

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

You can donate directly to Meals on Wheels through our donation boxes in our Dine Out Club restaurants or checks may be mailed to:

46 Milford St. Manchester, NH | 603-424-9967



- *Nutrient totals are approximate and do not include personal choice items like butter, condiments, or dressing.*
- *Product and recipes may change without notice. Ask your server for a detailed nutrient menu.*
- *A Meals on Wheels nutritionist 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

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

Like the Dine Out Club? Consider making a donation. Every \$5 raised covers the cost of 1 meal.

You can donate on our website or any dining location.