





Sunday September 11, 2016

Lunch

Chicken Fraiche
Roast Beef
Breaded Shrimp
Red Beans and Rice *Vegan*

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Chicken Fraiche 	300	878mg	28g	17g	9g	85mg	0g
Roast Beef (4 oz) 	269	450mg	29g	17g	0g	98mg	1g
Breaded Shrimp (3 oz) 	304	570mg	12g	16g	28g	136mg	0g
Red Beans and Rice 	100	534mg	5g	1g	18g	0mg	6g

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Dinner

Cheesy Steak

Glazed Chicken over Rice

Italian Tomato & Pasta Salad Lacto Vegetarian

Potato Chili Vegan

Item	Calories	Sodium	Protein	Fat	Carbs	Cholesterol	Fiber
Cheesy Steak 	390	530mg	30g	30g	0g	113mg	0g
Glazed Chicken over Rice 	270	600 mg	20g	6g	34g	45mg	2g
Italian Tomato & Pasta Salad   	245	250mg	8g	6g	40g	0mg	1g
Potato Chili 	135	420mg	4g	2g	25g	0mg	6g