

Item Name	Unit	Calories (Kcal)	Fat (g)	Saturated fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sug (g)	Vit D (mcg)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Soy	Egg	Dairy	Peanut	Shellfish	Tree Nut	Wheat	Fish	Gluten	Sesame
Baked Spaghetti	Serving	1110	69.0	37.0	0.0	190	3588	77	8.0	26	0	0	34	1495	3	101	x	x				x		x		
BBQ Chicken Breast	Serving	1071	41.0	20.0	0.0	232	2044	114	5.8	72	0	0	70	459	5	559	x	x				x		x		
Chicken Tender Dinner	Serving	1234	75.0	11.0	0.0	111	2674	102	12.3	34	0	0	58	884	6	1214		x				x		x		
Fish Dinner Battered	Serving	849	19.0	7.0	0.0	88	1417	91	7.0	16	0	0	23	84	2	1416		x				x	x	x		
Smoked Gouda Mac & Cheese Dinner	Serving	774	27.2	15.9	0.0	81	1371	112	8.4	14	0	0	29	441	4	1572	x	x				x		x		
Meatloaf Dinner	Serving	1189	52.8	19.1	0.0	191	2391	127	8.6	32	0	0	49	135	6	1346	x	x				x		x		
Miso Glazed Salmon Bowl	Serving	672	27.0	7.0	0.0	118	1857	65	8.7	25	0	0	53	242	2	536	x		x			x	x	x	x	
Monterey Chicken	Serving	1072	62.9	15.1	0.0	177	2412	74	8.9	13	0	0	67	310	4	1430		x								
Pork chop Dinner, Simply	Serving	766	37.0	13.9	0.0	133	1187	63	7.0	8	0	0	52	146	3	1214										
Pot Roast Dinner	Serving	665	32.0	19.1	0.0	129	1143	68	7.0	8	0	0	40	84	2	1214	x					x		x		
Salmon Dinner	Serving	833	48.2	8.9	0.0	110	758	63	6.9	7	0	0	46	124	1	1214	x						x			
Seafood Combo Dinner	Serving	1293	38.8	8.9	0.0	130	4899	148	11.7	53	0	0	35	113	1	1439	x			x		x	x	x		
Shrimp Dinner	Serving	877	33.9	5.0	0.0	77	4100	130	12.2	44	0	0	27	133	1	1214	x			x		x		x		
Spaghetti & Meatball	Serving	579	23.7	2.1	0.0	38	2437	80	9.8	27	0	0	21	138	1	153	x		x			x		x		
Strip Steak Dinner	Serving	732	22.7	9.3	0.0	169	412	63	7.0	8	0	0	75	197	3	2013										
Strip Steak Peppercorn	Serving	780	22.7	9.3	0.0	169	1310	72	7.0	12	0	0	75	197	3	2013	x					x		x		
Strip Steak w/Kent. Bourb	Serving	784	22.7	9.3	0.0	169	7562	75	7.0	18	11	0	75	197	3	2014	x					x		x		
Teriyaki Bowl, Veggie	Serving	504	28.8	7.1	0.0	13	1712	58	5.5	21	0	0	10	76	<1	163	x		x			x		x		x
Teriyaki Bowl, Chicken	Serving	720	33.2	7.6	0.0	84	3033	73	5.5	32	0	0	37	76	2	164	x		x			x		x		x
Teriyaki Bowl, Salmon	Serving	889	45.2	10.1	0.0	118	2694	73	5.5	32	0	0	48	116	1	163	x		x			x	x	x	x	
Teriyaki Bowl, Shrimp	Serving	770	37.8	8.6	0.0	65	3187	91	6.5	32	0	0	22	111	1	163	x		x		x		x	x	x	
Teriyaki Bowl, Steak	Serving	714	33.3	8.4	0.0	75	2899	74	6.0	32	0	0	35	416	3	2	x		x			x		x	x	
Italian Stuffed Pepper Dinner	Serving	1259	71.1	31.6	0.0	177	4022	101	12.4	39	0	0	62	116	1	558		x				x		x		

All percentages represent US Reference Daily Intakes (RDI) for a 2000 Calories/day diet.

Fat Free is defined as having less than .5 grams of fat per serving. Low Fat is between .5 and 3 grams of fat per serving.

NUTRITIONAL INFORMATION

Nutritional information and values provided are estimates only. The nutritional values we provide are derived using an industry standard database but do not account for natural variability that occurs with our ingredients, variations that occur due to the hand-prepared nature of each item or variations that may occur due to substitutions that our guests request. Please understand that the Company makes no representation or warranty regarding the information regarding the nutritional information provided.

Revised 09/2024