

Nutrient Analysis of Entrees
Served at Donovan Dining Center

	<u>Calories</u>	<u>Grams of Protein</u>	<u>Grams of fat</u>	<u>Grams of Carb</u>	<u>Major Allergens</u>
Baked chicken filet	210	19	15	0	None
Baked Chicken Breast Quarter	386	58	15	0	None
Baked Chicken Thigh Quarter	264	29	15	0	None
Baked filet of sole	100	15	3	2	Dairy
Baked Pork Chops	170	22	7	3	Wheat
Baked Ham	250	25	9	14	None
BBQ Chicken	290	21	18	8	Wheat
BBQ Spareribs	550	28	41	14	Wheat, soy
Beef fajitas	290	24	5	36	Wheat
Beef Pot Pie-Homemade	517	21	5	40	Wheat,dairy Egg (crust)
Beef Stew	340	18	15	9	Wheat
Beef Tips, Seasoned	440	23	15	33	-
Boca Burgers (Vegan)	100	15	2	9	Wheat, soy

Chicken Fajitas	160	26	2.5	7	Wheat
Chicken Parmesan	350	38	14	10	Wheat, milk, egg
Chicken Pot Pie-homemade	545	23	6	42	Wheat,dairy egg (crust)
Chicken Tenders (4)	480	26	30	26	Wheat, milk, egg, soy
Chicken wings, plain	150	13	10	0	None
Cuban Sandwich	460	33	19	38	Wheat
Eggplant Parmesan	220	15	14	12	Wheat, dairy
Fried clams 3 oz.	172	12	10	9	Wheat
Fried fish (no fries)	340	7	10	16	Wheat, dairy
Fried Scallops (10 pcs)	176	8	7	18	Wheat
Grilled Chicken	210	19	15	0	None
Grilled Pork Cutlet	170	22	7	3	None
Honey Lime Chicken	270	23	5	0	None
Italian Sausage (1)	160	17	9	1	None
Lasagna with meat 1cup	350	15	17	35	Wheat, milk,egg
Lasagna, Vegetable 1cup	371	14	21	32	Wheat,dairy
Lemon Baked Fish	140	22	2	6	Wheat, dairy

Macaroni & Cheese	480	21	24	44	Wheat, dairy
Marinara Sauce 1/2 cup	120	2	3	20	None
Meatballs(5) & Sauce	380	25	21	18	Wheat,egg,soy
Meat sauce 1/2 cup	150	4	7	19	None
Pasta - all types 1 cup, average	197	7	1	40	Wheat
Pot Roast with Gravy	240	24	14	3	Wheat in gravy
Roast turkey (4 oz)	120	20	3	2	None
Roasted Lemon Chicken	270	23	5	3	None
Seafood Scampi	206	18	10	10	None
Sirloin steak, grilled 3 oz.	229	24	14	0	None
Stuffed Shells	260		11	27	Wheat, eggs
Teriyaki Chicken	270	23	5	3	Soy
Ziti with Marinara Sauce	317	9	4	60	Wheat

**For your safety, please inform your server if you have any food allergy or sensitivity.
They can speak with the cook who prepared the food to determine whether that ingredient was used.**

Calorie and Nutrient contents of foods will vary depending upon the exact portion size or preparation method.