

# DINE OUT CLUB MENU



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.*



For more information on how Meals on Wheels serves our community, please visit: [hcmow.org](http://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:  
395 DW Highway, PO Box 910, Merrimack, NH 03054 | 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 & 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 & 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 \$13.00**

- #6 Chicken Club** Grilled chicken, 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 & 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, 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.***