

ALL MENU ITEMS NUTRITIONAL ANALYSIS - TORONTO

March2024

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	798	409	5	13	0	294	1168	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 (Sara Lee)	1 serving	150	8	6	1.5	0	45	120	25	0	27	3
Lemon Poppy Pound Cake (sub)	1 serving	370	105	11	2	0	70	480	57	1	58	6
Oven Roasted Chicken Quarter	1 serving	399	520	60	16	0	300	1920	0	0	1	72
Chocolate Chip Cookie	1 package	260	110	13	6	0	10	160	34	1	20	3
3-Bean Stew	1 serving	360	40	5	1	0	0	1390	62	19	7	19
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
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 Dinner Meal	1 serving	1755	780	78	25	2	294	2652	142	8	57	104
Dinner Vegetarian with Sorbet	1 serving	940	142	7	2	0	0	1973	172	27	53	30
Dinner Vegetarian w/ ice cream	1 serving	961	150	46	4.5	0	0	2052	171	27	54	30
Educational Matinee Meal	1 serving	1305	925	99	25	2	310	2783	122	7	52	85
Educational Matinee Veg Meal	1 serving	1372	608	61	12	2	13	1504	183	12	68	22