

Lasagna	378	690	29	16	0	130	1360	59	6	6	49	6	35	63	34
Chicken Tenders and Fries	287	734	47	11	0	60	1520	75	6	1	20	0	25	3	18
Tortellini with Marinara Sauce	255	490	11	3.5	0	50	820	83	4	7	17	45	27	12	144
Tortellini with Alfredo Sauce	255	670	29	16	0	100	780	80	2	5	20	35	7	20	44
Side Dishes															
Broccoli and Mizithra	184	230	18	11	1	50	1120	8	4	1	12	52	220	15	11
Sautee Mushrooms	261	190	14	9	0	35	440	9	0	6	4	12	6	2	6
Marinated Chicken	88	170	8	1	0	65	180	1	0	0	23	0	1	1	6
Gluten Free Pasta	200	320	1	0	0	0	20	73	7	1	12	0	0	2	22
Whole Grain Pasta	255	380	2	0	0	0	200	76	10	3	14	0	0	2	33
Side of Fries	255	640	23	10	0	0	980	53	6	1	9	0	28	2	11
Meatballs with Marinara	234	350	19	7	0.5	140	1100	14	1	5	31	36	25	9	17
Veggies	225	200	16	2	0	0	320	12	2	4	4	0	260	5	6
Desserts															
Spumoni Ice Cream	125	130	6	3.5	0.2	20	50	18	0	14	1	6	0	4	2
Cheese Cake	202	590	35	21	1	180	460	60	1	44	12	0	34	175	1
Strawberry Topping	28	70	0	0	0	0	10	17	0	16	0	0	0	0	0
Chocolate Cake	187	860	51	18	0.3	55	640	82	5	70	8	30	0	4	35
Chocolate Syrup	28	80	0	0	0	0	20	21	0	9	0	0	0	0	6
Tiramisu	106	310	19	6	0.3	75	190	29	0	22	4	4	0	6	2
Whipped Cream	8	20	1.5	1	0	50	2	2	0	0.5	0	6	0	1	0