

# Nutrition Facts



## Nutrition Facts ( Based on 2000 Calories)

Menu	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Sugar (g)
Chicken Burrito	363	14.6	16.1	40.8	214	1.3
Roasted Beef with Mushroom Sauce	146	8	10	11	740	4
Fish Burger	120	6	12	7	410	1
Chicken Adobo	107	4.93	2.48	11.88	392	0.86
Pepperoni Pizza	210	6	29	10	580	1
Mexican Rice	291	11	42.4	4.8	1096	2
Mashed Potato	256	14.62	27.76	4.43	823	4.7
Macaroni Salad with Carrot, Corn & Peas	300	19	27	5	790	8
Brown Rice	215	1.74	44.42	4.99	587	0.68
Cucumber & Egg Sushi Roll	37	0.11	7.77	1.12	155	1.63
Sautéed Broccoli & Carrot	113	4.08	18.11	4.87	492	6.58
Sauteed Spinach	66	2.8	4.3	121	4.9	0.5
Sauteed Broccoli	31	0.34	6.04	2.57	30	1.55
Stir-Fried Chinese Green Vegetable	105	3.8	15.4	4.3	0	0
Cucumber & Cherry Tomato Salad	188	15.7	10.56	0.81	339	8

\* ALL DATA FOR REFERENCE ONLY