

QUAD CREEK CAFE INTERNATIONAL STATION (add'l ingredients at bottom of page)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
ASIAN ENTRÉE WITHOUT RICE UNLESS NOTED											
Beef and Broccoli Stir Fry	286	135	15	3	0	34	1176	21	5	6	17
Cantonese Tofu Vegetables	224	151	17	2	0	0	572	9	3	3	12
Cantonese Vegetable Stir Fry*	42	23	3	0	0	0	238	4	2	3	1
Chicken Teriyaki	461	229	25	4	0	36	1913	40	5	20	21
Crispy Orange Chicken	318	144	16	3	0	17	739	29	2	10	10
Curried Chicken	189	100	11	7	0	43	383	11	1	6	12
Fried Tofu & Sweet Chili Sauce (w/rice)	365	93	10	1	0	0	1093	59	4	9	10
Garlic Orange Chili Pork	233	175	20	4	0	19	293	3	1	8	7
General Tso's Pork	292	152	17	3	0	19	713	27	2	35	7
General Tso's Tofu*	193	66	7	1	0	0	574	26	3	19	7
Kung Pao Beef	387	210	23	5	0	34	1190	27	4	16	20
Kung Pao Tofu	371	193	21	3	0	0	1502	36	4	22	13
Lemon Ginger Tofu Stir Fry (w/rice)*	256	38	4	0	0	0	292	48	4	9	8
Lemon Ginger Tofu & Veggies	211	109	12	2	0	0	1663	16	3	4	14
Seitan and Broccoli Stir Fry (w/rice)	416	129	14	2	0	0	1340	54	5	11	19
Sesame Chicken*	116	44	3	1	0	66	139	1	0	1	16
Sweet & Sour Chicken	331	155	17	2	0	27	353	35	2	25	11
Sweet & Sour Tofu	253	130	15	2	0	0	236	27	2	21	5
Szechuan Beef Stir Fry	298	157	17	4	0	34	918	21	2	11	15
Tofu w/Lemongrass & Five Spice	132	96	11	2	0	0	125	2.4	1	1	9
Rice (3 oz)	101	2	0	0	0	0	3	22	0	0	2
Potsticker (1)	76	38	4	2	0	5	92	7	0	0	3

***serve with rice and add skim milk and fruit for a balanced choice with ≤ 600 calories, ≤ 35% of calories from fat, ≤ 10% of calories from saturated fat, > 3 g fiber**

Nutrient Information Disclaimer

The nutrient information displayed for Sodexo recipes represent the known amount of a particular nutrient in a recipe. The recipes were analyzed using the CBORD Database and additional information from food manufacturers and USDA data base. The data are averages only, and should be used as a guide. The nutrient values are for the edible portion of the recipe. The nutrient information displayed for each item is the result of its exact preparation as stated in the recipe. Any deviation from the recipe such as product substitutions or changes to portion yield will render the information, inaccurate. (Recipes are modified on occasion to better meet local preference in taste, or to accommodate a variety of preparation methods.) Although we strive to make the information as accurate as possible, nutrition analysis is not an exact science. Various factors including diet of an animal, and food processing methods influence the amounts of nutrients in food. However, we hope this information will be useful to you, and assist you in your desire to achieve good health through healthful eating.

Entrée (without rice unless noted)	Calories
Beef and Broccoli Stir Fry	286
Cantonese Tofu Vegetables	224
Cantonese Vegetable Stir Fry**	42
Chicken Teriyaki	461
Crispy Orange Chicken	318
Curried Chicken	189
Fried Tofu & Sweet Chili Sauce (w/rice)	365
Garlic Orange Chili Pork	233
General Tso's Pork	292
General Tso's Tofu**	193
Kung Pao Beef	387
Kung Pao Tofu	371
Lemon Ginger Tofu Stir Fry (w/rice)**	256
Lemon Ginger Tofu & Veggies	211
Seitan and Broccoli Stir Fry (w/rice)	416
Sesame Chicken**	116
Sweet & Sour Chicken	331
Sweet & Sour Tofu	253
Szechaun Beef Stir Fry	298
Tofu w/Lemongrass & Five Spice	132
Rice (3 oz)	101
Potsticker (1)	76

****serve with rice and add skim milk and fruit for a balanced choice with ≤ 600 calories, ≤35% calories from fat, ≤10% calories from saturated fat, > 3 g fiber**

Additional information available at www.drakeudining.com under the nutrition section.

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