

Nutrition Facts



Nutrition Facts (Based on 2000 Calories)

Menu	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Sugar (g)
Japanese Curry Chicken	160	806	6.11	14.8	624	2.67
Cajun Fish	165	5	3	29	328	0
Beef Fajita with Wrap	393	38	9	40	449	7
Chinese BBQ Pork	520	12	35	25	343	12
Roasted Chicken with Garlic and Rosemary	250	5	33	17	629	2
Brown Rice	124	26	1	3	39	1
Baked Macaroni with Cheese	401	23.3	29.1	18.5	450	4.6
Steamed Vegetable Dumpling	45	0	8	2	80	0
Shanghai Fried Noodle	205	29	22	7	467	5
Mashed Potato with Gravy	126	12	8	3	265	1
Sauteed Cabbage & Carrot	73	4	9	2	94	3
Steamed Broccoli, Carrot & Cauliflower	55	12	3	3	260	5
Steamed Corn, Carrot & Green Peas	104	0	24	4	56	6
Sauteed Chinese Green Vegetables	105	3.8	15.4	4.3	0	0
Steamed Broccoli & Carrot	21	12	0	4	262	5

* ALL DATA FOR REFERENCE ONLY