

LUNCH

SUNDAY, MAY 10, 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, MAY 10, 2026

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

BLACK BEAN STEW



CALORIES
121

SODIUM
473mg

PROTEIN
7g

FAT
1g

CARBS
21g

CHOLESTEROL
0mg

FIBER
7g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen