

LUNCH

SUNDAY, APRIL 28, 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 |
| 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, APRIL 28, 2024

SLOPPY JOES

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

CHICKEN & STUFFING W/ GRAVY

| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 275 | 650mg | 18g | 9g | 30g | 35mg | 1g |

SOUTHWEST SWEET POTATO BAKE


| | | | | | | |
|----------|--------|---------|-----|-------|-------------|-------|
| CALORIES | SODIUM | PROTEIN | FAT | CARBS | CHOLESTEROL | FIBER |
| 315 | 950mg | 11g | 10g | 45g | 20mg | 4g |

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