



**JUST
ADD
FORK**

NUTRITIONAL GUIDE

MENU ITEM	CONTAINS	MAY CONTAIN	Calories	Fat (g)	Carb (g)	Prot (g)	Fat Cals	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Fiber (g)	Sugar (g)
BLACKENED PESTO SALMON	FISH, WHEAT, GLUTEN, MILK	PEANUT, SOY	460	15	54	29	140	0	0	65	740	7	2
CHICKEN ALFREDO	WHEAT, GLUTEN, MILK, SOY		600	27	54	31	240	11	0	90	970	3	5
CHICKEN BACON RANCH BOWL	MILK, EGG		490	30	31	25	270	7	0	85	1290	5	4
CHICKEN CARNITAS TACOS	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY		640	25	70	30	220	9	0	95	1780	6	15
CHICKEN PARMESAN	WHEAT, GLUTEN, MILK		580	20	60	35	180	8	0	90	1200	3	12
CHICKEN PESTO ALFREDO	WHEAT, GLUTEN, MILK, SOY	PEANUT	450	18	42	29	160	7	0	75	820	6	3
CHICKEN PROTEIN BOWL	MILK, SOY		510	21	48	32	190	9	0	95	1220	7	9
CLASSIC LASAGNA	WHEAT, GLUTEN, MILK, SOY		430	19	41	25	170	9	0	50	1430	5	16
CLASSIC POT ROAST	MILK		370	22	22	20	200	9	0	85	1330	3	3
FIRE ROASTED PORK LOIN	MILK, EGG, FISH, TREE NUT, WHEAT, GLUTEN, PEANUT, SOY		310	13	25	24	110	3	0	60	860	2	3
GRILLED ALASKAN SALMON	FISH, MILK		300	12	23	26	110	4.5	0	85	860	4	2
MEATLOAF	WHEAT, GLUTEN, SOY, MILK		540	20	64	29	180	8	0	55	1810	7	19
MEDITERRANEAN CHICKEN	MILK		410	16	41	26	140	7	0	90	660	1	1
PASTA WITH MEATBALLS	WHEAT, GLUTEN, MILK, EGG, SOY		660	24	72	38	220	8	0	100	1420	8	11
PHILLY BOWL	SOY, WHEAT, GLUTEN, MILK		330	12	33	22	100	4.5	0	50	1210	4	7
STEAK PROTEIN BOWL	MILK, SOY		550	28	40	34	250	13	0	110	1110	6	8
TRI-TIP STEAK WITH ROASTED POTATOES	MILK, EGG, FISH, TREE NUT, SOY, WHEAT, GLUTEN, PEANUT		440	24	27	26	210	11	0	90	1150	5	2