

LUNCH

SUNDAY, OCTOBER 19, 2025

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, OCTOBER 19, 2025

sesame in bun

SLOPPY JOES

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

BALSAMIC CHICKEN W/ ROASTED VEGETABLES

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
185	315mg	23g	8g	5g	105mg	3g

BROCCOLI & CHEESE BAKED POTATO CASSEROLE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	145mg	8g	11g	28g	20mg	2g

sesame in bun

SWEET & SAVORY SLOPPY JOES

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
263	715mg	15g	3g	44g	0mg	4g

 contains wheat

 contains egg

 contains milk

 vegetarian

 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen