

	HEART HEALTHY	CAL	TOT FAT gm	SATUR FAT gm	TRANS FAT gm	CHOLE. mg	SODIUM mg	CARBS gm	SUGARS gm	PROTEIN gm
APPLE CINN BBQ CHIX	X	311	2	0	0	81	231	38	27	32
BAKED CHICKEN-BREAST, BI		335	18	4	0	118	99	0	0	42
BAKED CHICKEN-LEG		284	18	5	0	105	99	0	0	30
BAKED HERBED TILAPIA	X	231	8	2	0	98	102	1	0	40
BAKED TILAPIA AND SHRIMP	X	245	6	2	0	141	241	12	1	36
BALSAMIC GLAZED CHIX	X	201	2	0	0	81	104	10	7	33
BBQ BREAST OF CHIX	X	254	2	0	0	81	391	26	22	32
BBQ ROAST BEEF		497	19	7	0	134	1045	30	22	47
BBQ THICK CUT P. CHOP	X	333	7	2	0	81	1320	30	22	36
BEEF AND BROCCOLI STIR FRY		449	12	5	0	91	4251	43	17	39
BEEF AND MOSTICICOLI BAKE		622	26	11	1	87	740	60	13	34
BEEF LASAGNA		552	17	7	0	44	1289	70	14	28
BEEF STEW		565	26	8	0	141	1021	33	7	48
BEEF CHIMICHANGAS		600	33	16	0	73	2007	52	4	26
BREADED HERBED BAKED CHIX		384	17	3	0	81	598	20	2	36
BRONZED TILAPIA	X	231	8	2	0	98	102	1	0	40
BUFFALO GRILLED CHICKEN	X	159	2	0	0	81	1201	1	1	33
BURRITOS WITH CHILI CHEESE SC		570	29	12	0	50	1857	60	9	18
CAJUN GRILLED CATFISH	X	293	7	6	0	94	148	4	2	27
CARVED CAJUN PORK ROAST	X	325	9	4	0	94	371	5	0	36
CARVED ROAST BEEF AU JUS		296	15	8	0	110	279	3	0	35
CARVED ROAST PORK W/ MUSH SC	X	273	8	5	0	82	932	6	2	33
CARVED ROAST PORK, AU JUS	X	246	12	5	0	82	719	1	0	32
CHICKEN PARMESAN		506	25	8	0	125	811	25	12	43
CHICKEN POT PIE		421	20	7	0	95	456	34	2	25
CHIX CORDON BLEU STACKER		609	37	13	0	167	1132	18	1	50
COCONUT CHICKEN		373	18	11	0	86	348	17	15	35
COUNTRY FRIED STEAK/GRAVY		682	36	10	2	235	1118	44	4	42
COUNTRY PORK FRITTER WITH GR.		582	31	8	2	175	1318	39	3	37
CRAN. ORANGE ROAST PORK		501	28	8	0	73	1064	31	12	32
FRIED CATFISH		427	33	7	0	231	139	24	0	31

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FRIED CHICKEN-BREAST ONLY		373	15	4	0	150	128	3	0	53
FRIED CHICKEN-LEG ONLY		150	8	2	0	55	55	1	0	17
FRIED CHICKEN-THIGH ONLY		293	17	5	0	109	99	4	0	30
FRIED CHICKEN-WING ONLY		180	12	3	0	45	43	1	0	15
GEORGIA PEACHY CHICKEN	X	166	2	0	0	81	92	3	0	32
GRILLED CATFISH ALMONDINE		245	15	3	0	79	89	0	0	26
GRILLED CHICK TETTRAZZINI	X	233	6	2	0	88	408	7	2	35
GRILLED CHICKEN ALFREDO		325	13	5	0	100	901	10	2	39
GRILLED CHICKEN MARSALA	X	184	2	0	0	86	402	5	1	34
GRILLED CHICKEN PARMESAN	X	309	9	4	0	101	659	14	9	41
GRILLED CHIX W/ APPLE BACON SC.		293	10	3	0	99	597	10	8	38
GRILLED CHIX W/ROMA AND MOZZ	X	206	5	2	0	89	255	2	1	37
GRILLED ITALIAN CHICKEN	X	177	2	1	0	81	251	5	3	33
GRILLED ITALIAN PORK CHOP		326	21	5	0	81	380	0	0	36
GRILLED ROSEMARY PORK STEAKS	X	230	9	3	0	81	468	0	0	36
GRILLED SALMON	X	284	10	5	2	62	128	0	0	23
HERB BAKED CHICKEN BREAST		426	15	3	0	95	84	30	0	40
LEMON DILL TILAPIA	X	247	6	3	0	79	89	0	0	26
LEMON GINGER GRILLED CHICKEN		354	14	3	0	120	113	23	2	34
LEMON HERB BAKED TILAPIA	X	231	8	2	0	98	102	1	0	40
MEAT LASAGNA		552	17	7	0	44	1289	70	14	28
MEAT LOAF		567	37	14	2	204	513	22	7	35
PARMESAN BAKED TURKEY	X	298	6	2	0	112	523	10	1	47
ROAST TURKEY AND GRAVY		377	13	5	0	111	285	22	17	38
ROSEMARY LEMON TURKEY	X	216	4	1	0	106	123	0	0	42
SAUTEED CHICKEN FLORENTINE	X	227	6	2	0	92	507	5	0	37
SHRIMP FLATBREAD PIZETTE		589	28	11	0	222	1172	36	1	45
SLICED BBQ BEEF		390	15	5	0	109	187	27	20	35
SLICED BEEF CHASSEUR		282	14	5	0	94	520	8	3	30
SOUTHWESTERN GRILLED TURKEY	X	354	15	7	0	134	592	4	2	49
STUFFED PORK CHOP		445	22	7	0	82	1474	27	4	35
TEQUILA LIME CHICKEN	X	197	4	1	0	81	267	3	2	32
TERIAKI PORK CHOP		284	10	4	0	69	3261	17	14	31