

DINE OUT CLUB MENU



Francoeur's Cafe

BREAKFAST + LUNCH

488 South Main Street, Manchester, NH

Tuesday-Friday: 7:00am - 1:30pm

603-206-5329 | francoeurscafe.com

Our mission is to continue the classic New England tradition of diner fare with a home-like atmosphere.



MEALS on WHEELS HILLSBOROUGH COUNTY

For more information on how Meals on Wheels serves our community, please visit: hcmow.org or scan QR code

- Home Delivery
- Community Dining
- Activities & Special Events
- Volunteer Opportunities
- Nutrition Education

Please donate directly to Meals on Wheels. Checks may be mailed to:
46 Milford St. Manchester, NH 03102 603-424-9967



Nutrient totals are approximate & do not include personal choice items. Product & recipes may change without notice.

A Meals on Wheels dietitian is available to address inquiries.

You may take leftovers, but takeout is not allowed.



Meals are served with water, tea or coffee

Substitutions are not permitted. You may order from the regular menu at your own expense.

- #1 2 Eggs, Bacon & Beans** Served with fruit salad, wheat toast & 1% milk
calories 681 | sodium 893mg | carbs 92gm
- #2 Florentine Benedict** English muffin topped with 2 poached eggs, spinach, tomatoes & hollandaise sauce. Served with pan fries & fruit parfait
calories 618 | sodium 546mg | carbs 83gm
- #3 Oats & Eggs** Bowl of oatmeal & 2 eggs scrambled with sautéed mushrooms & spinach, sliced avocado & pepper jack cheese. Served with fruit salad, wheat toast & 1% milk
calories 650 | sodium 484mg | carbs 79gm
- #4 Scrambler with Homemade Sausage** 2 eggs scrambled with homemade sausage, mushrooms, onions, spinach, tomato & pepper jack cheese. Served with pan fries, fruit salad, wheat toast & 1% milk
calories 730 | sodium mg 629 | carbs 94gm
- #5 Chorizo Quesadilla** 1 egg, homemade chorizo, onion, peppers & pepper jack cheese with lettuce & tomato on the side. Served with pan fries & fruit salad
calories 748 | sodium mg 955 | carbs 106gm

**Please remember: Tip for the restaurant is not included.
Meals are valued at \$12.00**

- #6 Chicken Club** Grilled chicken, bacon, avocado, lettuce, tomato & Swiss cheese on marble rye. Served with homemade baked beans & fruit salad
calories 704 | sodium 844mg | carbs 90gm
- #7 Tuna Salad Sandwich on Wheat & Spinach Salad** Baby spinach, tomatoes, avocado & crumbled feta. Served with strawberries & 1% milk
calories 699 | sodium 1123mg | carbs 56gm
- #8 ½ Chicken Club & Cup of Clam Chowder** Chicken, bacon, lettuce, tomato & Swiss cheese on marble rye. Served with fruit parfait & oyster crackers
calories 717 | sodium 856mg | carbs 81gm
- #9 Chicken Strawberry Spinach Salad** Avocado, toasted walnuts & feta with balsamic glaze on the side. Served with wheat bread or toast & 1% milk
calories 710 | sodium 557mg | carbs 74gm

***You may support the Dine Out Club program by donating
directly to Meals on Wheels of Hillsborough County.***