Nutritional Values Qty = 1 Platter	Calories (kcal)	Protein (g)	Total Fat (g)	Total Carbs (g)	Sodium (mg)	Calcium (mg)	Vit. A (IU)	Vit. C (mg)	Cholest (mg)	Iron (mg)
Boneless Pork Riblet Sandwich	670.00	20.20	26.80	68.93	1742.00	106.90	394.10	32.94	59.30	3.96
Chicken Salad on Wheat Bread	623.00	16.00	22.50	73.10	1790.00	100.00	175.00	0.00	0.00	3.24
Beef Ravioli	588.00	13.00	34.00	87.00	2070.00	80.00	100.00	4.80	30.00	2.16
Salisbury Steak and Gravy	611.00	19.10	19.00	89.90	1796.10	40.00	368.00	13.20	38.85	2.42
Chef Salad	459.00	34.60	48.50	27.40	2057.90	230.00	600.00	47.40	310.00	5.04
Roast Beef on Hoagie Bun	579.00	21.00	46.00	132.00	3307.00	310.00	3800.00	17.40	65.00	5.22
Sausage & Pasta Shells	729.00	20.00	44.00	112.00	1240.00	670.00	2950.00	11.40	55.00	5.22
Sloppy Joe Sandwich	703.00	24.00	31.00	89.00	1630.00	140.00	1500.00	33.60	30.00	4.68
Hamburger with American Cheese	833.00	20.80	27.20	92.30	1596.80	185.00	150.03	1.20	49.19	5.40
Chicken & Dumplings	634.00	22.00	18.50	96.00	2502.00	120.00	1350.00	30.60	26.00	4.86
Cheese Lasagna Rool Ups	560.00	16.00	16.50	21.00	1400.00	80.00	1600.00	13.80	46.00	3.96
Fried Chicken Salad	417.16	26.60	43.24	37.12	1578.77	262.04	380.13	0.00	114.45	1.56
Beef Stew	668.00	18.00	33.00	121.00	2145.00	80.00	4600.00	2.40	30.00	3.42
Turkey Hot Shot	415.00	19.00	9.50	66.00	1780.00	140.00	510.00	3.60	25.00	1.44
Pizza Burger	1201.00	37.00	68.70	121.80	2001.40	265.50	1650.03	34.50	104.19	6.87
BBQ Grilled Chicken Sandwich	693.00	27.00	23.00	94.00	1910.00	100.00	100.00	22.20	75.00	3.60
Chili with Meat and Beans	1024.00	43.00	56.50	88.00	2343.00	810.00	2300.00	40.80	118.00	5.22
6" Bologna and American Cheese Sub	940.00	15.00	39.50	124.00	2494.00	290.00	300.00	10.80	77.00	5.04