

Lunch/Dinner - Desserts & Cookies

ITEM	Portion (Size)	Calories (k)	Fat Calories (k)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugar (g)	Protein (g)	Allergens
Tuna Salad On Lettuce	1 serving (199g/7 oz)	370	260	30	5	0	50	590	10	1	4	17	CONTAINS: EGGS, FISH, WHEAT
Chicken Salad On Lettuce	1 serving (119g/7 oz)	350	25	220	5	0	80	250	3	1	2	15	CONTAINS: EGGS, MILK, SOY
Chicken Salad Side	1 serving (85g/3 oz)	250	19	160	4	0	60	250	3	1	2	15	CONTAINS: EGGS, MILK, SOY
Grilled Chicken Caesar Salad	1 serving (354g/12.5 oz)	570	390	45	12	0	115	1530	8	3	3	35	CONTAINS: FISH, MILK, SOY
Grilled Chicken Club Salad	1 serving (340g/12 oz)	520	320	36	15	0	165	1610	7	3	3	38	CONTAINS: MILK
Crispy Chicken Salad	1 serving (345g/12.2 oz)	210	120	14	3	0	40	690	13	4	4	12	CONTAINS: EGGS, WHEAT
Veggie Salad	1 serving (415g/14.6 oz)	70	5	1	0	0	0	20	15	5	7	4	
Turkey Club Salad	1 serving (317g/11.2 oz)	250	90	11	5	0	80	1350	8	4	4	27	
Cobb Salad	1 serving (342g/12.1 oz)	360	190	22	11	0	190	1480	9	4	4	30	CONTAINS: EGGS, MILK
Cole Slaw	1 serving (85g/3 oz)	90	50	6	1	0	10	250	9	2	8	1	CONTAINS: EGGS
Macaroni Salad	1 serving (85g/3 oz)	190	10	90	3	0	25	280	19	1	1	3	CONTAINS: EGGS, WHEAT
Tuna Salad Side	1 serving (85g/3 oz)	260	200	22	4	0	40	440	5	0	2	12	CONTAINS: EGGS, FISH, WHEAT
Potato Salad	1 serving (85g/3 oz)	70	8	70	2	0	5	340	18	2	5	2	CONTAINS: EGG
Hard Boiled Eggs 2Ct	2 each (100g/3.5 oz)	160	90	11	4	0	375	125	1	0	1	13	CONTAINS: EGGS
Chefs Salad	1 serving (385g/13.6 oz)	300	160	18	10	1	165	1260	10	3	6	25	CONTAINS: EGGS, MILK
Grilled Chicken Salad	1 serving (440g/15.5 oz)	400	180	20	10	1	225	1180	12	3	6	45	CONTAINS: EGGS, MILK, SOY
Popcorn Chicken Salad	1 serving (413g/14.6 oz)	450	250	29	11	1	160	1220	23	5	6	28	CONTAINS: EGGS, MILK, WHEAT
Village Italian Salad	1 serving (345g/12.2 oz)	370	260	29	13	0	80	1410	9	3	5	20	CONTAINS: MILK
Garden Salad	1 serving (190g/6.7 oz)	180	120	14	8	1	45	610	6	2	3	10	CONTAINS: MILK

2,000 calories a day is used for general nutrition advice, but calorie needs vary.