



Nutritional Information

Beef

Menu Item	Calories	Fat	Carbs	Portion Size
Spaghetti & Meatballs	379	13.3g	46.18g	3 Meatballs
Savory Beef with Gravy	380	15g	16.23g	4 Patties
Meatloaf	220	13.08g	7.04g	1 Med Slice

Pork

Menu Item	Calories	Fat	Carbs	Portion Size
Pork Loin	422	24.9g	0	6 oz

Chicken

Menu Item	Calories	Fat	Carbs	Portion Size
Honey Chili Glazed Chicken	235	1g	16.23g	6 oz
Garlic Chicken	227	9.75g	2g	6 oz
Chicken with Poblano Sauce	228	4.68g	2g	6 oz
Chicken Marsala	269	12g	11g	6 oz
Chicken with Artichoke & Capers	347	6.3g	15.3g	6 oz
Chicken Caprese with Zoodle Pasta	437	12.5g	17.7g	6 oz
Chicken Roulade	463	20.2g	9.9g	6 oz

Seafood

Menu Item	Calories	Fat	Carbs	Portion Size
Tarragon Pangasius	330	17g	6g	6 oz.
Pangasius with Garlic Shrimp Sauce	400	27g	1.7g	6 oz.
Honey Chili Glazed Shrimp	170	1g	15g	6 oz.
Shrimp Fried Rice	410	13g	54g	6 oz.
Pangaisius with Corn & Pepper Salsa	350	16.9g	35g	6 oz.

Casseroles

Menu Item	Calories	Fat	Carbs	Portion Size
Chicken & Rice Bake	148	3.94g	11.66g	8 oz.
King Ranch Chicken	460	33.4g	15.3g	8 oz.
Chicken Spaghetti	460	33.4g	15.3g	8 oz.
Baked Chicken Alfredo	320	7.98g	44g	8 oz.
Creamy Chicken Verde Bake	460	33.4g	15.3g	8 oz.
Spaghetti Squash Primavera	189	1.9g	15g	8 oz.
Italian Sausage Casserole	374	3.98g	32.09g	8 oz.
Mac N' Cheese	422	30.17g	25g	8 oz.
Add Ground Beef	181	12.6g	0g	4 oz.
Add Smoked Sausage	110	10.25g	.78g	4 oz.
Add Chicken	82.5	1.75g	0g	4 oz.
Add Veggie	71	2.2g	4g	4 oz.

Side Dishes

Menu Item	Calories	Fat	Carbs	Portion Size
Smashed Red Potatoes	85	1g	18g	1/2 c
Vegetable Medley	70	3.4g	10g	1/2 c
Cilantro Lime Couscous	87	.125g	18.14g	1/2 c
Roasted Broccoli	47	.34g	6.04g	1/2 c
Sauteed Green Beans	46	2.83g	.25g	1/2 c
Lemon Basil Quinoa	122	2.2g	21g	1/2 c
Mushroom Quinoa	142	4.28g	25.1g	1/2 c
Sweet Potato Smash	200	4.5g	38g	1/2 c
Roasted Candied Carrots	90	3g	15g	1/2 c
Jasmine Rice	160	0g	36g	1/2 c
Spaghetti Squash	90	4.1g	10.08g	1/2 c
Cilantro Lime Rice	168	2g	36g	1/2 c
Southwest Quinoa	183	10g	51g	1/2 c
Oven Roasted Herb Potatoes	101	2g	22.2g	1/2 c
Sauteed Spinach	26	.39g	4.39g	1/2 c
Peas	88	.3g	16.2g	1/2 c
Asparagus	25	0.2g	4.7g	1/2 c
Baby Lima's	143	.4g	26.4g	1/2 c
Sauteed Cabbage	33	.6g	7.2g	1/2 c
Edamame	167	7.7g	12.5g	1/2 c
Sauteed Cauliflower	26	.5g	4.7g	1/2 c
Summer Skillet	116	5.1g	14.2g	1/2 c
Mashed Potatoes	160	8g	20g	1/2 c
Mini French Baguette	220	1g	48g	1 Baguette