

LUNCH

WEDNESDAY, AUGUST 16, 2017

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

SPINACH PASTA SALAD

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
240	381mg	9g	9g	32g	6mg	3g

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

WEDNESDAY, AUGUST 16, 2017

BURRITOS



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
357	1213mg	21g	12g	39g	48mg	3g

CHICKEN TETRAZZINI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
422	389mg	25g	18g	40g	65mg	2g

VEGETABLE TETRAZZINI



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
245	308mg	10g	7g	35g	5mg	4g

BEAN & VEGETABLE BURRITO



CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
325	588g	13g	5g	57g	0mg	8g



contains wheat



contains egg



contains milk



vegetarian



vegan



contains pork



contains fish



contains shellfish



contains nuts



ask about allergen