

# LUNCH

SUNDAY, MARCH 8, 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, MARCH 8, 2026

## CHICKEN JAMBALAYA W/ RICE



<b>CALORIES</b> 245	<b>SODIUM</b> 355mg	<b>PROTEIN</b> 13g	<b>FAT</b> 8g	<b>CARBS</b> 30g	<b>CHOLESTEROL</b> 30mg	<b>FIBER</b> 1g
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## THAI PORK



<b>CALORIES</b> 339	<b>SODIUM</b> 350mg	<b>PROTEIN</b> 29g	<b>FAT</b> 23g	<b>CARBS</b> 10g	<b>CHOLESTEROL</b> 106mg	<b>FIBER</b> 0g
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## CAJUN SAUTE



<b>CALORIES</b> 145	<b>SODIUM</b> 150mg	<b>PROTEIN</b> 5g	<b>FAT</b> 4g	<b>CARBS</b> 20g	<b>CHOLESTEROL</b> 0mg	<b>FIBER</b> 4g
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