W/ KALE & SWEET POTATO



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



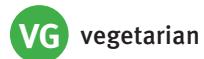
contains wheat



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contains milk



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contains nuts



ask about allergen