

Entrees	Nutritional Information														Allergens										
	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Sesame Seeds	Mustard
Sweet & Sour Pork	5oz	280	17	4.5	0.1	45	110	18	0	17	14	4	30	2	6				✓		✓	✓		✓	
Sweet & Sour Pork	6oz	340	20	5	0.1	55	130	21	0	21	16	6	35	2	6				✓		✓	✓		✓	
Sweet & Sour Pork	7oz	390	24	6	0.1	65	150	25	0	24	19	6	45	2	8				✓		✓	✓		✓	
Sweet & Sour Pork	16oz	900	54	14	0.3	150	350	56	1	55	44	15	100	4	15				✓		✓	✓		✓	
Honey Garlic Chicken	5oz	300	11	1.5	0.2	65	560	35	0	30	15	2	4	2	6				✓		✓	✓		✓	
Honey Garlic Chicken	6oz	360	14	2	0.2	80	680	42	0	36	18	2	6	2	8				✓		✓	✓		✓	
Honey Garlic Chicken	7oz	420	16	2	0.2	90	790	48	0	42	20	2	6	2	10				✓		✓	✓		✓	
Honey Garlic Chicken	16oz	960	36	5	0.5	210	1800	111	1	95	47	6	15	4	20				✓		✓	✓		✓	
Mixed Vegetables	5oz	120	9	1	0.1	0	490	8	2	4	3	15	60	4	4						✓				✓
Mixed Vegetables	6oz	150	11	1	0.2	0	580	10	2	5	3	20	70	4	4						✓				✓
Mixed Vegetables	7oz	170	13	1.5	0.2	0	680	11	3	5	4	25	60	4	6						✓				✓
Mixed Vegetables	16oz	390	29	3	0.4	0	1560	26	6	12	9	50	180	10	15						✓				✓
Orange Chicken	5oz	320	12	2	0.1	65	420	27	0	21	15	2	8	2	6				✓		✓	✓		✓	
Orange Chicken	6oz	380	15	2	0.2	80	500	32	0	25	17	2	8	2	8				✓		✓	✓		✓	
Orange Chicken	7oz	440	17	2.5	0.2	90	590	38	1	29	20	2	10	2	10				✓		✓	✓		✓	
Orange Chicken	16oz	1010	40	6	0.4	205	1360	87	1	67	46	6	25	4	20				✓		✓	✓		✓	
Lemon Chicken	5oz	230	12	1.5	0	65	200	15	0	9	14	2	10	0	6		✓		✓		✓	✓			
Lemon Chicken	6oz	280	15	2	0	80	240	18	0	10	17	2	10	2	8		✓		✓		✓	✓			
Lemon Chicken	7oz	320	17	2.5	0	90	280	21	0	12	20	2	15	2	10		✓		✓		✓	✓			
Lemon Chicken	16 oz	740	39	6	0	210	640	48	0	28	46	5	35	5	30		✓		✓		✓	✓			
Hunan Beef	5oz	210	16	2	0	15	370	7	1	3	9	10	40	2	10		✓				✓				
Hunan Beef	6oz	250	20	2.5	0	15	440	8	1	3	11	15	50	2	15		✓				✓				
Hunan Beef	7oz	290	23	3	0	20	510	9	1	4	13	15	60	4	15		✓				✓				
Hunan Beef	16oz	670	53	7	0	50	1170	21	10	10	30	35	138	10	40		✓				✓				
Honey Lemon Chicken	5oz	300	12	1	0	0	140	51	1	46	0.4	0	20	0	0		✓		✓		✓	✓			
Honey Lemon Chicken	6oz	360	14	1.5	0	0	145	61	1	55	0.4	0	25	0	0		✓		✓		✓	✓			
Honey Lemon Chicken	7oz	420	17	1.5	0	0	150	71	1	64	1	0	25	0	0		✓		✓		✓	✓			
Honey Lemon Chicken	16oz	960	39	4	0	0	350	163	10	147	3	0	58	0	0		✓		✓		✓	✓			
Black Mushroom Tofu	5oz	170	11	1	0	0	300	9	2	5	10	4	15	25	35		✓				✓				
Black Mushroom Tofu	6oz	200	13	1.5	0	0	360	11	2	6	12	4	15	30	40		✓				✓				
Black Mushroom Tofu	7oz	230	15	1.5	0	0	420	12	3	7	14	4	20	35	45		✓				✓				
Black Mushroom Tofu	16oz	530	35	4	0	0	960	28	10	16	32	10	46	80	110		✓				✓				
Managolian Beef	5oz	290	23	3	0.5	15	440	11	1	6	8	15	8	2	6					✓				✓	
Managolian Beef	6oz	350	28	3.5	0.5	15	520	13	2	8	10	20	8	2	8					✓				✓	
Managolian Beef	7oz	410	33	4	0.5	20	610	16	2	9	11	25	10	2	8					✓				✓	
Managolian Beef	16oz	940	75	9	1.5	45	1400	36	5	20	26	50	25	6	20					✓				✓	

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Garlic Green Beans	5oz	120	7	0.5	0	0	890	12	3	6	3	8	35	2	6
Garlic Green Beans	6oz	140	8	1	0	0	1060	15	3	7	4	10	40	4	6
Garlic Green Beans	7oz	160	9	1	0	0	1240	17	4	8	4	10	50	4	8
Garlic Green Beans	16oz	370	21	3	0	0	2840	39	10	19	10	23	115	10	20
Honey Garlic Ribs	5oz	380	20	7	0	65	530	36	0	36	13	0	0	2	6
Honey Garlic Ribs	6oz	450	24	8	0	75	630	44	0	43	15	0	2	4	6
Honey Garlic Ribs	7oz	530	28	10	0	90	730	51	0	50	18	0	2	4	8
Honey Garlic Ribs	16oz	1220	64	23	0	210	1670	117	0	115	42	0	5	10	20
Green Bean Chicken	5oz	260	22	2	0.4	20	310	6	2	3	11	6	15	2	6
Green Bean Chicken	6oz	310	26	2.5	0.5	25	380	7	2	4	13	6	20	2	6
Green Bean Chicken	7oz	360	31	2.5	0.5	30	440	8	2	4	15	8	25	4	8
Green Bean Chicken	16oz	830	70	6	1.5	70	1000	19	6	10	34	15	60	8	20
Breaded Butterfly Shrimp	5oz	50	5	0.3	0	25	0	3	0	0	2	0	0	0	2
Breaded Butterfly Shrimp	6oz	70	7	0.5	0	35	0	4	0	0	3	0	0	0	4
Breaded Butterfly Shrimp	7oz	90	9	0.5	0	45	0	5	0	0	4	0	0	0	4
Breaded Butterfly Shrimp	16oz	210	21	2	0	110	0	12	0	0	10	0	0	0	10
General Tso Chicken	5oz	380	22	3	0.3	30	840	34	0	12	12	2	8	2	6
General Tso Chicken	6oz	460	26	4	0.4	35	1005	40	0	14	14	2	8	2	8
General Tso Chicken	7oz	530	30	4	0.4	40	1170	47	0	16	15	2	10	2	10
General Tso Chicken	16oz	1430	83	11	1	110	3165	128	0	45	45	6	25	4	20
Ginger Beef	5oz	350	22	2.5	0.2	40	670	28	0	7	13	15	8	2	6
Ginger Beef	6oz	420	26	3	0.2	50	800	33	0	8	15	20	10	2	8
Ginger Beef	7oz	490	30	3.5	0.3	60	930	39	0	10	18	20	10	2	8
Ginger Beef	16oz	1320	82	9	0.7	150	2530	105	0	26	48	50	30	8	20
Kung Pao Chicken	5oz	390	23	3	0.4	30	920	34	0	13	12	2	8	2	6
Kung Pao Chicken	6oz	470	27	3.5	0.5	40	1100	41	0	15	14	2	10	2	8
Kung Pao Chicken	7oz	540	32	4	0.6	40	1280	47	0	18	16	2	10	2	8
Kung Pao Chicken	16oz	1470	86	11	1.5	110	3460	128	0	48	45	8	30	8	20
Black Pepper Chicken	5oz	160	10	1.5	0	25	640	8	1	4	8	0	2	2	10
Black Pepper Chicken	6oz	190	13	1.5	0	30	760	10	1	5	10	0	2	2	10
Black Pepper Chicken	7oz	220	14	2	0	35	890	11	1	6	11	0	2	2	10
Black Pepper Chicken	16oz	600	37	5.5	0	95	2410	30	3	15	30	0	10	10	40
Chicken and Broccoli	5oz	160	9	1	0	30	560	8	5	3	3	15	40	4	4
Chicken and Broccoli	6oz	190	11	1	0	35	670	10	6	3	4	20	50	4	4
Chicken and Broccoli	7oz	220	13	1.5	0	40	780	11	7	4	5	20	50	6	8
Chicken and Broccoli	16oz	600	34	4	0	110	2110	30	18	11	11	40	150	10	10
Chicken and Green Beans	5oz	150	9	1	0	25	560	10	2	3	8	15	60	4	4
Chicken and Green Beans	6oz	180	11	1	0	30	670	11	2	3	10	20	70	4	4
Chicken and Green Beans	7oz	210	13	1.5	0	35	780	14	3	4	11	20	80	6	6
Chicken and Green Beans	16oz	570	34	4	0	90	2110	38	8	11	30	40	220	10	10

	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Sesame Seeds	Mustard
Garlic Green Beans		✓				✓	✓			
Garlic Green Beans		✓				✓	✓			
Garlic Green Beans		✓				✓	✓			
Garlic Green Beans		✓				✓	✓			
Honey Garlic Ribs						✓				
Honey Garlic Ribs						✓				
Honey Garlic Ribs						✓				
Honey Garlic Ribs						✓				
Green Bean Chicken						✓			✓	
Green Bean Chicken						✓			✓	
Green Bean Chicken						✓			✓	
Green Bean Chicken						✓			✓	
Breaded Butterfly Shrimp					✓		✓			
Breaded Butterfly Shrimp					✓		✓			
Breaded Butterfly Shrimp					✓		✓			
Breaded Butterfly Shrimp					✓		✓			
General Tso Chicken				✓		✓	✓		✓	
General Tso Chicken				✓		✓	✓		✓	
General Tso Chicken				✓		✓	✓		✓	
General Tso Chicken				✓		✓	✓		✓	
Ginger Beef				✓		✓	✓		✓	
Ginger Beef				✓		✓	✓		✓	
Ginger Beef				✓		✓	✓		✓	
Ginger Beef				✓		✓	✓		✓	
Kung Pao Chicken				✓		✓	✓		✓	
Kung Pao Chicken				✓		✓	✓		✓	
Kung Pao Chicken				✓		✓	✓		✓	
Kung Pao Chicken				✓		✓	✓		✓	
Black Pepper Chicken						✓	✓		✓	
Black Pepper Chicken						✓	✓		✓	
Black Pepper Chicken						✓	✓		✓	
Black Pepper Chicken						✓	✓		✓	
Chicken and Broccoli						✓	✓		✓	
Chicken and Broccoli						✓	✓		✓	
Chicken and Broccoli						✓	✓		✓	
Chicken and Broccoli						✓	✓		✓	
Chicken and Green Beans						✓	✓		✓	
Chicken and Green Beans						✓	✓		✓	
Chicken and Green Beans						✓	✓		✓	
Chicken and Green Beans						✓	✓		✓	

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
Chicken with Mushrooms	5oz	150	10	1	0	25	730	8	1	4	8	10	20	4	4
Chicken with Mushrooms	6oz	180	12	1	0	30	870	10	1	5	10	10	20	4	4
Chicken with Mushrooms	7oz	210	14	1.5	0	35	1000	11	1.5	6	10	10	30	6	6
Chicken with Mushrooms	16oz	570	38	4	0	90	2750	30	4	15	30	40	80	20	20
Black Pepper Beef	5oz	180	13	1.5	0	15	590	9	1	4	8	15	8	2	6
Black Pepper Beef	6oz	220	15	1.5	0	15	710	10	1	5	10	15	10	2	8
Black Pepper Beef	7oz	250	18	2	0	20	820	12	1.5	6	10	20	10	4	10
Black Pepper Beef	16oz	680	48	5	0	50	2200	33	4	15	30	50	30	8	20
Beef and Broccoli	5oz	190	12	1.5	0	15	560	10	1	4	8	15	40	4	4
Beef and Broccoli	6oz	230	14	1.5	0	15	670	12	1	5	10	20	40	4	4
Beef and Broccoli	7oz	270	17	2	0	20	780	14	1.5	6	10	20	60	6	6
Beef and Broccoli	16oz	720	45	6	0	60	2110	38	4	15	30	40	150	20	20
Beef and Green Beans	5oz	180	13	1.5	0	15	560	10	1	4	8	15	60	4	4
Beef and Green Beans	6oz	220	16	1.5	0	15	670	12	1	5	10	20	70	4	4
Beef and Green Beans	7oz	250	18	2	0	20	780	14	1.5	6	11	20	80	6	5
Beef and Green Beans	16oz	680	49	6	0	60	2110	38	4	15	30	40	220	20	20
Salt and Pepper Fish	5oz	150	7	1	0.1	125	830	10	0	0	13	8	15	4	4
Salt and Pepper Fish	6oz	180	8	1	0.1	150	990	12	1	1	15	10	20	6	4
Salt and Pepper Fish	7oz	210	9	1	0.2	175	1160	14	1	1	18	10	20	6	4
Salt and Pepper Fish	16oz	570	26	4	0.3	470	3130	37	0	0	50	30	60	20	20
Chop Suey	5oz	140	10	1	0	0	510	11	3	3	2	15	60	4	4
Chop Suey	6oz	170	12	1	0	0	610	13	4	4	2	10	70	4	4
Chop Suey	7oz	200	14	1.5	0	0	710	15	4	4	4	20	80	6	6
Chop Suey	16oz	530	38	3.5	0	0	1920	41	11	11	8	40	220	20	20

Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Sesame Seeds	Mustard
					✓	✓		✓	
					✓	✓		✓	
					✓	✓		✓	
					✓	✓		✓	
					✓	✓		✓	
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					✓	✓		✓	
					✓	✓		✓	
					✓	✓		✓	
					✓	✓		✓	
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					✓	✓		✓	
					✓	✓		✓	

Starches

Shanghai Noodles	8oz	380	22	3	0.3	60	1300	31	2	7	13	15	20	4	15
Shanghai Noodles	9oz	430	25	3	0.4	65	1460	35	2	8	15	15	25	4	15
Shanghai Noodles	10oz	470	28	3.5	0.4	75	1630	39	3	9	17	20	25	4	20
Shanghai Noodles	16oz	760	45	6	0.5	1115	2600	62	4	14	26	30	40	8	30
Lo Mein Noodles	8oz	270	14	1.5	0.2	25	670	30	3	7	6	25	70	6	15
Lo Mein Noodles	9oz	300	16	1.5	0.2	25	750	34	4	8	7	25	70	6	15
Lo Mein Noodles	10oz	330	17	2	0.3	30	840	38	4	8	8	30	80	6	15
Lo Mein Noodles	16oz	530	28	3	0.4	45	1340	61	6	14	13	45	130	10	25
Fried Rice	8oz	390	13	1.5	0.2	70	1100	59	2	2	9	25	4	2	6
Fried Rice	9oz	440	15	1.5	0.3	80	1240	67	2	2	10	30	4	2	6
Fried Rice	10oz	490	16	1.5	0.3	90	1380	74	3	2	12	30	4	2	8
Fried Rice	16oz	790	26	2.5	0.5	145	2210	118	4	3	19	50	8	2	10

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	Serving Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Milk	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Sesame Seeds	Mustard
Sides																									
Chicken Balls – 3 pcs	75g	220	14	2	0.3	15	520	14	1	3	8	0	0	2	10						✓	✓			
Chicken Balls – 4 pcs	100g	290	19	2.5	0.4	20	690	18	1	4	11	0	0	2	10						✓	✓			
Chicken Wings – 3 pcs		290	14	4	0.2	95	70	27	1	0	17	4	0	2	15				✓		✓	✓			
Chicken Wings – 4 pcs		380	18	5	0.2	125	95	36	1	0	23	6	2	2	15				✓		✓	✓			
Egg Roll	100g	180	4	0.5	0	10	590	31	0	4	7	0	1	2	15				✓			✓			
Spring Roll	50g	70	1	0	0	0	290	36	1	0	23	6	2	2	15				✓			✓			
Soups																									
Egg Drop Soup	375g	70	3.5	0.5	0	60	850	7	1	4	3	15	2	2	4		✓		✓		✓				
Hot & Sour Soup	375g	130	4.5	1	0	35	940	16	2	6	8	35	2	15	50		✓				✓	✓			
Wonton Soup	375g	190	11	3.5	0	30	1140	14	0	2	9	0	0	2	7		✓				✓	✓			
Beef Noodle Soup	740g	400	12	4	0	45	1340	44	2	6	27	40	25	4	20		✓				✓	✓			
Chicken Dumpling Soup	740g	380	7	0.4	0	15	1590	64	2	10	11	40	25	4	4		✓		✓		✓	✓			
Chicken Noodle Soup	740g	340	5	1	0	65	1330	44	2	6	28	45	25	4	8		✓				✓	✓			
Pork Dumpling Noodle Soup	740g	400	11	2.5	0	105	1450	45	3	7	28	45	30	6	15		✓		✓		✓	✓			
Seafood Noodle Soup	740g	370	6	1	0	85	1680	50	2	6	26	50	45	8	80		✓		✓		✓	✓			
Shrimp Dumpling Noodle Soup	740g	390	7	3	0	85	1750	65	2	8	15	40	25	4	4		✓		✓	✓	✓	✓			
Vegetable Noodle Soup	715g	240	3.5	0.5	0	0	1310	49	4	8	5	90	100	6	10		✓				✓	✓			
Pork Ramen Noodle Soup	640g	760	27	10	0	145	1800	81	6	6	36	8	6	10	8		✓		✓	✓	✓	✓			
Beef Noodle Soup	740g	400	12	4	0	45	1340	44	2	6	27	40	25	4	20		✓				✓	✓			
Pork Dumpling Noodle Soup	740g	400	11	2.5	0	105	1450	45	3	7	28	45	30	6	15		✓		✓		✓	✓			
Chicken Noodle Soup	740g	340	5	1	0	65	1330	44	2	6	28	45	25	4	8		✓				✓	✓			