

DINNERS

Nutritional Information

	Serving Size	Calories	Fat	Sat. Fat	Chlor.	Sodium	Carbs	Sugars	Protein
Chicken - Fried	3 pieces	490	34	10	170	310	2	0	42
Chicken - Grilled	1 breast	270	7	2	145	550	0	0	51
Chicken - Monterey	1 breast	760	15	6	170	1110	89	8	67
Chicken Strips	3 strips	470	27	4.5	75	1070	26	2	32
Chopped Steak	1 dinner	590	44	18	150	640	3	1	43
Fish & Chips - no roll	1 dinner	810	34	6	75	1800	87	16	40
Fried Clams	1 dinner	610	37	8	45	1940	55	4	17
Lasagna	1 dinner	420	23	12	90	1190	26	14	27
Meatloaf	1 dinner	450	16	6	70	1090	55	48	21
Perch	1 dinner	280	8	1.5	65	1320	28	1	22
Prime Rib	1 dinner	730	51	22	175	1440	3	0	40
Shrimp	1 dinner	420	10	1.5	75	1060	64	8	20
Turkey Dinner	1 dinner	450	6	1.5	115	1010	55	4	43

Allergens

	WHEAT	SOY	MILK	EGG	FISH	TREE NUTS	PEANUTS	SHELLFISH	NO ALLERGENS
Chicken - Fried	WHEAT	SOY							
Chicken - Grilled									NO ALLERGENS
Chicken - Monterey			MILK						
Chicken Strips	WHEAT								
Chopped Steak	WHEAT		MILK						
Fish & Chips	WHEAT		MILK	EGG	FISH				
Fried Clams	WHEAT	SOY	MILK					SHELLFISH	
Lasagna	WHEAT		MILK	EGG					
Meatloaf	WHEAT	SOY	MILK	EGG					
Perch	WHEAT		MILK	EGG	FISH				
Prime Rib	WHEAT	SOY							
Shrimp	WHEAT	SOY	MILK					SHELLFISH	
Turkey Dinner	WHEAT	SOY	MILK						

All products are made in a facility that processes food containing all eight primary allergens.