

LUNCH

SUNDAY, SEPTEMBER 24, 2017

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	25g	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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SLOPPY JOES

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
300	540mg	20g	10g	33g	37mg	1g

CHICKEN & STUFFING W/ GRAVY

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
275	650mg	18g	9g	30g	35mg	1g

WHITE BEAN & CORN CHOWDER



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
190	186mg	10g	6g	24g	9mg	3g

VEGAN SLOPPY JOES

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
242	675g	11g	6g	36g	0mg	3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen