

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Stir-Fry								
Apricot Chicken	300	13	3	23	23	946	1	61
Asian Beef Broccoli	116	5	2	11	7	113	2	21
Beef & Broccoli	146	5	2	17	8	226	2	43
Beef & Snow Peas	112	3	1	8	13	391	2	17
Chap Jae	313	22	4	12	20	602	3	30
Chicken & Cabbage	76	3	0	8	4	444	1	44
Canton Beef	75	3	1	8	4	138	<1	21
Canton Chicken	259	9	1	16	29	196	2	60
Canton Turkey	39	<1	0	4	5	234	<1	6
Chicken Chow Mein	80	3	1	8	5	386	<1	24
Chicken Mu Shu	108	3	<1	8	12	434	2	36
Chicken Vegetable	75	3	0	7	5	433	1	31
Curried Noodle*	119	3	<1	4	19	441	2	15
Curried Noodle Stir-Fry*	121	3	0	4	20	671	3	0
Farmer's Garden*	115	8	1	3	8	319	3	0
General's Chicken	120	3		5	18	526	1	27
Honey Chicken	275	10	2	7	39	283	2	23
Hunan Pork	284	21	6	18	6	539	0	67
Mongolian Beef	189	10	3	19	6	440	1	28
Oriental*	93	4	0	3	12	444	3	0
Oriental Chicken	68	2	0	6	7	474	1	27
Oriental Shrimp	50	<1	<1	7	5	180	2	51
Pad Thai Shrimp	246	12	2	12	22	371	2	95
Pork	145	6	2	12	11	384	1	38
Pork & Cabbage	126	6	2	15	3	204	<1	47
Pork Chow Mein	150	6	2	10	13	839	1	41
Pork Mu Shu	148	6	2	12	11	241	2	38
Shrimp Bok Choy	67	1	<1	8	6	263	2	58
Spicy Almond Shrimp	96	2	<1	10	8	287	2	83
Spicy Peanut Chicken	117	6	<1	11	5	525	1	50
Spicy Tofu Stir-fry*	83	3	<1	5	9	618	1	0
Stir-Fry Shrimp	51	<1	0	7	5	180	2	51
Sweet & Sour Chicken	130	2	<1	14	14	197	1	38
Sweet & Sour Pork	148	5	2	11	15	197	1	39
Sweet & Sour Shrimp	100	1	<1	9	15	226	1	83

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Sweet & Sour Turkey	93	<1	0	9	13	481	1	16
Szechwan Beef	129	6	1	11	8	210	2	26
Szechwan Capri	27	1	0	1	4	172	<1	0
Szechwan Chicken	199	12	2	14	9	280	2	36
Szechwan Noramandy	32	1	0	2	4	230	<1	0
Szechwan Pork	169	9	2	13	9	283	2	35
Teriyaki Beef	84	3	1	9	5	413	1	22
Teriyaki Capri	22	0	0	1	4	341	1	0
Teriyaki Turkey	60	<1	0	8	6	639	1	12
Teriyaki Wings	284	17	5	27	6	2247	0	73

Other Asian style Dishes

Asian Beans & Rice Roll*	154	5	1	4	23	364	3	0
Asian Burrito	327	8	1	8	56	557	7	0
Beef Chop Suey	106	4	1	13	4	319	1	35
Cous Cous*	64	0	0	3	13	3	1	0
Curried Chickpeas*	179	2	0	5	36	473	3	0
Dal Fry*	152	2	0	4	29	505	2	0
Korean Rice & Bean Sprouts*	235	3	<1	4	48	239	2	0
Malaysian Vegetable Fried Rice*	64	2	<1	2	9	112	2	0
Nutty Noddles	462	25	4	19	40	1170	4	57
Roasted Vegetable Couscous*	102	2	0	3	18	282	4	0
Seitan Rice*	75	1	0	14	3	317	1	0
Sesame Bean Thread*	147	7	1	1	20	291	1	0
Shrimp Fried Rice	179	7	1	12	17	489	1	143
Spicy Korean Noodles*	406	7	1	12	74	506	4	0
Stewed Vegetable Couscous*	54	1	0	1	10	126	2	0
Sunset Harvest Pilaf*	100	1	0	2	20	201	1	0
Sweet & Spicy Cous Cous*	226	15	2	3	20	69	2	0

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	Cholesterol
Thai Curried Beef	223	9	3	9	26	836	1	22
Thai Fried Rice	184	7	1	9	21	411	1	107
Thai Noodles with Peanut Sauce*	273	13	2	7	32	4352	3	0
Turkey Moo Goo Gai Pien	98	1	<1	15	8	766	1	25
Vegetable Lo Mein*	180	3	.5	6	32	1220	3	0
White Rice*	103	3	1	2	17	257	<1	0

Appetizers

Crab Rangoon	35	3	1	<1	2	55	0	4
Egg Rolls:								
Pork	187	8	<1	5	24	209	0	9
Shrimp	130	3	<1	5	21	510	2	21
Vegetarian	135	8	2	3	13	364	1	40

* = Vegan item