

Chicken Salad Salad

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Salad Mix	25	0	0 g	0 g	0 g	0 mg	35 mg	4 g	3 g	1 g	2 g
Tomatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
Chicken Salad	230	150	17 g	2.5 g	0 g	35 mg	760 mg	8 g	0 g	3 g	12 g
Total for the Chicken Salad Salad	260	150	17 g	2.5 g	0 g	35 mg	795 mg	14 g	3 g	5 g	14 g

Garden Delight

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Salad Mix	25	0	0 g	0 g	0 g	0 mg	35 mg	4 g	3 g	1 g	2 g
Tomatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
Cucumber	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
Green Bell Pepper	0	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
Total for the Garden Delight	35	0	0 g	0 g	0 g	0 mg	35 mg	8 g	3 g	2 g	2 g

Ham Salad Salad

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Salad Mix	25	0	0 g	0 g	0 g	0 mg	35 mg	4 g	3 g	1 g	2 g
Tomatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
Ham Salad	270	70	7 g	1 g	0 g	45 mg	1040 mg	30 g	0 g	26 g	16 g
Total for the Ham Salad Salad	300	70	7 g	1 g	0 g	45 mg	1075 mg	36 g	3 g	28 g	18 g

Heavenly Chef Salad

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Salad Mix	25	0	0 g	0 g	0 g	0 mg	35 mg	4 g	3 g	1 g	2 g
Havarti Cheese	60	45	5 g	3.5 g	0 g	15 mg	75 mg	0 g	0 g	0 g	3 g
Heavenly Ham	45	5	.5 g	0 g	0 g	20 mg	450 mg	2 g	0 g	0 g	9 g
Heavenly Smoked Turkey	30	0	0 g	0 g	0 g	15 mg	290 mg	2 g	0 g	0 g	6 g
Cucumber	5	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
Green Bell Pepper	0	0	0 g	0 g	0 g	0 mg	0 mg	1 g	0 g	0 g	0 g
Tomatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
Total for Chef Salad	170	50	5.5 g	3.5 g	0 g	50 mg	850 mg	12 g	3 g	2 g	20 g

Taste Of Italy Salad

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Lettuce	20	0	0 g	0 g	0 g	0 mg	40 mg	4 g	2 g	1 g	2 g
Heavenly Ham	45	5	.5 g	0 g	0 g	20 mg	450 mg	2 g	0 g	0 g	9 g
Havarti Cheese	120	90	10 g	7 g	0 g	25 mg	150 mg	0 g	0 g	0 g	5 g
Pepperoni Slices	90	70	8 g	3 g	0 g	25 mg	350 mg	1 g	0 g	0 g	4 g
Banana Peppers	0	0	0 g	0 g	0 g	0 mg	55 mg	0 g	0 g	0 g	0 g
Black Olives	15	10	1.5 g	0 g	0 g	0 mg	110 mg	1 g	0 g	0 g	0 g
Red Onion	10	0	0 g	0 g	0 g	0 mg	0 mg	3 g	0 g	1 g	0 g
Tomato	10	0	0 g	0 g	0 g	0 mg	0 mg	3 g	1 g	2 g	1 g
Total for The Taste of Italy	310	175	20 g	10 g	0 g	70 mg	1155 mg	14 g	3 g	4 g	21 g

Tuna Salad Salad

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Salad Mix	25	0	0 g	0 g	0 g	0 mg	35 mg	4 g	3 g	1 g	2 g
Tomatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
Tuna Salad	330	260	29 g	4 g	0 g	40 mg	520 mg	1 g	0 g	0 g	16 g
Total for the Tuna Salad Salad	360	260	29 g	4 g	0 g	40 mg	555 mg	7 g	3 g	2 g	18 g

Turkey Salad Salad

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
Salad Mix	25	0	0 g	0 g	0 g	0 mg	35 mg	4 g	3 g	1 g	2 g
Tomatoes	5	0	0 g	0 g	0 g	0 mg	0 mg	2 g	0 g	1 g	0 g
Turkey Salad	300	230	25 g	3 g	0 g	35 mg	770 mg	9 g	0 g	0 g	10 g
Total for the Turkey Salad Salad	330	230	25 g	3 g	0 g	35 mg	805 mg	15 g	3 g	2 g	12 g