

Nutrition Facts



Nutrition Facts (Based on 2000 Calories)

Menu	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Sugar (g)
Chicken Tarragon	478	18	1	30	568	2
Pork Bulgogi	362	5.3	11.8	10.4	429	5
Chicken Quesadilla	525	13	50	47	825	3
Tandoori Fish	245	2.3	3.6	25	322	3
Baked Chicken with Mushroom Skillet	242	5	13	28	433	1
Penne with Potato and Pesto	430	13	52	11.3	387	1
Corn Rice	112	19	4	9.5	187	2
Mexican Rice	291	11	42.4	4.8	1096	2
Bombay Potato	57	12	1	2	201	1
Fusilli with Tomato Sauce	206	1.17	41.56	7.56	412	6.35
Steamed Corn, Carrot & Green Peas	104	0	24	4	56	6
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 Mixed Vegetables	139	6	23	223	4	0
Oriental Cooked Vegetables	77	3.42	9.82	3.26	331	3.56

* ALL DATA FOR REFERENCE ONLY