

NUTRITIONAL VALUES



FOOD

	CALS (KCAL)	FAT (G)	SATFAT (G)	TRANSFAT (G)	CHOL (MG)	SOD (MG)	CARB (G)	TOTFIB (G)	SUGAR (G)	PROT (G)
BAKED FETA PASTA	1450	59	28	0	155	4520	169	11	24	61
CRISPY LEMON CHICKEN WITH ARUGULA	1350	100	49	2.5	280	2080	69	4	14	48
CHOPPED ITALIAN SANDWICH	980	76	22	0	125	3080	46	8	4	26
CREAMY SHRIMP SCAMPI PASTA	2170	157	99	3	600	2210	137	1	10	45
CAJUN CHICKEN PASTA	1800	91	51	0.5	360	4590	174	3	18	65
FRIED LASAGNA	410	20	7	0.5	45	1250	40	5	13	18
BEST PASTA EVER	1650	87	51	0	280	2300	172	11	18	45
ITALIAN STUFFED BREAD	630	37	13	0	85	2000	40	5	3	33
PASTA CHIPS & DIP	810	25	11	0.5	60	3060	117	5	7	29
BEVERAGES										
COKE	140	0	0	0	0	45	39	0	39	0
DIET COKE	0	0	0	0	0	30	0	0	0	0
SPRITE	140	0	0	0	0	65	38	0	38	0
PEPSI	150	0	0	0	0	30	41	0	41	0
DIET PEPSI	0	0	0	0	0	35	0	0	0	0
STARRY	150	0	0	0	0	35	39	0	39	0

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ALLERGENS



BAKED FETA PASTA

**CRISPY LEMON CHICKEN
WITH ARUGULA**

CHOPPED ITALIAN SANDWICH

**CREAMY SHRIMP
SCAMPI PASTA**

CAJUN CHICKEN PASTA

FRIED LASAGNA

BEST PASTA EVER

ITALIAN STUFFED BREAD

PASTA CHIPS & DIP

	EGG	FISH	MILK	PEANUT	SESAME SEED	SHELLFISH	SOY	TREE NUTS	WHEAT
BAKED FETA PASTA		•						•	
CRISPY LEMON CHICKEN WITH ARUGULA	•	•		•		•		•	
CHOPPED ITALIAN SANDWICH	•	•						•	
CREAMY SHRIMP SCAMPI PASTA		•			•			•	
CAJUN CHICKEN PASTA	•	•		•		•		•	
FRIED LASAGNA	•	•		•		•		•	
BEST PASTA EVER		•						•	
ITALIAN STUFFED BREAD		•						•	
PASTA CHIPS & DIP		•						•	

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