

Nutrition Facts



Nutrition Facts (Based on 2000 Calories)

Menu	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Sugar (g)
Gongbao Chicken	434	30.6	11.37	28.97	896	3.79
Beef Bolognese	406	4	46	26	251	2
Ham & Cheese Croissant	426	39	24	15	847	9
Cajun Fish	165	5	3	29	328	0
Roasted Chicken with Rosemary & Garlic	250	5	33	17	629	2
Brown Rice	124	26	1	3	39	1
Fusilli with Olive Oil & Garlic	250	8	38	8	700	2
Sweet Potato Wedges	105	15	3	1	37	3
Baked Macaroni with Cheese	401	23.3	29.1	18.5	450	4.6
Potato Gratin	206	14	13	10	180	3
Sauteed Sweet Potato Leaves	104	19	5	4	206	0
Steamed Corn, Carrot & Green Peas	104	0	24	4	56	6
Steamed Broccoli & Carrot	21	12	0	4	262	5
Steamed Broccoli, Carrot & Cauliflower	55	12	3	3	260	5
Sauteed Mixed Vegetables	139	6	23	223	4	0

* ALL DATA FOR REFERENCE ONLY