



NUTRITIONAL GUIDE

MENU ITEM	CONTAINS	Calories	Fat (g)	Carb (g)	Prot (g)	Fat Cals	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Fiber (g)	Sugar (g)
Alfredo Pasta	WHEAT, GLUTEN, MILK, SOY	580	29	61	16	260	12	0	50	690	1	5
Chicken Alfredo	WHEAT, GLUTEN, MILK, SOY	700	33	62	35	300	13	0	100	810	1	5
Chicken Carnitas Stuffed Pepper	MILK, SOY, SHELLFISH	370	17	33	21	150	6	0	75	910	5	6
Chicken Carnitas Tacos	MILK, SOY, WHEAT, GLUTEN	560	26	53	29	230	10	0	95	1440	3	14
Chicken Enchiladas	MILK, SHELLFISH, SOY, WHEAT, GLUTEN	620	33	44	36	290	14	0	125	1890	3	9
Chicken Parmesan	WHEAT, GLUTEN, MILK	620	20	66	40	180	7	0	85	840	3	10
Chicken Pasta Salad	WHEAT, GLUTEN, MILK.	490	17	51	33	150	4.5	0	65	930	5	16
Chicken Pesto Tortellini	WHEAT, GLUTEN, MILK, EGG, SOY	680	33	57	37	300	14	0	115	1050	2	5
Chicken Protein Bowl	MILK, SOY	440	16	49	27	140	6	0	65	800	7	9
Classic Pot Roast	SOY, WHEAT, GLUTEN, MILK	390	16	35	24	140	7	0	70	1400	5	7
Grilled Alaskan Salmon	FISH, MILK	310	10	28	25	90	3.5	0	80	710	4	2
Pasta with Meatballs	WHEAT, GLUTEN, MILK, EGG, SOY	570	17	73	28	150	5	0	65	1100	5	10
Pecan Smoked BBQ Baby Backs	MILK	770	45	43	46	410	19	0	180	1970	4	18
Southern-Style Meatloaf	WHEAT, GLUTEN, SOY, MILK	430	15	48	27	130	7	0	50	1430	6	12
Steak Protein Bowl	MILK, SOY	450	18	51	23	160	7	0	50	1030	7	10
Teriyaki Chicken over Cauliflower Rice	SOY, WHEAT, GLUTEN	270	4	30	26	35	1	0	50	1440	5	17
Teriyaki Salmon	FISH, SOY, WHEAT, GLUTEN.	250	4.5	24	26	40	0	0	65	1210	4	13