

Comfort Classic Dinners:

All biscuits, rolls & batter items served with butter.

Meatloaf Dinner Low Calorie:

Meatloaf, glaze, haystack onion garnish, mashed potatoes, honey glazed carrots, English muffin

Nutrition Facts

Serving Size 392 Grams (g)

Amount Per Serving		Calories from Fat 450	
Calories	890	% Daily Value *	
Total Fat	50g	77%	
Saturated Fat	15g	75%	
Trans Fat	1.5g		
Cholesterol	130mg	43%	
Sodium	1510mg	63%	
Total Carbohydrates	80g	27%	
Dietary Fiber	8g	32%	
Sugars	25g		
Protein	34g		

Meatloaf Dinner High Calorie:

Meatloaf, glaze, haystack onion garnish, mashed potatoes, honey glazed carrots, biscuit

Nutrition Facts

Serving Size 489 Grams (g)

Amount Per Serving		Calories from Fat 700	
Calories	1260	% Daily Value *	
Total Fat	78g	120%	
Saturated Fat	31g	155%	
Trans Fat	2g		
Cholesterol	140mg	47%	
Sodium	2770mg	115%	
Total Carbohydrates	107g	36%	
Dietary Fiber	7g	28%	
Sugars	26g		
Protein	36g		

Parmesan Grilled Chicken Dinner Low Calorie:

Chicken breast, parmesan cream sauce, broccoli, home fries, bacon crumble, English muffin

Nutrition Facts

Serving Size 535 Grams (g)

Amount Per Serving		Calories from Fat 350	
Calories	820	% Daily Value *	
Total Fat	39g	60%	
Saturated Fat	18g	90%	
Trans Fat	2g		
Cholesterol	180mg	60%	
Sodium	2370mg	99%	
Total Carbohydrates	64g	21%	
Dietary Fiber	7g	28%	
Sugars	8g		
Protein	55g		

Parmesan Grilled Chicken Dinner High Calorie:

Chicken breast, parmesan cream sauce, broccoli, home fries, bacon crumble, biscuit

Nutrition Facts

Serving Size 632 Grams (g)

Amount Per Serving		Calories from Fat 610	
Calories	1190	% Daily Value *	
Total Fat	68g	105%	
Saturated Fat	34g	170%	
Trans Fat	2.5g		
Cholesterol	190mg	63%	
Sodium	3630mg	151%	
Total Carbohydrates	92g	31%	
Dietary Fiber	6g	24%	
Sugars	10g		
Protein	57g		

Great Alaskan Cod Dinner Low Calorie:

Breaded cod, French fries, tartar sauce, cole slaw, lemons, English muffin

Nutrition Facts

Serving Size 577 Grams (g)

Amount Per Serving		Calories from Fat 640	
Calories	1320	% Daily Value *	
Total Fat	71g	109%	
Saturated Fat	12g	60%	
Trans Fat	1g		
Cholesterol	120mg	40%	
Sodium	2060mg	86%	
Total Carbohydrates	131g	44%	
Dietary Fiber	12g	48%	
Sugars	22g		
Protein	38g		

Great Alaskan Cod Dinner Low Calorie:

Breaded cod, French fries, tartar sauce, cole slaw, lemons, biscuit

Nutrition Facts

Serving Size 674 Grams (g)

Amount Per Serving		Calories from Fat 900	
Calories	1700	% Daily Value *	
Total Fat	99g	152%	
Saturated Fat	27g	135%	
Trans Fat	1.5g		
Cholesterol	130mg	43%	
Sodium	3320mg	138%	
Total Carbohydrates	159g	53%	
Dietary Fiber	11g	44%	
Sugars	23g		
Protein	41g		

Sirloin & Shrimp Dinner Low Calorie:

Sirloin steak, biscuit breaded shrimp, green beans, cole slaw, English muffin

Nutrition Facts

Serving Size 527 Grams (g)

Amount Per Serving		Calories from Fat 590	
Calories	1110	% Daily Value *	
Total Fat	66g	102%	
Saturated Fat	19g	95%	
Trans Fat	1g		
Cholesterol	205mg	68%	
Sodium	2170mg	90%	
Total Carbohydrates	67g	22%	
Dietary Fiber	7g	28%	
Sugars	20g		
Protein	62g		

Sirloin & Shrimp Dinner High Calorie:

Sirloin steak, biscuit breaded shrimp, bread & celery dressing, cole slaw, biscuit

Nutrition Facts

Serving Size 749 Grams (g)

Amount Per Serving		Calories from Fat 970	
Calories	1790	% Daily Value *	
Total Fat	108g	166%	
Saturated Fat	38g	190%	
Trans Fat	1.5g		
Cholesterol	230mg	77%	
Sodium	4000mg	167%	
Total Carbohydrates	134g	45%	
Dietary Fiber	6g	24%	
Sugars	27g		
Protein	70g		

Desserts

Pumpkin Pie:

1 Slice

Pumpkin pie, whipped topping

Nutrition Facts

Serving Size 198 Grams (g)

Amount Per Serving		
Calories 510	Calories from Fat	220
% Daily Value *		
Total Fat 24g		37%
Saturated Fat 10g		50%
Trans Fat 0g		
Cholesterol 65mg		22%
Sodium 450mg		19%
Total Carbohydrates 73g		24%
Dietary Fiber 2g		8%
Sugars 51g		
Protein 7g		

Pumpkin Pie:

Whole pie

Pumpkin pie, whipped topping

Nutrition Facts

Serving Size 1188 Grams (g)

Amount Per Serving		
Calories 3080	Calories from Fat	1310
% Daily Value *		
Total Fat 146g		225%
Saturated Fat 62g		310%
Trans Fat 1.5g		
Cholesterol 395mg		132%
Sodium 2690mg		112%
Total Carbohydrates 438g		146%
Dietary Fiber 13g		52%
Sugars 307g		
Protein 43g		

Pumpkin Pie Supreme:

1 Slice

Serving Size 203 Grams (g)

Amount Per Serving		
Calories 620	Calories from Fat	340
% Daily Value *		
Total Fat 38g		58%
Saturated Fat 21g		105%
Trans Fat 1g		
Cholesterol 80mg		27%
Sodium 420mg		18%
Total Carbohydrates 62g		21%
Dietary Fiber 2g		8%
Sugars 40g		
Protein 7g		

Pumpkin Pie Supreme:

Whole Pie

Serving Size 1217 Grams (g)

Amount Per Serving		
Calories 3710	Calories from Fat	2050
% Daily Value *		
Total Fat 228g		351%
Saturated Fat 124g		620%
Trans Fat 6g		
Cholesterol 470mg		157%
Sodium 2530mg		105%
Total Carbohydrates 371g		124%
Dietary Fiber 12g		48%
Sugars 240g		
Protein 43g		