

LUNCH

SUNDAY, MAY 8, 2022

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, MAY 8, 2022

CHICKEN CREPES



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
290	550mg	15g	12g	30g	45mg	2g

SALISBURY STEAK



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

BLACK BEAN STEW



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
121	473mg	7g	1g	21g	0mg	7g

