

ROASTERY

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
BEEF									
Beef Pot Pie	6 oz.	140	4 g	26%	49 mg	19 g	7 g	1.6 g	417 mg
Beef Stroganoff	10 oz.	434	18 g	37%	154 mg	49 g	19 g	2.3 g	642 mg
Carved Eye of Round	4 oz.	216	8 g	33%	86 mg	36 g	0 g	0 g	399 mg
Carved Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Flank Steak	4 oz.	234	14 g	54%	69 mg	27 g	0 g	0 g	140 mg
Meatloaf	1 serving	336	21 g	56%	176 mg	28 g	9 g	0 g	1590 mg
Prime Rib	4 oz.	461	41 g	80%	97 mg	23 g	0 g	0 g	69 mg
Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Roasted Strip Loin	4 oz.	203	7 g	31%	102 mg	35 g	0 g	0 g	147 mg
Roastery Sirloin	4 oz.	203	7 g	31%	102 mg	35 g	0 g	0 g	147 mg
Salisbury Steak	1 piece	318	22 g	62%	137 mg	29 g	1 g	0 g	559 mg
Sliced Roast Beef	4 oz.	302	22 g	66%	83 mg	26 g	0 g	0 g	110 mg
Sliced Sirloin	4 oz.	203	7 g	31%	102 mg	35 g	0 g	0 g	147 mg
Swiss Steak	1 serving	453	29 g	58%	132 mg	41 g	7 g	0 g	779 mg
Teriyaki Beef	6 oz.	387	11 g	26%	64 mg	22 g	50 g	1 g	275 mg
PASTA									
Stuffed Shells ■	2	551	27 g	44%	141 mg	35 g	42 g	3 g	891 mg
PORK									
BBQ Pork Loin	3 oz.	253	13 g	46%	74 mg	25 g	9 g	0 g	310 mg
BBQ Ribs (Pork)	2 ribs	543	35 g	58%	139 mg	34 g	23 g	0 g	933 mg
Carved Ham	4 oz.	177	9 g	46%	57 mg	22 g	2 g	0 g	1464 mg
Carved Pork Loin	3 oz.	217	13 g	54%	74 mg	25 g	0 g	0 g	406 mg
Honey Glazed Ham	4 oz.	177	9 g	46%	57 mg	22 g	2 g	0 g	1464 mg
Honey Mustard Pork Chops	1	303	19 g	56%	49 mg	18 g	15 g	0 g	1824 mg
Maple Glazed Ham	4 oz.	177	9 g	46%	57 mg	22 g	2 g	0 g	1464 mg
Montreal Pork Chops	1	255	19 g	67%	49 mg	18 g	3 g	0 g	912 mg
Roast Pork Loin	3 oz.	217	13 g	54%	74 mg	25 g	0 g	0 g	406 mg
Roastery Pork Loin	3 oz.	217	13 g	54%	74 mg	25 g	0 g	0 g	406 mg
Sliced Ham	4 oz.	177	9 g	46%	57 mg	22 g	2 g	0 g	1464 mg
Sliced Pork Loin	3 oz.	217	13 g	54%	74 mg	25 g	0 g	0 g	406 mg
POTATOES									
Au Gratin Potatoes ■	6 oz.	291	15 g	46%	21 mg	10 g	29 g	2 g	835 mg
Baked Potato ▲	1	220	0 g	0%	0 mg	4.6 g	51 g	4.8 g	16 mg
Baked Sweet Potato ▲	1	120	0 g	0%	0 mg	2 g	28 g	3.4 g	11 mg
French Baked Potato ■	1/2 pot.	204	5 g	22%	6 mg	6 g	34 g	2.7 g	168 mg
Garlic Roasted Potatoes ▲	3 pieces	97	5 g	46%	0 mg	1 g	12 g	1.2 g	531 mg
Mashed Potatoes ■	3 oz.	85	1 g	11%	2 mg	2 g	17 g	1.7 g	13 mg
Roasted Potatoes ▲	4 oz.	151	7 g	42%	0 mg	2 g	20 g	2 g	225 mg
Sweet Potato Casserole ■	1 serving	139	3 g	19%	47 mg	2 g	26 g	1 g	148 mg
POULTRY									
Baked Chicken	2 pieces	240	15 g	56%	82 mg	26 g	0 g	0 g	79 mg
Carved Chicken	3 oz.	90	1 g	10%	60 mg	20 g	1 g	0 g	480 mg
Chicken Wings (Baked)	4 wings	322	22 g	61%	95 mg	31 g	0 g	0 g	93 mg
Rotisserie Chicken (Dark Meat)	4 oz.	278	18 g	58%	103 mg	29 g	0 g	0 g	99 mg

■ These items contain no meat, poultry or fish, but may contain eggs, milk or cheese.

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ROASTERY, CONT.

Item	Serving Size	Calories	Fat	% Cal. From Fat	Chol.	Protein	Carb.	Fiber	Sodium
Rotisserie Chicken (Light Meat)	4 oz.	240	12 g	45%	95 mg	33 g	0 g	0 g	85 mg
Turkey Breast	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg
Turkey London Broil	4 oz.	204	8 g	35%	84 mg	33 g	0 g	0 g	71 mg
Turkey Tetrazzini	4 oz.	261	5 g	17%	26 mg	14.5 g	39.4 g	0 g	467 mg
SEAFOOD									
Baltimore Style Cod	1 piece	110	2 g	16%	55 mg	23 g	0 g	0 g	79 mg
Broiled Flounder	1 piece	149	5 g	30%	60 mg	24 g	2 g	0 g	462 mg
Cajun Catfish	2 pieces	196	12 g	55%	73 mg	22 g	0 g	0 g	483 mg
Herb Crusted Salmon	5 oz.	381	25 g	59%	105 mg	38 g	1 g	0 g	183 mg
Salmon D'Jonasie	1 serving	264	12 g	41%	103 mg	38 g	1 g	0 g	103 mg
SIDE DISHES									
Applesauce ▲	1/2 cup	97	0 g	0%	0 mg	0 g	25 g	1.5 g	4 mg
Baked Beans ▲	1/2 cup	118	0.6 g	3%	0 mg	6 g	26 g	6.3 g	500 mg
Bread Dressing	1 scoop	154	4.7 g	27%	0 mg	3.7 g	24 g	0 g	542 mg
Bread Stuffing	1 scoop	154	4.7 g	27%	0 mg	3.7 g	24 g	0 g	542 mg
Candied Yams ■	4 oz.	151	3 g	18%	0 mg	2 g	29 g	1.7 g	75 mg
Caribbean Rice ▲	1/2 cup	96	0 g	0%	0 mg	2 g	22 g	1 g	307 mg
Coleslaw ■	1 scoop	136	8 g	53%	8 mg	1 g	15 g	0 g	237 mg
Egg Noodles ■	1 cup	210	2 g	9%	53 mg	8 g	40 g	2 g	11 mg
Green Bean Casserole ■	1 serving	117	5 g	39%	5 mg	4 g	14 g	3 g	568 mg
Herb Stuffing	1 scoop	154	4.7 g	27%	0 mg	3.7 g	24 g	0 g	542 mg
Macaroni & Cheese ■	4.5 oz.	365	20 g	49%	45 mg	15 g	31 g	1.3 g	527 mg
Pineapple Bake ■	1 square	435	19 g	39%	150 mg	8 g	58 g	0.6 g	449 mg
Potato Salad ■	4 oz.	161	9 g	50%	8 mg	2 g	18 g	2 g	414 mg
Rice ▲	1/2 cup	100	0 g	0%	0 mg	2 g	22 g	0.35 g	100 mg
Rice Pilaf	1 scoop	153	5.4 g	32%	0 mg	2 g	24 g	1 g	441 mg
Roasted Cauliflower with Red Onions ▲	3 oz.	35	0.7 g	18%	0 mg	1 g	5.5 g	1.7 g	65 mg
Sauerkraut ▲	1/2 cup	22	0 g	0%	0 mg	1 g	5 g	3 g	780 mg
Savory Dressing	1 scoop	154	4.7 g	27%	0 mg	3.7 g	24 g	0 g	542 mg
Savory Stuffing	1 scoop	154	4.7 g	27%	0 mg	3.7 g	24 g	0 g	542 mg
Seasoned Greens ■	4 oz.	77	5 g	58%	0 mg	2 g	6 g	2 g	253 mg
Squash ▲	1/2 cup	11	0 g	0%	0 mg	0.76 g	1.5 g	0.76 g	203 mg
Stuffing	1 scoop	154	4.7 g	27%	0 mg	3.7 g	24 g	0 g	542 mg
White & Wild Rice ▲	1/2 cup	93	0 g	0%	0 mg	2.6 g	20 g	1 g	193 mg
VEGETABLES									
Asparagus ▲	4 spears	15	0 g	0%	0 mg	2 g	2.7 g	1.2 g	200 mg
Baby Carrots ▲	1/2 cup	26	0 g	0%	0 mg	0.9 g	6 g	2.5 g	235 mg
Broccoli ▲	1/2 cup	25	0 g	0%	0 mg	2.8 g	5 g	2.7 g	214 mg
Brussel Sprouts ▲	1/2 cup	33	0 g	0%	0 mg	2.8 g	6.4 g	3 g	210 mg
Carrots ▲	1/2 cup	26	0 g	0%	0 mg	0.9 g	6 g	2.5 g	235 mg
Cauliflower ▲	1/2 cup	17	0 g	0%	0 mg	1.4 g	3.4 g	2.4 g	208 mg
Corn ▲	1/2 cup	66	0 g	0%	0 mg	2.3 g	16 g	2 g	196 mg
Corn on the Cob ▲	1 ear	121	1 g	7%	0 mg	3 g	2.5 g	2.8 g	242 mg
Creamed Spinach ■	1 serving	80	4 g	45%	10 mg	3 g	8 g	1.3 g	77 mg
Cut Green Beans ▲	1/2 cup	20	0 g	0%	0 mg	1.8 g	4 g	2 g	198 mg

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