

Nutrition Facts



Nutrition Facts (Based on 2000 Calories)

Menu	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Sugar (g)
Portuguese Chicken Curry	181	6	6	24	212	1
Beef Lasagna	366	28	13	28	297	6
Chicken Fajita Wrap	305	16	4.2	27	413	4
Fish Fingers with Tartar Sauce	116	10	6	2	170	1
Black Pepper Chicken	283	32	13	38	316	8.3
Brown Rice	124	26	1	3	39	1
Roasted Potato	227	4	36	596	7	3
Baked Pizza Pasta	283	44	8	10	124	1
Egg Fried Rice	233	17	13	14	338	2
Mashed Beans	171	28	3	11	298	1
Sauteed Chinese Cabbage	92	6	7	2	212	2
Sauteed Chinese Green Vegetables	81	4	10	2	292	2
Steamed Corn, Carrot & Green Peas	104	0	24	4	56	6
Steamed Broccoli & Carrot	113	4.08	18.11	4.87	492	6.58
Sauteed Spinach	66	2.8	4.3	121	4.9	0.5

* ALL DATA FOR REFERENCE ONLY