

NUTRITION GUIDE

Mango Stir Fry

Soybean Salad, Garlic, Crispy Chicken, Mango,
Veg Mix Mango, White Rice, Chile Pepper, jalapeno, Basil

Total **966** **401** **46** **6** **0** **265** **2,792** **119** **3** **44** **28** **21** **117** **7** **22**

Tin Drum Curry

Curry, Spinach, Crispy Chicken, White Rice

Total **1,049** **527** **59** **26** **0** **85** **3,146** **117** **3** **40** **35** **82** **20** **5** **36**

Basil Fried Rice

Soybean Salad, Garlic, Eggs, Marinated Chicken,
Chile Pepper, Jalapeno, White Rice, Black Pepper, Basil,
Carrot, Cucumber, Veg Mix Basil Fried, Brown Sauce,

Total **1,046** **419** **49** **7** **0** **186** **2,466** **108** **4** **16** **43** **78** **45** **13** **37**

Panang Curry

Panang Curry, Veg Mix, Tomatoes, White Rice, Marinated Chicken

Total **860** **363** **40** **23** **0** **71** **2,672** **92** **4** **22** **40** **49** **177** **5** **33**

Tikka Masala

Tikka Masala Curry Sauce, Marinated Chicken,
White Rice, Tomatoes, Cilantro

Total **965** **494** **55** **35** **0** **271** **2,414** **76** **2** **4** **33** **53** **15** **1** **26**

Sesame Stir-Fry

Broccoli Garlic, Soybean Salad, Sesame Sauce,
Sesame Seed, Crispy Chicken, White Rice

Total **945** **363** **42** **6** **0** **66** **2023** **112** **3** **36** **29** **34** **89** **9** **25**

Pad Thai Noodle

Soybean Salad, Eggs, Pad Thai Sauce, Green Scallion,
Veg Mix Pad Thai, Marinated Chicken, Bean Sprouts, Carrot,
Peanuts, Lime Juice, Pad Thai Noodles

Total **795** **473** **55** **8** **0** **242** **1,990** **42** **5** **29** **41** **101** **42** **9** **23**

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Lo Men Soybean Salad, Garlic, Veg Mix Sing/Pad Woon, Marinated Chicken, Yaki Soba Noodle, Brown Sauce															
Total	747	280	32	4	0	72	2,649	76	4	18	43	99	49	11	24
Teriyaki Stir-Fry Garlic, Soybean Salad, Teriyaki Sauce, Crispy Chicken, White Rice, Veg Mix Sing/Pad Woon															
Total	967	339	39	5	0	66	2181	123	4	48	30	99	51	6	25
Sing Chow Men Noodle Rice Stick Noodle, Eggs, Garlic, Soybean Salad, Brown Sauce, Curry Powder, Marinated Chicken, Veg Mix Sing/Pad Woon															
Total	1,150	447	52	7	0	186	2,486	117	17	17	44	101	53	21	52
Pad Woon Sen Noodle Soybean Salad, Garlic, Eggs, Pad Woon Sen Noodles, Veg Mix Sing/Pad Woon, Brown Sauce, Marinated Chicken, Black Pepper															
Total	811	420	49	7	0	186	2,495	59	5	17	39	101	49	9	16