

ALL MENU ITEMS NUTRITIONAL ANALYSIS-CANADA (Please see individual tabs below for details)

05-2023

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tomato Bisque	8 oz.	210	68	8	7	0	0	695	35	2	10	3
Garlic Bread	1 slice	120	75	2	0	0	0	230	18	1	1	3
Oven Roasted Chicken Half *	1 serving	1600	820	91	25	0	590	1860	0	0	0	182
Oven Roasted Chicken Quarter *	1 serving	800	410	46	13	0	295	930	0	0	0	91
Sweet Buttered Corn	1 cobbette	210	70	7	2	2	0	140	28	3	6	5
Herb Basted Potato	1 serving	221	150	17	1	0	0	323	17	2	1	2
Chocolate Éclair Pastry	1 serving	210	8	11	11	0	40	90	25	0	20	2
Chocolate Chip Cookie	1 package	170	110	8	4	0	10	125	23	1	14	2
3-Bean Stew	1 serving	360	40	5	1	0	0	1390	62	19	7	19
Pasta Salad w/ Vinaigrette	8 oz.	400	200	22	3	0	3	618	45	4	3	8
Fresh Melon Salad	1 serving	66.2	2.9	0.3	0.1	0	0	23.2	16.4	1.4	14.3	1.3
Hummus	2 fl. Oz.	120	80	1	1	0	0	230	8	2	2	4
Carrot and Celery Sticks	4 oz.	39	0	0	0	0	0	86	11	3	4	1
Brown Rice Cooked	2 fl. Oz.	126	0	1	0	0	0	10	26	2	1	3
Pita Bread	1 serving	120	22	0	0	0	0	240	20	1	1	3
Sorbet	1 serving	80	0	0	0	0	0	7	20	0	15	0
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Regular Dinner Meal	1 serving	2666	1191	136	46	2	630	3348	148	8	61	197
Dinner Vegetarian Meal (3-Bean Stew w/ Sorbet)	1 serving	940	142	7	2	0	0	1973	172	27	53	30
Dinner Vegetarian Meal (3-Bean Stew w/ Choc Éclair)	1 serving	1070	150	18	13	0	40	2056	177	27	58	32
Matinee Meal	1 serving	1521	815	80	20	2	305	1748	86	7	22	103
Matinee Vegetarian Meal w/ Chocolate Chip Cookie	1 serving	1282	608	56	10	2	13	1469	172	12	62	21
Matinee Vegetarian Meal w/ Sorbet	1 serving	1192	498	48	6	2	3	1351	169	11	63	19

5/11/2023

* Naked Chicken (unseasoned) can significantly reduce the sodium level. There may be naturally occurring sodium in the chicken protein.

Nutritional Analysis

REGULAR SHOW DINNER MEAL - TORONTO

05-2023

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tomato Bisque	8 oz.	210	68	8	7	0	0	695	35	2	10	3
Garlic Bread	1 slice	120	75	2	0	0	0	230	18	1	1	3
Oven Roasted Chicken Half *	1 serving	1600	820	91	25	0	590	1860	0	0	0	182
Sweet Buttered Corn	1 cobbette	210	70	7	2	2	0	140	28	3	6	5
Herb Basted Potato	1 serving	221	150	17	1	0	0	323	17	2	1	2
Chocolate Éclair Pastry	1 serving	210	8	11	11	0	40	90	25	0	20	2
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Total Dinner Meal		2666	1191	136	46	2	630	3348	148	8	61	197

5/11/2023

* Naked Chicken (unseasoned) can significantly reduce the sodium level. There may be naturally occurring sodium in the chicken protein.

Nutritional Analysis

REGULAR SHOW VEGETARIAN MEAL - TORONTO (with Sorbet)

05-2023

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
3-Bean Stew - Dinner Show	1 serving	360	40	5	1	0	0	1390	62	19	7	19
Hummus	2 fl. Oz.	120	80	1	1	0	0	230	8	2	2	4
Carrot and Celery Sticks	4 oz.	39	0	0	0	0	0	86	11	3	4	1
Brown Rice Cooked	2 fl. Oz.	126	0	1	0	0	0	10	26	2	1	3
Pita Bread	1 serving	120	22	0	0	0	0	240	20	1	1	3
Sorbet	1 serving	80	0	0	0	0	0	7	20	0	15	0
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Total Meal w/ Sorbet		940	142	7	2	0	0	1973	172	27	53	30

REGULAR SHOW VEGETARIAN MEAL - TORONTO (with Chocolate Éclair)

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
3-Bean Stew - Dinner Show	1 serving	360	40	5	1	0	0	1390	62	19	7	19
Hummus	2 fl. Oz.	120	80	1	1	0	0	230	8	2	2	4
Carrot and Celery Sticks	4 oz.	39	0	0	0	0	0	86	11	3	4	1
Brown Rice Cooked	2 fl. Oz.	126	0	1	0	0	0	10	26	2	1	3
Pita Bread	1 serving	120	22	0	0	0	0	240	20	1	1	3
Chocolate Éclair Pastry	1 serving	210	8	11	11	0	40	90	25	0	20	2
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Total Meal w/ Chocolate Éclair		1070	150	18	13	0	40	2056	177	27	58	32

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Nutritional Analysis

EDUCATIONAL MATINEE MEAL - TORONTO

05-2023

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garlic Bread	1 slice	120	75	2	0	0	0	230	18	1	1	3
Herb Basted Potato	1 serving	221	150	17	1	0	0	323	17	2	1	2
Oven Roasted Chicken Quarter *	1 serving	800	410	46	13	0	295	930	0	0	0	91
Sweet Buttered Corn	1 cobbette	210	70	7	2	2	0	140	28	3	6	5
Chocolate Chip Cookie	1 package	170	110	8	4	0	10	125	23	1	14	2
Beverage (water)	12 oz.	0	0	0	0	0	0	0	0	0	0	0
Total Meal		1521	815	80	20	2	305	1748	86	7	22	103

5/11/2023

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Nutritional Analysis

EDUCATIONAL MATINEE VEGETARIAN MEAL (w/ Chocolate Chip Cookie) - TORONTO

05-2023

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garlic Bread	1 slice	120	75	2	0	0	0	230	18	1	1	3
Herb Basted Potato	1 serving	221	150	17	1	0	0	323	17	2	1	2
Sweet Buttered Corn	1 cobbette	210	70	7	2	2	0	140	28	3	6	5
Pasta Salad	8 oz.	400	200	22	3	0	3	618	45	4	3	8
Fresh Melon Salad	1 serving	66.2	2.9	0.3	0.1	0	0	23.2	16.4	1.4	14.3	1.3
Chocolate Chip Cookie	1 package	170	110	8	4	0	10	125	23	1	14	2
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Total Meal		1282	608	56	10	2	13	1469	172	12	62	21

EDUCATIONAL MATINEE VEGETARIAN MEAL (w/ Sorbet) - TORONTO

Menu Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbo-hydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Garlic Bread	1 slice	120	75	2	0	0	0	230	18	1	1	3
Herb Basted Potato	1 serving	221	150	17	1	0	0	323	17	2	1	2
Sweet Buttered Corn	1 cobbette	210	70	7	2	2	0	140	28	3	6	5
Pasta Salad	8 oz.	400	200	22	3	0	3	618	45	4	3	8
Fresh Melon Salad	1 serving	66.2	2.9	0.3	0.1	0	0	23.2	16.4	1.4	14.3	1.3
Sorbet	1 serving	80	0	0	0	0	0	7	20	0	15	0
Beverage (Soda-non diet)	12 oz.	95	0	0	0	0	0	10	25	0	23	0
Total Meal		1192	498	48	6	2	3	1351	169	11	63	19

5/11/2023