

Catering Entertain Winter 2020 Nutrition Facts



	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Total Sugars	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Appetizers																								
Grilled Vegetable Tray	1 Tray	1580	89	114	13	65	0	0	0	5850	254	188	68	60	214	107	0	0	46	10	35	80	210	
	4 oz	50	2.5	3	0	0	0	0	0	180	8	6	2	2	7	3	0	0	1	0	2	0	6	
Chicken & Cheese Quesadilla Tray	1 Tray	3490	185	237	94	470	0	695	232	9320	405	228	83	4	14	22	3	6	203	10	240	90	20	
	2 pieces w/ sauce	290	15	19	8	40	0	60	20	780	34	19	7	0	0	2	0	0	17	0	20	6	2	
Arancini	1 piece	60	3	4	1	5	0	5	2	170	7	6	2	0	0	0	0	0	2	0	2	0	0	
Mexican Fiesta Dip Tray	1 Tray	2430	130	167	45	225	0	170	57	7110	309	221	80	5	18	13	0	0	119	6	110	170	80	
	2 Tbsp	40	2	3	0.5	3	0	5	2	115	5	4	1	0	0	0	0	0	2	0	2	6	2	
Fruit & Vegetable Trays																								
Fresh Fruit Tray - Medium	1 Tray	1880	11	14	4	20	0	20	7	450	20	453	165	36	129	382	28	56	38	25	70	60	160	
Fresh Fruit Tray - Large	1 Tray	2510	15	19	6	30	0	25	8	600	26	604	220	48	171	510	37	74	51	35	90	70	210	
	4 oz	50	0	0	0	0	0	0	0	15	1	13	5	1	4	11	1	2	1	0	2	0	4	
Fresh Fruit Bowl	1 Tray	830	3.5	4	0.5	3	0	0	0	150	7	210	76	22	79	174	0	0	11	0	15	20	70	
	4 oz	50	0	0	0	0	0	0	0	10	0	13	5	1	4	11	0	0	1	0	2	0	4	
Color Burst Veggie Tray - Small	1 Tray	1120	71	91	13	65	1	55	18	1370	60	109	40	35	125	49	3	6	29	0	45	90	80	
	4 oz	70	4.5	6	1	5	0	5	2	90	4	7	3	2	7	3	0	0	2	0	2	6	6	
Color Burst Veggie Tray - Medium	1 Tray	2230	142	182	27	135	2	110	37	2740	119	215	78	68	243	95	6	12	57	0	90	180	160	
	4 oz	80	5	6	1	5	0	5	2	95	4	7	3	2	7	3	0	0	2	0	4	6	6	
Color Burst Veggie Tray - Large	1 Tray	2620	146	187	28	140	2	110	37	3430	149	300	109	100	357	138	6	12	77	0	120	220	250	
	4oz	60	3.5	4	0.5	3	0	5	2	80	3	7	3	2	7	3	0	0	2	0	2	6	6	
Crudites - Medium	1 Tray	300	2.5	3	0	0	0	0	0	600	26	64	23	20	71	28	0	0	17	0	30	40	60	
	4 oz	25	0	0	0	0	0	0	0	50	2	5	2	2	7	2	0	0	1	0	2	6	4	
Crudites - Large	1 Tray	550	4.5	6	1	5	0	0	0	1130	49	117	43	37	132	51	0	0	31	0	50	70	100	
	4 oz	25	0	0	0	0	0	0	0	55	2	6	2	2	7	2	0	0	1	0	2	6	4	
Sliced Fruit Tray - Small	1 Tray	870	5	6	1	5	0	0	0	140	6	216	79	35	125	165	0	0	15	0	20	35	80	
Sliced Fruit Tray - Medium	1 Tray	1390	8	10	1	5	0	0	0	220	10	345	125	61	218	257	0	0	24	0	35	60	120	
Sliced Fruit Tray - Large	1 Tray	2380	12	15	2	10	0	0	0	370	16	596	217	88	314	458	0	0	38	0	50	80	200	
	4 oz	50	0	0	0	0	0	0	0	10	0	13	5	2	7	10	0	0	1	0	2	0	4	

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	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Total Sugars	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
King Salads																								
Asian Sesame w/Chicken - Large	1 Salad	2740	156	200	24	120	0	230	77	3390	147	209	76	35	125	39	1	2	150	0	90	210	90	
	4 oz	140	8	10	1.5	8	0	10	3	180	8	11	4	2	7	2	0	0	8	0	4	10	4	
Asian Sesame w/Chicken - Small	1 Salad	1420	78	100	12	60	0	115	38	1870	81	116	42	18	64	19	1	2	76	0	45	100	40	
	4 oz	150	8	10	1	5	0	10	3	200	9	12	4	2	7	2	0	0	8	0	4	10	4	
Arugula Salad	1 Salad	630	30	38	28	140	0	140	47	1330	58	11	4	5	18	6	0	0	63	0	170	30	25	
	4 oz	160	7	9	7	35	0	35	12	330	14	3	1	1	4	2	0	0	16	0	40	6	6	
Caesar Salad - Large	1 Salad	2040	98	126	24	122	1	145	49	4500	196	204	74	41	148	38	8	16	99	120	90	140	120	
	4 oz	100	5	6	1	6	0	5	2	230	10	10	4	2	7	2	0	1	5	6	4	8	6	
Caesar Salad - Small	1 Salad	1000	49	63	12	61	0	75	24	2240	97	98	36	18	65	17	4	8	48	60	40	70	50	
	4oz	110	5	7	1.5	7	0	10	3	250	11	11	4	2	7	2	0	1	5	6	4	8	6	
Caesar Salad w/Chicken - Large	1 Salad	2670	131	168	30	150	1	375	125	6620	288	212	77	41	148	44	9	18	175	120	90	150	120	
	4 oz	110	6	7	1.5	6	0	15	5	280	12	9	3	2	6	2	0	1	7	6	4	6	6	
Caesar Salad w/Chicken - Small	1 Salad	1310	65	84	15	75	0	190	63	3300	144	102	37	18	65	20	5	9	86	60	45	70	50	
	4 oz	120	6	8	1.5	7	0	15	6	300	13	9	3	2	6	2	0	1	8	6	4	6	4	
Garden Salad - Large	1 Salad	800	26	33	7	35	0	675	225	530	23	109	40	17	61	49	0	0	56	20	70	120	60	
	4 oz	30	1	1	0	0	0	25	8	20	1	4	1	1	4	2	0	0	2	0	2	6	2	
Garden Salad - Small	1 Salad	390	13	17	3.5	18	0	340	113	260	11	53	19	9	32	25	0	0	27	10	30	60	30	
	4 oz	30	1	1	0	0	0	25	8	20	1	4	1	1	4	2	0	0	2	0	2	6	2	
King Harvest Salad - Large	1 Salad	2760	152	195	43	215	0	180	60	2310	100	280	102	23	82	199	0	0	95	0	120	380	30	
	4 oz	170	9	12	2.5	13	0	10	3	140	6	17	6	1	4	12	0	0	6	0	8	20	2	
King Harvest Salad - Small	1 salad	1390	76	97	21	105	0	90	30	1150	50	144	52	12	43	103	0	0	47	0	60	190	15	
	4 oz	170	9	12	2.5	13	0	10	3	135	6	17	6	1	4	12	0	0	6	0	8	20	2	
Natures Market Salad - Large	1 Salad	3010	211	271	37	185	0	60	20	7040	306	172	63	25	89	33	0	0	119	0	100	180	60	
	4 oz	140	10	13	1.5	8	0	5	2	330	14	8	3	1	4	2	0	0	6	0	4	10	2	
Natures Market Salad - Small	1 Salad	1500	105	135	18	90	0	30	10	3520	153	86	31	12	43	17	0	0	60	0	50	90	30	
	4 oz	140	10	13	1.5	8	0	5	2	330	14	8	3	1	4	2	0	0	6	0	4	10	2	
Organic Berry Blast - Large	1 Salad	2210	97	124	38	190	0	170	57	1880	82	267	97	22	79	193	0	0	68	6	140	240	6	
	4 oz	160	7	9	3	15	0	10	3	140	6	20	7	2	7	14	0	0	5	0	10	15	0	

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			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	%DV	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Organic Berry Blast - Small	1 Salad	1090	48	62	19	95	0	85	28	890	39	131	48	11	39	96	0	0	34	6	70	110	2	
	4 oz	170	8	10	3	15	0	15	5	140	6	21	8	2	7	15	0	0	5	0	10	15	0	
Pear & Provolone Salad - Large	1 Salad	1610	88	113	40	200	0	150	50	2470	107	136	49	17	61	69	0	0	65	0	170	170	20	
	4 oz	100	6	8	2.5	13	0	10	3	160	7	9	3	1	4	4	0	0	4	0	10	10	2	
Pear & Provolone Salad - Small	1 Salad	790	44	56	20	100	0	75	25	1230	53	66	24	8	29	34	0	0	32	0	90	80	10	
	4 oz	100	6	8	2.5	13	0	10	3	160	7	8	3	1	4	4	0	0	4	0	10	10	2	
Sandwich Trays																								
Mini Croissant Sandwich Tray																								
Curry Chicken Croissant	1 Piece	170	12	15	4	20	0	35	12	250	11	12	4	0	0	3	1	2	6	0	0	6	0	
Veggie Croissant	1 Piece	100	6	8	3	15	0	15	5	70	3	13	5	0	0	3	0	0	2	0	0	6	2	
Chicken Salad w/ Dried Cranberries Croissant	1 Piece	190	12	15	4	20	0	45	15	220	10	14	5	-	-	4	0	0	7	-	2	6	0	
Tuna Croissant	1 Piece	170	11	14	3.5	18	0	30	10	160	7	9	3	0	0	1	0	0	9	0	0	6	2	
Egg Salad Croissant	1 Piece	200	16	21	5	25	0	145	48	260	11	9	3	0	0	1	0	0	6	6	2	6	0	
Kids Finger Sandwich Tray																								
Ham & American Cheese Sandwich	1 Piece	90	4.5	6	1	6	0	10	3	230	10	7	3	1	2	1	1	2	4	0	2	2	2	
Turkey & American Cheese Sandwich	1 Piece	80	4.5	6	1	5	0	10	3	240	10	7	3	1	2	1	1	2	4	0	2	2	0	
SunButter & Jelly Sandwich	1 Piece	110	4.5	6	0	2	0	0	0	115	5	14	5	1	4	5	4	8	3	0	2	4	0	
SunButter & Fluff Sandwich	1 Piece	90	4.5	6	0	2	0	0	0	115	5	10	4	1	4	2	2	5	3	0	2	4	0	
Signature Sliced Wrap Tray																								
Roast Beef & Cheddar Wheat Wrap	1 Piece	90	5	6	2	10	0	20	7	160	7	6	2	0	0	0	0	0	7	0	6	6	0	
Turkey & Pepperjack Spinach Wrap	1 Piece	80	3	4	1.5	8	0	10	3	340	15	8	3	-	-	2	2	4	6	-	6	6	0	
Roasted Vegetable & Provolone Spinach Wrap	1 Piece	80	4	5	1.5	8	0	5	2	135	6	9	3	0	0	2	0	0	3	0	6	6	0	
Chicken Caesar Wheat Wrap	1 Piece	70	3.5	4	1	5	0	15	5	280	12	6	2	0	0	1	0	0	6	6	4	0	0	
Tuna & Provolone Wheat Wrap	1 Piece	110	6	8	1.5	8	0	15	5	190	8	6	2	0	0	0	0	0	9	0	6	6	2	
Pita Wedge Platter																								
Roast Beef & Sharp Cheddar	1 Piece	110	5	6	2	10	0	20	7	190	8	10	4	0	0	1	1	2	6	0	6	6	0	
Greek Chicken	1 Piece	90	3	4	0.5	3	0	15	5	310	13	11	4	1	4	2	1	2	6	0	4	6	2	
Turkey & Pepperjack	1 Piece	90	3.5	4	1	5	0	15	5	340	15	10	4	1	4	1	1	2	6	0	6	6	0	
Classic Sandwich Tray																								
Cajun Turkey w/ Jalapeno Cayenne Pepper Cheese	1 Piece	250	8	10	5	25	0	40	13	1100	48	26	9	-	-	4	3	6	18	-	15	10	0	

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			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	%DV	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Chicken & Cranberry Salad	1 Piece	280	15	19	2	10	0	45	15	380	17	26	9	2	7	9	3	6	13	0	6	6	2	
Roasted Vegetable w/ BelGioioso Aged Provolone	1 Piece	260	11	14	4	20	0	25	8	510	22	28	10	0	0	3	0	0	10	0	10	10	2	
Peppered Salami	1 Piece	270	14	18	3	15	0	25	8	730	32	28	10	0	0	2	0	0	10	0	4	10	2	
Rosemary Ham w/ Muenster Cheese	1 Piece	240	8	10	4	20	0	30	10	760	33	25	9	0	0	1	0	0	17	0	15	10	0	
Chicken Caesar w/ Shredded Pecorino Romano & Bacon	1 Piece	240	10	13	1	5	0	30	10	670	29	25	9	0	0	1	0	0	13	0	2	10	2	
Entrees																								
Chicken French with Lemon Butter Sauce	1 Piece w/Sauce	390	22	28	8	40	0	170	57	1320	57	15	5	0	0	4	2	4	29	0	2	6	2	
Chicken Parmesan	1 Piece	290	12	15	3.5	18	0	90	30	590	26	17	6	0	0	5	0	0	27	0	10	6	10	
Grilled Lemon Garlic Boneless Chicken Breast	1 Piece	220	12	15	2	10	0	80	27	750	33	3	1	0	0	2	0	0	27	0	0	6	0	
Honey Brined BBQ Roasted Chicken	1 Pan	3670	216	277	61	305	0	1510	503	8700	378	4	1	1	4	1	0	0	431	0	30	70	2	
	4 oz	290	26	33	4.5	23	0	50	17	1590	69	1	0	0	0	0	0	0	15	0	2	6	0	
Honey Brined Fried Chicken	3 oz	200	12	15	4	20	0	60	20	780	34	8	3	0	0	0	0	0	18	0	2	6	0	
Pulled Memphis BBQ Chicken	1 Pan	2100	34	44	7	35	0	740	247	14810	644	178	65	0	0	124	124	248	270	0	25	70	90	
	5 oz	160	2.5	3	0.5	3	0	60	20	1160	50	14	5	0	0	10	10	20	21	0	2	6	6	
Pulled Pork	1 Pan	2600	85	109	28	140	0	880	293	12310	535	209	76	0	0	161	157	314	268	0	15	90	110	
	7 oz	280	9	12	3	15	0	95	32	1350	59	23	8	0	0	18	17	34	29	0	2	10	10	
Crab Cake Sliders	1 cake	170	14	18	3	14	0	50	17	280	12	3	1	0	1	0	0	1	8	0	2	4	0	
Crab & Shrimp Steampot	1 Pan	1820	50	64	17	85	1	1360	453	10330	449	121	44	12	43	13	0	0	251	0	70	110	60	
	12 oz	290	8	10	2.5	13	0	215	72	1640	71	19	7	2	7	2	0	0	40	0	10	15	10	
Lobster & Shrimp Steampot	1 Pan	1800	67	86	23	115	0	750	250	7200	313	181	66	1	4	13	0	0	127	0	60	50	30	
	10 oz	310	11	14	4	20	0	130	43	1230	53	31	11	0	0	2	0	0	22	0	10	10	6	
Low Country Shrimp Steampot	1 Pan	3160	186	238	57	285	0	1165	388	9840	428	181	66	0	0	13	0	0	208	0	50	130	0	
	12 oz	520	31	40	9	45	0	195	65	1630	71	30	11	0	0	2	0	0	34	0	8	20	0	
Grazing Entrees																								
Chicken Cutlet Platter	1 Piece	230	9	12	2	10	0	80	27	380	17	15	5	0	0	4	0	0	24	0	4	6	8	
Smoked Salmon Platter	1 tray	580	17	22	3	15	0	180	60	4920	214	34	12	7	25	15	0	0	86	0	20	30	25	
	3 oz	45	1.5	2	0	0	0	15	5	400	17	3	1	1	4	1	0	0	7	0	2	0	2	
Sliced Turkey Breast Platter	1 Tray	3860	99	127	29	145	1.5	1780	593	11940	519	18	7	-	-	18	-	-	743	-	20	110	-	

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			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	%DV	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
	9 oz	310	8	10	2.5	13	0	145	48	960	42	1	0	-	-	1	-	-	60	-	2	10	-	
Sliced Beef Tenderloin Platter	1 Tray	3050	175	224	63	315	3.5	760	253	14760	642	101	37	32	114	57	20	40	273	0	50	190	40	
	8 oz	270	16	21	6	30	0	65	22	1310	57	9	3	3	11	5	2	4	24	0	4	15	4	
Sliced Seasoned Pork Tenderloin Platter	1 Tray	2250	76	97	14	70	0	1070	357	5750	250	27	10	0	0	11	0	0	356	15	15	90	150	
	4 oz	140	4.5	6	1	5	0	65	22	350	15	2	1	0	0	1	0	0	22	0	2	6	10	
Sliced Seasoned Chicken Breast Platter	1 Tray	1840	69	88	11	55	0	810	270	8120	353	37	13	3	11	24	0	0	276	0	15	35	10	
	4 oz	120	4.5	6	0.5	3	0	55	18	550	24	3	1	0	0	2	0	0	19	0	2	0	0	
Side Dishes																								
Chipotle Corn Cakes	1 Cake	120	4.5	6	1.5	8	0	20	7	200	9	19	7	1	4	7	6	12	2	0	2	6	2	
Kale & Quinoa Cakes	1 Cake	130	8	10	0.5	3	0	35	12	80	3	12	4	1	4	3	1	2	4	0	4	6	4	
Potatoes Gratin	1 Piece	180	12	15	8	40	0	40	13	380	17	14	5	1	4	0	0	0	4	0	8	0	4	
Side Dishes - 3 #																								
Cauliflower & Spinach Gratin	1 pan	790	47	60	25	125	1.5	120	40	6340	276	67	24	21	75	31	1	2	33	20	60	50	35	
	4 oz	70	4	5	2	10	0	10	3	530	23	6	2	2	6	3	0	0	3	2	4	4	2	
Sauteed Greens	1 Pan	1170	73	94	11	55	0	70	23	4740	206	71	26	84	300	20	0	0	29	15	140	60	70	
	4 oz	100	6	8	1	5	0	5	2	390	17	6	2	7	25	2	0	0	2	0	10	6	6	
Roasted Red Potatoes	1 Pan	1380	55	71	8	40	0	0	0	2840	123	210	76	23	82	17	0	0	24	0	10	60	130	
	4 oz	110	4.5	6	0.5	3	0	0	0	240	10	17	6	2	7	1	0	0	2	0	0	6	10	
Seasoned Broccoli	1 Pan	1140	83	106	12	60	0	0	0	5640	245	91	33	42	150	18	0	0	30	0	40	60	80	
	4 oz	90	7	9	1	5	0	0	0	470	20	8	3	3	11	1	0	0	3	0	4	6	6	
Seasoned Green Beans	1 Pan	1280	98	126	14	70	0	0	0	6110	266	99	36	40	143	46	0	0	24	0	45	50	40	
	4 oz	110	8	10	1	5	0	0	0	510	22	8	3	3	11	4	0	0	2	0	4	6	4	
Roasted Butternut Squash with Spinach & Craisins	1 Pan	1440	100	128	14	70	0	0	0	2680	117	149	54	35	125	54	0	0	13	0	40	60	60	
	4 oz	120	8	10	1	5	0	0	0	220	10	12	4	3	11	5	0	0	1	0	4	6	6	
Tuscan Roasted Potatoes	1 Pan	1200	35	45	5	25	0	0	0	4540	197	219	80	0	0	26	0	0	36	0	25	80	130	
	4 oz	100	3	4	0	0	0	0	0	380	17	18	7	0	0	2	0	0	3	0	2	6	10	
Side Dishes - 5 #																								
Cheese Tortellini & Pesto Salad	1 Pan	4770	242	310	43	215	1.5	195	65	12520	544	530	193	10	36	25	0	0	132	0	120	200	30	

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	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Total Sugars	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	%DV	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
	4 oz	240	12	15	2	10	0	10	3	620	27	26	9	0	0	1	0	0	7	0	6	10	2	
Signature Whipped Potatoes	1 Pan	3310	228	292	134	670	7	640	213	6960	303	287	104	24	86	27	1	2	39	30	50	30	110	
	4 oz	160	11	14	7	35	0	30	10	350	15	14	5	1	4	1	0	0	2	0	2	0	6	
Baked Potato Salad (6#)	1 Pan	5370	394	505	79	395	7	455	152	8010	348	415	151	34	121	36	18	36	81	60	150	120	180	
	4 oz	220	16	21	3.5	18	0	20	7	330	14	17	6	1	4	1	1	2	3	0	6	6	8	
Penne w/ Mozzarella & Tomato Salad	1 Pan	4630	282	362	37	185	0	120	40	6000	261	429	156	8	29	55	0	0	128	0	100	110	35	
	4 oz	230	14	18	2	9	0	5	2	300	13	21	8	0	1	3	0	0	6	0	4	6	2	
Pasta																								
Ready-to-Bake Cheese Lasagna	1 Pan	5760	312	400	171	856	3.5	1320	439	11730	510	396	144	26	93	118	0	0	354	8	740	120	100	
	1 Piece	480	26	33	14	71	0	110	37	980	43	33	12	2	8	10	0	0	29	0	60	10	8	
Rigatoni Bolognese	1 Pan	3190	124	159	41	205	0	415	138	5030	219	365	133	6	21	41	1	2	191	0	90	170	70	
	8 oz	320	12	15	4	20	0	40	13	500	22	36	13	1	4	4	0	0	19	0	10	15	6	
Lobster Mac & Cheese	1 Pan	3890	203	260	100	500	0	1080	360	8300	361	329	120	1	4	87	0	0	184	0	280	60	0	
	8 oz	390	20	26	10	50	0	110	37	830	36	33	12	0	0	9	0	0	18	0	30	6	0	
Macaroni & Cheese	1 Pan	3660	179	229	91	455	2	440	147	6500	283	360	131	12	43	49	0	0	150	30	230	100	50	
	4 oz	180	9	12	4.5	23	0	20	7	330	14	18	7	1	4	2	0	0	7	0	10	6	2	
Cavatappi w/ Chicken & Vodka Blush Sauce	1 Pan	3080	127	163	42	208	1	370	123	5630	245	329	119	14	48	43	1	2	144	50	90	110	60	
	8 oz	310	13	16	4	21	0	35	12	560	24	33	12	1	5	4	0	0	14	6	8	10	6	
Penne Alfredo w/ Chicken & Peas	1 Pan	3470	158	203	68	341	3	485	161	8530	371	361	131	17	62	60	3	5	162	50	120	100	45	
	4 oz	150	7	9	3	15	0	20	7	380	16	16	6	1	3	3	0	0	7	2	6	4	2	
Penne with Seasoned Tomato Sauce & Mozzarella	1 Pan	2370	72	92	18	90	0	80	27	4990	217	354	129	15	53	57	0	0	82	4	90	120	100	
	4 oz	120	3.5	5	1	5	0	5	1	250	11	18	6	1	3	3	0	0	4	0	4	6	4	
Asian-Style Party Starters																								
Organic Asian Chicken Dumplings Tray	1 Tray	2460	74	95	15	77	0	285	94	5340	232	328	119	24	86	53	0	0	108	0	20	50	40	
	1 piece	45	1.5	2	0	1	0	5	2	95	4	6	2	0	2	1	0	0	2	0	0	0	0	
Thai Pork Spring Roll Party Tray	1 Tray	1860	106	136	29	145	0.5	150	50	4670	203	189	69	0	0	135	60	120	48	0	0	50	2	
	1 piece	80	4.5	6	1	5	0	5	2	190	8	8	3	0	0	6	2	4	2	0	0	0	0	
Asian Shrimp Appetizer Tray	1 Tray	2040	122	156	34	170	0	565	188	6330	275	138	50	20	71	32	12	24	103	0	20	35	25	

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	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Total Sugars	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	%DV	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	
Fried Coconut Shrimp	1 Piece	80	6	8	2.5	13	0	20	7	70	3	3	1	2	7	1	0	0	2	0	0	0	2	
Lemongrass Shrimp Skewers	1 Piece	80	0.5	1	0	0	0	90	30	1050	46	6	2	0	0	3	2	4	11	0	4	6	4	
Shrimp Wontons	1 Piece	25	1	1	0	0	0	10	3	60	3	3	1	0	0	0	0	0	2	0	0	0	0	
Spicy Szechuan Dipping Sauce	2 Tbsp	70	5	6	1	5	0	0	0	380	17	4	1	0	0	2	1	2	3	0	0	0	0	
Mango, Green Bean & Farro Salad	1 Tray	1890	55	71	10	50	0	0	0	7890	343	314	114	26	93	120	0	0	58	0	30	110	60	
	4 oz	120	3.5	4	0.5	3	0	0	0	490	21	19	7	2	7	7	0	0	4	0	2	6	4	
Tandoori Chicken Satay Tray	1 Tray	1550	48	62	9	45	0	680	227	3700	161	133	48	1	4	109	0	0	144	0	20	60	2	
	1 Piece	60	2	3	0	0	0	30	10	150	7	6	2	0	0	5	0	0	6	0	0	0	0	
Singapore Noodle Salad w/Chicken and Shrimp Tray	1 Tray	2310	92	118	16	80	0	575	192	9030	393	259	94	8	29	61	19	38	65	10	35	70	30	
	4 oz	170	7	9	1	5	0	40	13	660	29	19	7	1	4	4	1	2	5	0	2	6	2	
Signature Steamed Dumpling Tray	1 Tray	1920	70	90	11	55	0	160	53	5750	250	233	85	4	14	28	8	16	86	0	25	45	8	
Chicken & Lemongrass Dumpling	1 Piece	45	1.5	2	0	0	0	5	2	95	4	5	2	0	0	0	0	0	2	0	0	0	0	
Kale & Vegetable Dumpling	1 Piece	40	1	1	0	0	0	0	0	95	4	6	2	0	0	1	0	0	1	0	0	0	0	
Chicken Teriyaki Dumpling	1 Piece	35	0.5	1	0	0	0	5	2	90	4	5	2	0	0	0	0	0	2	0	0	0	0	
Spicy Szechuan Sauce	2 Tbsp	70	5	6	1	5	0	0	0	380	17	4	1	0	0	2	1	2	3	0	0	0	0	
Kung Pao Chicken Lettuce Wrap Tray	1 Tray	2690	159	204	24	120	0.5	605	202	5780	251	149	54	25	89	46	22	44	176	6	30	70	110	
	4 oz	180	11	14	1.5	8	0	40	13	390	17	10	4	2	7	3	1	2	12	0	2	6	8	
Kung Pao Shrimp Lettuce Wrap tray	1 Tray	2060	128	164	19	95	0.5	1005	335	7360	320	99	36	23	82	28	8	16	148	0	45	70	50	
	4 oz	140	9	12	1.5	8	0	70	23	500	22	7	3	2	7	2	1	2	10	0	4	6	4	
Seafood Trays																								
Wegmans Zesty Cocktail Sauce	2 Tbsp	25	0	0	0	0	0	0	0	130	6	6	2	1	4	6	6	12	0	0	0	0	2	
Cooked Shrimp	1 Piece	25	0	0	0	0	0	40	13	55	2	0	0	0	0	0	0	0	5	0	2	0	2	
Grilled Shrimp	1 Piece	20	0	0	0	0	0	35	12	200	9	0	0	0	0	0	0	0	4	0	0	0	0	
Snow Crab Claws	1 Piece	25	0	0	0	0	0	15	5	160	7	0	0	0	0	0	0	0	5	-	0	6	-	
King Crab Claws	1 oz	25	0.5	1	0	0	0	15	5	300	13	0	0	0	0	0	0	0	5	0	2	0	2	
Lobster Claws	1 oz	15	0	0	0	0	0	25	8	210	9	0	0	0	0	0	0	0	3	0	2	0	0	

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			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	

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	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Total Sugars	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	

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	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Total Sugars	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium	
			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)	