

BBQ Heaven

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Heavenly BBQ	260	120	14 g	5 g	0 g	75 mg	700 mg	16 g	0 g	11 g	19 g
Onion Roll	230	45	5 g	1 g	0 g	5 mg	400 mg	39 g	1 g	4 g	8 g
Total for The BBQ Heaven	490	165	19 g	6 g	0 g	80 mg	1100 mg	55 g	1 g	15 g	27 g

Cranberry Turkey Temptation

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Heavenly Smoked Turkey	60	0	0 g	0 g	0 g	30 mg	580 mg	3 g	0 g	0 g	13 g
Croissant	230	110	12 g	7 g	0 g	30 mg	250 mg	27 g	1 g	5 g	5 g
Havarti Cheese	120	90	10 g	7 g	0 g	25 mg	150 mg	0 g	0 g	0 g	5 g
Whipped Cream Cheese	67	60	7 g	4.5 g	0 g	22 mg	57 mg	.5 g	0 g	0 g	1.5 g
Green Leaf Lettuce	0	0	0 g	0 g	0 g	0 mg	0 mg	0 g	0 g	0 g	0 g
Tomato Slices	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
Cranberry Horseradish Sauce	50	0	0 g	0 g	0 g	0 mg	15 mg	14 g	0 g	14 g	0 g
Total for the Cranberry Turkey Temptation	532	260	29 g	18.5 g	0 g	107 mg	1052 mg	46.5 g	1 g	20 g	24.5 g

Pot Roast N Cheddar

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Heavenly Pot Roast	230	110	12 g	4.5 g	0 g	60 mg	730 mg	3 g	1 g	0 g	26 g
French Batard	210	5	.5 g	0 g	0 g	0 mg	470 mg	46 g	1 g	1 g	7 g
Cheddar Cheese Slices	110	80	9 g	6 g	0 g	30 mg	180 mg	0 g	0 g	0 g	7 g
Red Onion Slices	10	0	0 g	0 g	0 g	0 mg	0 mg	3 g	1 g	1 g	0 g
Horseradish Sauce	60	50	6 g	3.5 g	0 g	10 mg	20 mg	1 g	0 g	0 g	1 g
Total for the Pot Roast N Cheddar	620	245	27.5 g	14 g	0 g	100 mg	1400 mg	53 g	3 g	2 g	41 g