LUNCH

SUNDAY, MAY 11, 2025

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 260

SODIUM 750mg

PROTEIN 9g

FAT 15g CARBS 12g

CHOLESTEROL 65mg

FIBER 0g

RED BEANS AND RICE



CALORIES 120

SODIUM 534mg

PROTEIN 5g

FAT 3g

CARBS 18g

CHOLESTEROL 0mg

FIBER 6g

contains wheat







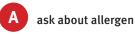












DINNER

SUNDAY, MAY 11, 2025

CHICKEN SPAGHETTI





CALORIES 345

SODIUM 540mg

PROTEIN 22g

FAT 15g **CARBS** 30g

CHOLESTEROL 60mg

FIBER 2g

SALISBURY STEAK





CALORIES 375

SODIUM 750mg

PROTEIN 25g

FAT 26g

CARBS 10g

CHOLESTEROL 100mg

FIBER 0g

BAKED LAYERED POLENTA





CALORIES 178

SODIUM 485mg

PROTEIN 10g

FAT 10g **CARBS** 12g

CHOLESTEROL 21mg

FIBER 4g

BLACK BEAN STEW



CALORIES 121

SODIUM 473mg

PROTEIN 7g

FAT 1g

CARBS 21g

CHOLESTEROL 0mg

FIBER 7g

contains wheat

















