

**Food Menu Report: Chinese**

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Appetizers</b>											
Veggie Egg Roll	1 egg roll	190	10	2	0	5	380	21	1	2	3
Pork Egg Roll	1 egg roll	190	10	2.5	0	10	490	20	32	2	6
Chicken Egg Roll	1 egg roll	180	9	2	0	5	380	19	2	2	6
Crab Rangoon	1 crab rangoon	130	8	3	0	10	150	11	0	1	2
<b>Soup</b>											
Hot & Sour Soup	8 oz	50	1.5	0	0	30	550	6	1	1	3
Egg Drop Soup	8 oz	60	1.5	0.5	0	55	340	10	1	1	2
<b>Poultry</b>											
Almond Chicken	6 oz	270	15	2	0	20	1240	21	3	11	13
Beijing Chicken	6 oz	270	11	2.5	0	80	740	21	1	17	22
Black Pepper Chicken	6 oz	220	11	2	0	25	1130	19	1	10	12
Black Pepper Duck	6 oz	180	7	1.5	0	30	1040	19	1	10	10
Cashew Chicken	6 oz	260	14	2.5	0	20	1240	22	2	11	12
Chicken with Broccoli	6 oz	230	10	1.5	0	25	1310	22	2	11	12
Chicken with Vegetables	6 oz	220	10	1.5	0	25	1300	21	2	11	12
Garlic Chicken	6 oz	220	10	1.5	0	25	1270	21	1	11	12
General Chicken	6 oz	360	16	3	0	40	1000	42	1	28	12
Hunan Chicken	6 oz	240	11	2	0	20	1450	23	2	13	12
Kung Pao Chicken - Spicy	6 oz	230	11	2	0	20	1200	20	2	11	11
Mushroom Chicken	6 oz	220	10	1.5	0	25	1260	20	1	11	13
Sesame Chicken	6 oz	390	19	3	0	25	600	42	0	25	12
Spicy Orange Chicken	6 oz	360	18	3	0	25	1110	34	0	17	13
Sweet and Sour Chicken	6 oz	370	19	3.5	0	30	480	35	0	20	13
Sweet Orange Chicken	6 oz	390	18	3	0	25	450	46	0	28	12
Szechuan Chicken	6 oz	250	10	1.5	0	25	970	28	2	19	11
Almond Chicken	8 oz	350	20	2.5	0	30	1650	29	3	15	17
Beijing Chicken	8 oz	360	15	3.5	0	105	980	28	1	23	29
Black Pepper Chicken	8 oz	300	15	2.5	0	30	1500	26	1	13	16
Black Pepper Duck	8 oz	240	9	2	0	40	1390	25	1	13	14
Cashew Chicken	8 oz	350	19	3	0	30	1650	30	2	15	17

Chicken with Broccoli	8 oz	300	14	2.5	0	30	1740	29	3	14	16
Chicken with Vegetables	8 oz	300	14	2.5	0	30	1740	28	2	15	16
Garlic Chicken	8 oz	290	14	2.5	0	30	1690	27	2	15	16
General Chicken	8 oz	480	22	3.5	0	55	1340	56	1	37	16
Hunan Chicken	8 oz	320	15	2.5	0	30	1930	30	3	17	16
Kung Pao Chicken - Spicy	8 oz	300	15	2.5	0	30	1610	27	2	15	14
Mushroom Chicken	8 oz	290	14	2.5	0	30	1680	27	1	14	17
Sesame Chicken	8 oz	530	25	4	0	35	800	56	0	34	16
Spicy Orange Chicken	8 oz	480	24	4.5	0	35	1480	46	0	23	18
Sweet and Sour Chicken	8 oz	490	25	4.5	0	40	640	46	0	26	17
Sweet Orange Chicken	8 oz	530	24	4.5	0	35	600	61	0	38	16
Szechuan Chicken	8 oz	330	14	2.5	0	30	1300	38	2	25	14
Almond Chicken	12 oz	530	29	4	0	45	2480	43	5	23	26
Beijing Chicken	12 oz	550	22	5	0	155	1480	42	1	34	44
Black Pepper Chicken	12 oz	440	22	3.5	0	50	2250	39	2	20	24
Black Pepper Duck	12 oz	360	14	3	0	60	2080	37	2	20	21
Cashew Chicken	12 oz	520	28	5	0	45	2480	45	4	23	25
Chicken with Broccoli	12 oz	450	21	3.5	0	45	2610	43	5	21	25
Chicken with Vegetables	12 oz	440	21	3.5	0	45	2600	41	4	22	24
Garlic Chicken	12 oz	440	20	3.5	0	45	2540	41	2	22	25
General Chicken	12 oz	710	33	6	0	80	2000	84	2	56	24
Hunan Chicken	12 oz	480	23	4	0	45	2890	45	4	26	24
Kung Pao Chicken - Spicy	12 oz	450	23	4	0	40	2410	40	4	22	21
Mushroom Chicken	12 oz	440	20	3.5	0	45	2520	40	2	22	26
Sesame Chicken	12 oz	790	37	6	0	55	1200	84	0	51	24
Spicy Orange Chicken	12 oz	720	36	6	0	55	2210	69	1	35	27
Sweet and Sour Chicken	12 oz	740	38	7	0	60	960	69	0	39	25
Sweet Orange Chicken	12 oz	790	36	6	0	55	900	91	0	57	24
Szechuan Chicken	12 oz	500	20	3.5	0	45	1950	57	3	38	22
Beef											
Beef with Broccoli	6 oz	200	9	2.5	0	25	1150	21	2	11	11
Beef with Vegetables	6 oz	200	9	2.5	0	25	1220	20	2	11	10
Mongolian Beef	6 oz	210	11	3	0	30	930	19	2	11	10
Mushroom Beef	6 oz	200	9	2.5	0	25	1180	19	1	11	11

Pepper Beef	6 oz	220	10	2.5	0	25	1360	21	1	12	11
Beef with Broccoli	8 oz	270	12	3	0	30	1540	28	3	14	14
Beef with Vegetables	8 oz	260	12	3	0	30	1630	26	2	15	14
Mongolian Beef	8 oz	280	14	3.5	0	35	1240	26	2	14	13
Mushroom Beef	8 oz	260	12	3	0	30	1580	25	1	14	15
Pepper Beef	8 oz	220	10	2.5	0	25	1360	21	1	12	11
Beef with Broccoli	12 oz	410	18	4.5	0	45	2310	42	5	22	21
Beef with Vegetables	12 oz	400	18	4.5	0	45	2440	40	4	22	21
Mongolian Beef	12 oz	420	21	6	0	55	1860	38	3	21	20
Mushroom Beef	12 oz	390	18	4.5	0	45	2370	38	2	22	23
Pepper Beef	12 oz	220	10	2.5	0	25	1360	21	1	12	11
Pork											
Hunan Pork	6 oz	200	7	1.5	0	25	1300	20	2	13	14
Pork with Green Beans	6 oz	180	6	1.5	0	30	960	17	2	11	15
Pork with Vegetables	6 oz	180	6	1.5	0	30	1150	18	2	11	15
Szechuan Pork	6 oz	210	6	1.5	0	30	820	25	2	19	13
Twice Cooked Pork	6 oz	180	6	1.5	0	30	810	16	2	10	14
Hunan Pork	8 oz	270	10	2	0	35	1740	26	3	17	19
Pork with Green Beans	8 oz	250	9	2	0	40	1280	22	3	14	21
Pork with Vegetables	8 oz	240	8	2	0	40	1530	23	2	15	19
Szechuan Pork	8 oz	270	8	2	0	40	1090	34	2	25	18
Twice Cooked Pork	8 oz	240	9	2	0	45	1080	22	3	13	19
Hunan Pork	12 oz	400	15	3	0	50	2610	40	4	26	29
Pork with Green Beans	12 oz	370	13	3	0	65	1930	33	4	22	31
Pork with Vegetables	12 oz	360	12	3	0	55	2300	35	4	22	29
Szechuan Pork	12 oz	410	12	3	0	55	1640	51	3	38	27
Twice Cooked Pork	12 oz	360	13	3	0	65	1630	33	4	19	29
Shrimp											
Kung Pao Shrimp - Spicy	6 oz	140	3	0	0	85	1130	17	2	11	10
Shrimp with Vegetables	6 oz	150	3.5	0	0	90	1220	17	2	11	12
Triple Delight	6 oz	190	10	2	0	65	400	10	2	3	14
Kung Pao Shrimp - Spicy	8 oz	190	4.5	0.5	0	110	1500	23	3	15	14
Shrimp with Vegetables	8 oz	200	4.5	0.5	0	120	1620	23	2	14	16
Triple Delight	8 oz	250	14	3	0	90	530	14	3	4	18

Kung Pao Shrimp - Spicy	12 oz	290	6	1	0	165	2260	34	4	23	20
Shrimp with Vegetables	12 oz	300	7	1	0	180	2440	35	4	22	23
Triple Delight	12 oz	380	21	4	0	135	800	21	4	6	28
Rice & Lo Mein											
Steamed Rice	6 oz	280	0	0	0	0	0	62	2	0	6
Plain Fried Rice	6 oz	300	4.5	0.5	0	15	360	58	2	0	6
Chicken Lo Mein	6 oz	350	8	1.5	0	20	1440	51	2	11	13
Shrimp Lo Mein	6 oz	290	2.5	0	0	75	1370	48	2	11	13
Vegetable Lo Mein	6 oz	320	3	0	0	0	1580	62	3	14	8
Steamed Rice	8 oz	380	0	0	0	0	0	83	3	0	8
Plain Fried Rice	8 oz	400	6	1	0	20	480	77	2	0	8
Beef Fried Rice	8 oz	490	24	5	0	85	660	53	2	1	15
Chicken Fried Rice	8 oz	510	23	4	0	70	710	56	2	1	19
Pork Fried Rice	8 oz	470	20	4	0	65	590	52	2	1	19
Shrimp Fried Rice	8 oz	450	18	3	0	125	670	54	2	1	15
Vegetable Fried Rice	8 oz	400	6	1	0	20	480	77	2	0	8
Chicken Lo Mein	8 oz	460	11	2	0	25	1920	68	3	15	18
Shrimp Lo Mein	8 oz	380	3.5	0	0	100	1820	65	3	15	17
Vegetable Lo Mein	8 oz	420	3.5	0.5	0	0	2110	83	4	19	11
Seafood Entrees											
Kung Pao Shrimp - Spicy	6 oz	140	3	0	0	85	1130	17	2	11	10
Shrimp with Vegetables	6 oz	150	3.5	0	0	90	1220	17	2	11	12
Triple Delight	6 oz	190	10	2	0	65	400	10	2	3	14
Rice Bowl											
Cashew Chicken	1 rice bowl	750	24	4	0	50	2130	107	5	16	25
Garlic Chicken	1 rice bowl	700	19	3.5	0	50	2170	105	4	15	25
General Chicken	1 rice bowl	880	28	4.5	0	75	1810	133	4	38	24
Kung Pao Chicken - Spicy	1 rice bowl	710	21	3.5	0	50	2080	104	5	15	22
Mongolian Beef	1 rice bowl	690	20	4.5	0	55	1720	103	5	15	22
Orange Chicken	1 rice bowl	930	30	5	0	55	1080	138	2	38	24
Sesame Chicken	1 rice bowl	930	31	5	0	55	1280	134	2	34	24
Sweet & Sour Chicken	1 rice bowl	900	31	5	0	60	1120	124	3	27	25