	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber
Beans and Grains							
Asian Beans & Rice Roll	154	5	1	4	23	364	2
Black Beans & Rice	225	3	1	11	39	566	10
Bulgur Pilaf w/Toasted Noodles	168	14	3	2	9	529	1
Ethiopian Lentils	44	2	1	2	5	26	1
Hoppin' John	94	3	<1	4	13	153	3
Korean Rice & Bean Sprouts	235	3	<1	4	48	239	2
Lentil Harvest Pilaf	282	12	2	9	35	584	6
Malaysian Vegetable Fried Rice	64	2	<1	2	9	112	2
Mediterranean Curry	97	4	1	2	13	558	2
Mexican Beans & Rice	113	3	1	2	19	315	1
Ratatouille	118	8	1	2	10	250	3
Red Beans & Rice	101	3	0.5	4	15	542	5
Refried Beans	160	4	1	7	24	510	8
Saffron Risotto w/ Fresh Vegetables	166	4	1	3	29	621	2
Seitan Rice	75	1	0	14	3	317	1
Sesame Bean Thread	147	7	1	1	20	291	1
Sunset Harvest Pilaf	100	1	0	2	20	201	1
White Beans & Sage	178	4	1	9	27	338	9
White Rice	103	3	1	2	17	257	<1
Wild Mushroom Risotto	133	3	<1	3	23	743	2
Dressings							
Catalina	131	13	2	0	4	237	0
Creamy Italian	100	10	1.5	0	2	230	0
Fat-free Catalina	34	0	0	0	9	335	0
Golden Italian	83	8	1.5	0	3	469	0
Raspberry Vinaigrette	66	4	1	0	7	174	0
International							
Asian Burrito	327	8	1	8	56	557	7
Cous Cous	64	0	0	3	13	3	1
Curried Noodle Stir-Fry	121	3	0	4	20	671	3
Dal Fry	152	2	0	4	29	505	2
Farmer's Garden Stir-Fry	116	8	1	3	8	319	3
Garden Paella	102	2	0	3	18	149	2
Grilled Vegetable Fajitas	314	20	3	4	30	499	3
Mediterranean Stuffed Tomato	176	2	0	6	34	671	4
Mexican Potato Topper	50	2	0	1	7	74	1
Mexican Tortilla	314	14	3	9	38	586	5
No-Roll Enchilada	122	4	1	4	17	297	3
Oriental Vegetable Stir-fry	93	4	0	3	12	444	3
Roasted Vegetable Couscous	102	2	0	3	18	282	4
Spicy Korean Noodles	406	7	1	12	74	506	4
Spicy Tofu Stir-fry	83	3	0.5	5	9	618	1
Stewed Vegetable Couscous	54	1	0	1	10	126	2
Sweet & Spicy Cous Cous	226	15	2	3	20	69	2
Tamale Pie	213	4	1	6	39	489	7
Thai Noodles w/ Peanut Sauce	273	13	2	7	32	352	3
Vegan Taco Filler	19	1	0	0	3	223	1
Vegetable Lo Mein	180	3	0.5	6	32	1220	3
Pasta							
Arugula, Garlic & Tomato Pasta	196	6	1	5	31	366	2
Basil Polenta w/ Pepper Tomato Sauce	119	5	1	2	17	590	3
Herbed Garden Pasta	557	9	1	17	101	770	2.5
Italian Spaghetti Sauce	63	1	0	2	11	670	2
Orzo w/ Roasted Vegetables	315	10	1	8	49	953	3
Peanut Basil Noodles	283	11	4	11	35	717	4
Penne Pasta w/ Roasted Vegetables	234	4	0.5	7	42	556	3
Scampi w/o shrimp	450	21	3	9	56	1014	3
TVP Italian Sauce	61	1	0	2	11	659	2
Sides & Salads							
Corn & Bulgur Wheat Salad	75	1	0	2	15	24	3
Curried Chickpeas	179	2	0	5	36	473	3
Fiesta Vegetables	62	0	0	6	10	135	6
Greek Salad w/o cheese	153	10	2	3	13	228	4
Hummus	154	8	1	5	16	318	3
Refried Beans	174	1	0	11	30	414	11
Tabouleh	55	3	1	1	6	9	2
Three Grain Medley	186	6	1	5	28	357	4
Vegetable Creole	43	1	0	8	1	337	2
Salad Bar							
Peanuts*.28	166	14	2	7	6	230	2
Sunflower seeds, 1/4C	165	14	1.5	5	7	116	3
Tofu	20	1	0	2	1	3	0
Sandwiches and Wraps							
Black Bean Wrap	234	6	1	10	35	960	8
California Wrap	252	13	3	5	29	604	3
Grilled Veggie Sandwich	493	30	3	8	48	699	8
Roasted Vegetable Wrap w/o cheese	341	9	2	13	52	726	5
Vegan Burger w/ bun	295	7	2	20	38	751	6
Vegan Hot Dog w/ bun	160	4	1	11	20	473	2
Vegetable Hummus Wrap	317	13	2	9	42	595	5
Vegetarian Sloppy Joes w/o bun	83	3	0	1	17	760	1
Soups and Stews							
Portabella Mushroom & Barley Soup	43	1	0	1	7	360	0
Moroccan Stew	182	2	0	5	37	352	4
Three Sisters Stew	96	2	0	3	17	546	4
Tomato Basil Bisque	76	2	1	2	13	473	2
Vegetable Soup	51	1	0	2	8	585	<1
Vegetarian 7-Bean Soup	108	<1	0	6	20	776	6
Vegetarian Chili	97	1	0	4	18	510	4
Etc.							
Baked Potato	234	5	<1	5	43	20	5
Balsamic Grille	129	8	1	2	13	311	3
BBQ Tofu	97	4	1	7	8	436	1
Cereals*							
Peanut Butter	192	15	3	8	6	151	2
Silk® Soy Milk	150	6	1	11	13	180	2

*Nutrient information for other types of nuts and specific cereals available upon request

	Calories	Fat	Sat. Fat	Protein	Carbs	Sodium	Fiber	
Vegetable Side Dishes								
Asparagus	22	0	0	2	4	218	2	0
Broccoli	24	<1	0	2	4	21	2	0
Broccoli with Cauliflower	26	<1	0	2	4	40	2	<1
Broccoli Cheese Casserole	226	13	7	17	10	613	1	74