

# LUNCH

SUNDAY, NOVEMBER 24, 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

SUNDAY, NOVEMBER 24, 2024

## CHICKEN SPAGHETTI

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
345	540mg	22g	15g	30g	60mg	2g

## PORK EGG ROLL

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
165	363mg	7g	13g	12g	49mg	1g

## VEGETABLE EGG ROLL sesame


CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
140	450mg	4g	5g	23g	5mg	2g

## GREEN LENTIL DAL W/RICE

CALORIES	SODIUM	PROTEIN	FAT	CARBS	CHOLESTEROL	FIBER
152	144mg	7g	1g	30g	0mg	6g

 contains wheat

 contains egg

 contains milk

 vegetarian


 vegan

 contains pork

 contains fish

 contains shellfish

 contains nuts

 ask about allergen