

# LUNCH

SUNDAY, NOVEMBER 10, 2024

## 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

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## GALLOWAY CASSEROLE



CALORIES  
361

SODIUM  
1185mg

PROTEIN  
21g

FAT  
25g

CARBS  
13g

CHOLESTEROL  
84mg

FIBER  
1g

## CHICKEN STEW



CALORIES  
142

SODIUM  
250mg

PROTEIN  
10g

FAT  
6g

CARBS  
12g

CHOLESTEROL  
27mg

FIBER  
2g

## SPAGHETTI BASIL BAKE



CALORIES  
283

SODIUM  
300mg

PROTEIN  
16g

FAT  
15g

CARBS  
21g

CHOLESTEROL  
225mg

FIBER  
2g

## BLACK BEAN STEW



CALORIES  
125

SODIUM  
473mg

PROTEIN  
7g

FAT  
1g

CARBS  
22g

CHOLESTEROL  
0mg

FIBER  
3g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen