

LUNCH

SUNDAY, FEBRUARY 25, 2018

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

SUNDAY, FEBRUARY 25, 2018

CHICKEN & DUMPLINGS

| | | | | | | |
|------------------------|------------------------|-----------------------|-------------------|---------------------|----------------------------|--------------------|
| CALORIES 332 | SODIUM 775mg | PROTEIN 17g | FAT 19g | CARBS 21g | CHOLESTEROL 65mg | FIBER 0g |
|------------------------|------------------------|-----------------------|-------------------|---------------------|----------------------------|--------------------|

SALISBURY STEAK

| | | | | | | |
|------------------------|------------------------|-----------------------|-------------------|---------------------|-----------------------------|--------------------|
| CALORIES 375 | SODIUM 750mg | PROTEIN 25g | FAT 26g | CARBS 10g | CHOLESTEROL 100mg | FIBER 0g |
|------------------------|------------------------|-----------------------|-------------------|---------------------|-----------------------------|--------------------|

BAKED POTATO CASSEROLE

| | | | | | | |
|------------------------|------------------------|----------------------|-------------------|---------------------|----------------------------|--------------------|
| CALORIES 210 | SODIUM 750mg | PROTEIN 8g | FAT 12g | CARBS 17g | CHOLESTEROL 20mg | FIBER 3g |
|------------------------|------------------------|----------------------|-------------------|---------------------|----------------------------|--------------------|

SUCCOTASH

| | | | | | | |
|------------------------|------------------------|----------------------|------------------|---------------------|---------------------------|--------------------|
| CALORIES 132 | SODIUM 400mg | PROTEIN 5g | FAT 0g | CARBS 28g | CHOLESTEROL 0mg | FIBER 4g |
|------------------------|------------------------|----------------------|------------------|---------------------|---------------------------|--------------------|



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