

LUNCH NUTRITION FACTS

Most items are calculated based on chicken unless the items already come with the meat.

Items	Calories	Calories	Total Fat		Sodium		Potassium		Total carb		Dietary Fiber		Sugars	Protein	Vit.A	Vit.C	Calcium	Iron	cholesterol
		from Fat	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV	mg
Kra Pao	248	48	5	9	663	28	106	2	10	3	3	10	4	34	39	94	4	16	79
Cashews	296	81	9	15	604	25	103	3	18	6	2	9	11	35	22	64	4	15	79
Sweet & Sour	299	45	5	9	603	25	143	4	29	10	2	7	25	33	24	68	3	11	79
Pad King	253	47	5	9	611	25	162	5	16	5	3	10	8	36	12	55	4	14	79
Broccoli	252	48	6	9	835	35	263	6	14	5	3	12	8	36	2	96	5	15	79
Pad Pak	234	44	5	9	758	32	234	6	15	5	3	12	9	31	27	96	7	13	68
Pad Prig	258	49	5	9	758	32	59	2	7	2	2	6	3	38	14	78	3	13	91
Pepper Steak	385	137	19	22	690	29	198	6	15	5	3	9	11	44	33	154	9	22	84
Pad Thai	450	165	21	32	517	22	44	1	44	15	1	5	13	33	7	7	7	12	197
Panang Curry	433	165	18	30	874	36	20	1	26	9	1	4	19	35	20	71	6	13	89
Yellow Curry	444	164	18	30	887	37	162	5	29	10	1	4	20	35	34	14	6	12	89
Red Curry	431	165	18	30	874	36	18	0	25	8	1	3	20	35	15	36	5	12	89
Green Curry	427	165	18	30	874	36	45	1	24	8	1	3	19	35	8	25	5	11	89
Rice (lunch)	170	3	0	1	43	2	0	0	39	13	0	1	0	3	0	0	1	2	0