

NUTRITIONAL VALUE CHART FOR ENTREES

ITEM		CAL.	PROTEIN	FAT	CARBS	FIBER	SUGAR	SODIUM	SAT.FAT.	CHOL
ITEM	AMOUNT	(kcal)	(g)	(g)	(g)	(g)	(g)	(g)	(g)	(mg)
BAKED COD	6 OZ.	120	27	1	0	0	0	370	0	55
BEEF AND BEAN BURRITO	2 PCS.	647	24.17	29.92	72.5	7.75	2.44	1211	10.96	61.25
BEEF AND BROCOLLI										
BEEF LIVER	4 OZS.	150	23	4	4	0	0	80	1.5	310
BEEF RAVIOLI	5 OZ.	300	13	9	41	2	3	420	3.5	65
BEEF STEW	12 OZ.	213	21	4	21	1	5	680	0	3
BEEF STROGANOFF	12 OZ.	439	5	28	3	0.29	1	469	110	142
BEEF TIPS BURGANDY	12 OZ.	407	40	24	5.35	0.2	0.74	350	9.5	126
BONELESS TURKEY BREAST	4 OZ.	130	21	4.5	1	0	1	690	1.5	60
BROWN GRAVY	2 OZ.	200	8	0	32	0	0	429	0	0
CAJUN GRILLED CHICKEN	5 OZ.	150	33	2	0	0	0	92	0.5	95
CAT FISH - BAKED	7 OZ.	192	28	10	0	0	0	297	10	105
CAT FISH - FRIED	7 OZ.	854	40	51	57	5.5	0	161	22	101
CHEESE RAVIOLI	5 OZ.	280	13	8	42	3	3	240	3.5	70
CHICKEN AND DUMPLINGS	14 OZ.	390	29	10	45	10	6	1230	4	45
CHICKEN BREAST	5 OZ.	150	33	2	0	0	0	92	0.5	95
CHICKEN BREAST/ BONE IN	9 OZ.	260	29	16	0	0	0	70	5	95
CHICKEN ENCHILATAS(11OZS)	2 PCS.	323	40	16	10	1.5	3	1183	7	112
CHICKEN FRIED STEAK	1 PC.	390	15	21	34	1	0	1030	21	50
CHICKEN POT PIE										
CHICKEN TENDERS	6 OZ.	293	21	12	30	3	0	1267	2	53
CHICKEN TERIYAKI	5 OZ.	195	16	2	10	0	9	1022	0.5	95
CHICKEN WINGS	16OZ/4PC	1120	84	72	0	0	0	320	20	340
CHICKEN/M/R/TOM/GP/ON	9 OZ.	174	34	3	4	1	4	218	0.5	95
CHOPPED STEAK	8 OZ.	670	39	57	0	0	0	120	19	160
DRESSING - UNCLE BENS	2.5 OZ.	82	2.5	<1	15.62	<1	1.875	468	0	0
GRILLED SALMON FILET	4 OZ.	140	22.5	4	0	0	0	65	1	70
HERBED BAKED CHICKEN BR.	6 OZ.	180	39	2	0	0	0	110	0.5	95
LASAGNA	10 OZ.	392	31	12	44	4.68	8	759	5.41	44
LEMON PEPPER CHICKEN	5 OZ.	150	26	2	0	0	6.72	92.4	0.5	95
MEATLOAF	6 OZ.	376	36	23	3	0.41	0.75	410	8.7	141

PIT HAM	4 OZ.	160	17	9	1.33	0	1.33	1280	3.33	60
PORK BBQ	4 OZ.	230	25	8	13	1	0	482	0	65
PORK FRIED RICE	13 OZ.	343	16	8	36	1.25	2	768	3	4.35
PORK GRAVY	2 OZ.	200	8	0	32	0	0	429	0	0
PORK LOIN ROAST	4 OZ.	140	22	5	0	0	0	300	1.5	65
PORK TENDERLOIN	4 OZ.	179	16	3.75	0	0	0	0	3	0
RAVIOLOI	9 PCS.	280	13	8	42	3	3	240	3.5	70
RIGATONI/M/R/E/P&TOM.	12 OZ.	235	9	2.5	47	6.3	8.3	319	0.02	0
ROAST BEEF	4 OZ.	254	39	9	2.66	0	0	73	2.66	179
SALISBURY STEAK	6 OZ.	376	36	23	3	0.41	0.75	410	8.7	141
SALMON PATTIES	6 OZ.	200	11	7	24	2	1	257	1.5	89
SANTA FE CHICKEN	8 OZ.	220	36	15	4	0.75	1.835	182	2.5	95
SMOKY MTN. CHICKEN	6.5 OZ.	228	34.75	4.25	12	0	11	467	1.75	102.5
SPAGETTI MEATBALLS	3 OZ.	250	13	26	7	1	0	540	8	45
SPAGETTI NOODLES	8 OZ.	220	8	1.29	43	2.5	0.78	325	0.245	0
SPAGETTI SAUCE / NO MEAT	4 OZ.	80	3	0	14	3	6	500	0	0
TACO SALAD BAR	16 OZ.	1061	63	69	48.5	3.8	6.43	1948	17	223
TALAPIA - BAKED	6 OZ.	147	32	2	0	0	0	83	1	83
TANGY PINEAPPLE CHICKEN	8 OZ.	191	33	2	10	<1	9	141	0.5	95
TUNA STEAK	4 OZ.	120	27	1	0	0	0	40	0	0
TURKEY GRAVY	2 OZ.	200	8	0	32	0	0	429	0	0
VEAL PARMESAN	6.5 OZ.	371	21	26	18	3	2	765	13	49
VEGETABLE LASAGNA	8 OZ.	320	14	15	33	4	3	850	8	50