

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



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



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen