

The following nutrition analysis is provided as an estimate and not intended to be an exact representation of individual nutrient intake.

ENTREES

MENU ITEM	SERVING SIZE	CALORIES	PROTEIN (g)	CHO (g)	TOTAL FAT (g)
BAKED CHICKEN	2 pc	368	39	0	22
BAKED FISH	4 oz.	162	26	0	6
BAKED HAM	4 oz.	229	29	0	12
BBQ SPARE RIBS	4 oz.	339	23	9	23
BEEF LASAGNA	1 c.	350	19	40	13
BEEF RAVIOLI	1 c.	270	8	40	9
BEEF STEW	1 c.	215	19	17	8
BEEF STROGANOFF	8 oz	333	41	11	12
CANTONESE PORK RIBS	4 oz	293	21	7	20
CHICKEN CACCIATORE	2 pcs	456	42	21	23
CHICKEN CORDON BLEU	1 pc.	370	28	14	23
CHICKEN FAJITA	2 each	449	32	56	10
CHILI MACARONI	1 c.	264	18	34	7
CHILI W/ BEANS	1 c.	286	24	30	9
CREOLE MACARONI	1 c.	267	18	32	8
GARDEN LASAGNA	1 pc.	360	13	35	19
GRILLED PORK CHOP	3 oz.	286	29	0	18
HERBED BAKED CHICKEN	2 pcs	370	39	1	22
LEMON BAKED FISH	4 oz.	154	26	0	5
MEATLOAF	4 oz.	229	22	7	12
PEPPER STEAK	8 oz.	328	44	10	12
ROAST BEEF	4 oz.	276	39	0	12
ROAST PORK	4 oz.	282	31	0	16
ROAST TURKEY	4 oz.	293	35	6	14
SALISBURY STEAK	1 each	220	17	11	12
SPAGHETTI & MEAT SAUCE	1 c.	441	26	63	10
SPANAKOPITA	6 oz.	585	18	51	38
STUFFED CABBAGE	2 each	325	27	25	13
STUFFED SALMON	4.4 oz	300	16	16	18
TACO, BEEF	2 each	443	32	21	26
TEMPURA FISH	4 oz.	180	11	17	7
TERIYAKI CHICKEN	2 pcs	416	42	6	22
TUNA NOODLE CASSEROLE	1 c.	305	24	25	12
TURKEY ALA KING	1 c.	212	18	18	7
TURKEY TETRAZZINI	1c.	277	23	22	10
YANKEE POT ROAST	4 oz.	479	41	10	30

VEGETABLES

MENU ITEM	SERVING SIZE	CALORIES	PROTEIN (g)	CHO (g)	FAT (g)
CORN O'BRIEN	3/4 c.	136	4	26	4
CORN-ON-THE-COB	1 ear	123	4	29	1
GREEN BEANS	1/2 c.	20	1	4	0
GREEN BEANS W/MUSHROOMS	1/2 c.	52	2	6	3
GREEN PEAS	1/2 c.	69	5	13	<1
HARVARD BEETS	1/2 c.	36	1	8	0
MEXICAN CORN	3/4 c.	117	4	25	2
MIXED VEGETABLES	1/2 c.	52	3	11	<1
PEAS & CARROTS	1/2 c.	92	4	12	1
PEAS & ONIONS	1/2 c.	87	5	15	1
SOUTHERN-STYLE GREENS	1/2 c.	107	8	7	6
STIR-FRY VEGETABLES	1/2 c.	61	3	11	1
STEAMED BROCCOLI	1/2 c.	26	3	5	0
STEAMED CARROTS	1/2 c.	36	1	8	0
STEAMED CAULIFLOWER	1/2 c.	18	1	3	0
STEAMED PEAS	1/2 c.	69	5	13	0
STEAMED SPINACH	1/2 c.	23	3	4	0
WAXED BEANS	1/2 c.	20	1	0	4
WHOLE KERNEL CORN	1/2 c.	67	3	13	<1

SALADS

BLACK BEAN SALAD	1/2 c.	135	7.5	27	<1
CARROT-RAISIN SALAD	1/2 c.	95	1	11	6
COUNTRY-STYLE TOMATO SALAD	1/2 c.	53	1	8	2
ITALIAN PASTA SALAD	1/2 c.	157	6	15	8
MACARONI SALAD	1/2 c.	141	3	20	6
POTATO SALAD	1/2 c.	165	1.5	7.5	11
WALDORF SALAD	1/2 c.	119	1	10	9

STARCHES

BAKED POTATOES	1 each	146	3	34	0
BROWN RICE	1/2 c.	107	2	23	1
CORNBREAD DRESSING	4 oz.	200	6	28.5	7
EGG NOODLES	1/2 c.	110	3.5	20	2
GLAZED SWEET POTATO	1/2 c.	176	1	34	4
HOT POTATO SALAD	2/3 c.	168	3	26	6
MASHED POTATOES	1/2 c.	119	2	16	6
OVEN-GLOW POTATOES	1/2 c.	130	2	23	4
POTATO WEDGES	4 each	105	2	23	1
RICE PILAF	3/4 c.	201	4	37	4
SAVORY FRIED RICE	1/2 c.	170	4	30	4
SPANISH RICE	3/4 c.	153	4	31	2

STEAMED RICE	1/2 c.	105	3	26	<1
WILD RICE	1/2 c.	170	4	30	4

SOUPS

MENU ITEM	SERVING SIZE	CALORIES	PROTEIN (g)	CHO (g)	FAT (g)
BEAN W/ HAM SOUP	1c.	140	8	23	1
CHICKEN GUMBO	1c.	90	6	13	2
CHICKEN NOODLE	1c.	100	3	16	2.5
CHICKEN SOUP W/ RICE	1c.	250	14	15	10
CREAM OF POTATO	1c.	190	4	21	11
MINISTRONE SOUP	1c.	90	4	14	2.5
NEW ENGLAND CLAM CHOWDER	1c.	180	5	23	8
PORTUGUESE BEAN SOUP	1c.	140	5	16	6
RED BEANS & RICE	1c.	140	6	28	0
TORTILLA SOUP	1 c.	150	5	19	6
VEGETABLE BEEF	1c.	80	4	13	1.5
VEGETABLE BEEF BARLEY	1c.	80	3	16	1

DESSERTS

APPLE CRISP	1 pc	244	2	42	8
APPLE PIE	1 slice	363	3	51	17
BANANA CAKE	1 pc	306	3	54	9
BOSTON CREAM PIE	1 slice	330	4	57	10
CARROT CAKE	1 pc	308	4	51	11
CHERRY CHEESECAKE	1pc	393	6	40	24
CHERRY CRISP	1pc	232	2	39	8
CHOCOLATE CAKE	1 pc	345	3	56	13
CHOCOLATE CHIP COOKIES	2 each	266	3	30	15
CHOCOLATE CREAM PIE	1 slice	333	5	43	16
COCONUT CREAM PIE	1 slice	355	4	48	17
ECLAIRS	1 each	139	3	10	10
FRENCH APPLE PIE	1 slice	439	4	64	20
BROWNIES	1 each	232	5	50	4
HAWAIIAN FRUIT CAKE	1 pc	170	3	24	7
MARBLE CAKE	1 pc	321	4	50	13

OATMEAL RAISIN COOKIES	2 each	125	2	22	5
PEACH PIE	1 slice	374	4	54	17
PEANUT BUTTER PIE	1 pc	440	9	50	24
PINEAPPLE UPSIDE-DOWN CAKE	1 pc	341	4	52	14
SPICE CAKE	1 pc	337	4	50	14
STRAWBERRY SHORTCAKE	1 pc	293	4	47	10