

## Piccadilly Entrees

rev. October 2018

Name	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Portion Size
Baked Ham	190	60	7	2.5	0	15	1590	6	0	8	24	156 g
Baked Swiss Steak with Mashed Potatoes	460	150	17	4	1	75	1420	36	2	1	39	387 g
Beef Stroganoff with Pasta	550	160	18	5	0.5	75	1240	59	2	4	34	340 g
Beef Pot Roast with Mashed Potatoes	470	230	26	9	0.5	105	1340	29	3	6	33	494 g
Chicken Fried Steak with Cream Gravy	700	360	40	9	2	60	1470	55	2	5	31	289 g
Chicken Fried Steak with Jalapeno Gravy	700	360	40	8	1.5	60	1420	54	2	5	31	281 g
Chicken Fried Steak, Fried (7 oz)	650	340	37	8	0	60	1010	46	2	4	31	198 g
Chuck Wagon Stew (4.5 oz)	480	310	34	9	1	50	990	30	2	2	14	128 g
Blackened Chicken Breast Grilled Vegetables	260	90	11	2	0	130	800	7	3	4	39	322 g
Blackened Fish Grilled Vegetables	310	60	7	3.5	2.5	35	1010	13	2	4	26	335 g
Blackened Shrimp Fettuccini	980	250	28	5	5	190	1670	137	6	8	45	369 g
Brown gravy	35	25	2.5	0	0	0	340	3	0	0	0	66 g
Fried Chicken Livers	470	240	26	6	0	950	730	8	3	0	51	198 g
Chicken Fried Chicken	440	230	25	4.5	2.5	105	800	21	0	0	32	184 g
Chicken Teriyaki with Polynesian Rice	600	120	14	3	2	95	1960	76	3	31	42	391 g
Fried Chicken Breast	320	160	18	4	0	110	630	9	1	0	31	142 g
Chicken Fried Chicken with Gravy	540	270	30	6	2.5	105	1610	36	0	3	32	350 g
Chicken Parmigiana with Pasta	800	310	34	10	0	140	1650	68	6	6	54	475 g
Chicken Parmigiana	480	220	24	4.5	0	140	115	25	2	1	40	213 g
Broiled Chicken	840	420	47	13	0	285	2260	10	0	1	90	404 g
Fried Chicken Leg	120	70	8	1.5	0	45	280	4	0	0	9	43 g
Cajun Baked Chicken, Quarters (Breast-Wing)	420	170	19	5	0	180	240	2	0	0	55	211 g
Italian Baked Chicken, Quarters (Breast-Wing)	460	210	23	6	0	180	1160	4	0	1	55	262 g
Lemon Pepper Chicken, Quarters (Breast-Wing)	410	170	19	5	0	180	2930	3	0	1	55	299 g
Rotisserie-Herb Style Chicken, Quarters (Breast-Wing)	400	160	18	5	0	180	850	0	0	0	55	197 g
Cajun Baked Chicken, Quarters (Thigh-Drumstick)	320	170	19	5	0	180	240	2	0	0	32	157 g
Italian Baked Chicken, Quarters (Thigh-Drumstick)	520	300	33	9	0.5	270	1240	4	0	1	48	276 g
Lemon Pepper Chicken, Quarters (Thigh-Drumstick)	310	170	18	5	0	180	2940	3	0	1	33	245 g
Rotisserie-Herb Style Chicken, Quarters (Thigh-Drumstick)	300	160	18	5	0	180	860	0	0	0	32	143 g
Chicken Tenders (9 oz)	510	200	22	4	0	160	1240	15	2	0	61	255 g
Chicken & Dumplings	170	70	8	1.5	1.5	35	670	10	0	1	14	203 g
Fried Chicken Thigh	260	170	19	4	0	75	470	11	1	0	13	85 g
Fried Chicken Wing	90	50	6	1	0	35	290	3	0	0	6	28 g
Chicken Pot Pie	410	130	14	6	0.5	55	1070	41	4	4	26	265 g
Chicken Cacciatore with Pasta	550	160	18	5	2.5	60	670	63	6	6	33	402 g
Chicken Etouffee with Rice	450	200	22	4	0	25	1740	48	2	2	13	312 g
Chicken Tetrazzini	390	140	15	4.5	1.5	130	770	28	2	2	29	287 g
Chinese Pepper Steak with Rice	310	50	6	2.5	0	75	2000	39	2	4	29	449 g
Chop Steak 10 oz.	840	640	71	27	4	210	970	4	0	1	45	340 g
Chop Steak 5.3 oz.	450	340	38	14	2	110	490	2	0	0	24	175 g
Chuck Wagon Stew with Rice	340	60	7	2.5	0	70	1200	42	3	4	28	425 g
Crabmeat Stuffed Fish	440	260	29	7	2.5	110	870	9	1	1	38	328 g
Crawfish Etouffee	360	150	17	2.5	0.5	95	1590	35	1	1	16	335 g

Cream Gravy	50	25	2.5	0.5	1.5	0	460	8	0	1	0	90 g
Fish Almondine	800	490	54	9	0	90	1110	34	4	1	44	320 g
Fish, Cajun Baked	420	240	27	6	0	130	930	3	1	1	40	263 g
Fish, Parmesan Crusted (9 oz)	660	370	41	8	0	70	1290	35	2	0	37	255 g
Fried Block Fish (5 oz)	350	180	20	4	0	60	600	22	1	0	19	142 g
Salmon Pattie, Fried	710	470	53	9	0	45	1210	38	3	4	20	198 g
Salomn Pattie, Grilled	360	200	22	4.5	0	120	620	13	1	1	25	168 g
Fish, Sausage Crusted	650	310	35	7	0	140	440	36	1	1	45	342 g
Fish, Southern Fried Swai (2 pieces)	650	370	42	7	0	95	1250	26	2	0	43	227 g
Fish w/Sautee Spinach	560	400	45	9	6	90	1660	6	2	3	33	362 g
Hush Puppies (2 pieces)	470	180	20	3.5	0	80	1140	64	3	12	9	142 g
Half & Half gravy	15	15	1.5	0	0	0	350	2	0	0	0	66 g
Jalapeno Gravy	100	0	0	0	1.5	0	840	14	0	4	1	166 g
Beef Liver with Onion Sauce	360	170	20	4	0	310	940	20	1	4	25	271 g
Broiled Liver & Grilled Onions	450	250	27	5	2	310	600	24	2	5	26	257 g
Meat Loaf	450	210	24	9	1	120	1480	17	2	8	41	255 g
Meat Sauce & Spaghetti	390	100	11	4	0	45	1220	49	5	6	23	372 g
Meatballs & Spaghetti	620	220	24	11	0	120	950	59	5	5	40	396 g
Pork Loin w/Twiced Baked Potato	660	370	41	18	1.5	160	550	21	1	2	48	312 g
Pork Chop (Loin) Smothered w/mashed Potatoes	650	310	34	10	0	115	840	39	3	2	47	378 g
Pork Chop (Loin) with O'Brien Potatoes	560	300	33	7	1	35	720	45	4	5	49	389 g
Pork Loinwith Balsamic Onions & Roasted New Potatoes	660	350	39	10	1	105	2700	37	5	6	25	399 g
Pork Cutlet	310	160	18	3.5	0	35	115	18	1	2	23	99 g
Ribeye Steak	950	740	83	34	0	200	400	0	0	0	28	301 g
Roast Beef	320	110	12	4.5	0	130	1540	0	0	0	17	198 g
Red Beans & Rice with Sausage	530	230	25	9	0	70	2150	48	11	4	28	378 g
Shrimp Creole with Rice	290	20	2	0.5	0	180	2040	44	2	4	43	383 g
Shrimp Diablo with Rice	420	160	18	5	2	180	2100	33	3	4	49	397 g
Shrimp Etouffee with Rice	320	120	13	2	0	125	1520	33	1	1	16	312 g
Shrimp Scampi and Fettuccini	670	300	33	7	7	140	970	64	3	4	22	340 g
Shrimp Stuffed Fish	390	130	14	4.5	1.5	165	1990	20	1	3	15	456 g
Fried Shrimp Butterflied (Dozen)	450	160	18	4	0	105	1670	53	2	3	19	170 g
Fried Shrimp, Southern Style (Dozen)	560	330	37	6	0	145	1930	37	2	4	20	184 g
Southwestern Chicken Breast with Yellow Rice	510	170	19	8	1	165	1570	39	3	8	19	262 g
Spicy Cajun Chicken with Rice	690	400	45	9	6	50	1850	50	3	2	20	402 g
Spicy Cajun Shrimp with Rice	440	220	24	4.5	5	180	1930	33	2	2	22	404 g
Stuffed Bell Pepper	180	70	8	3	0	45	710	12	2	3	15	170 g
Turkey & Dressing	250	100	11	2	0.5	55	1180	18	1	2	19	210 g
Tartar Sauce	110	90	10	1.5	0	15	270	6	0	4	0	30 g