

# NUTRITION MENU

Queen Alexandra Centre for Children's Health Café

Reviewed March 13, 2017

The information in this guide is effective as of Dec 28, 2015 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Cbord and information provided by our suppliers.

# NUTRITION INFORMATION

## Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MENU ITEM	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (GM)	Dietary Fibre (g)	Sugar (g)	PROTEIN (g)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	Iron (%DV)
<b>Breakfast and Pastries</b>															
Golden Bran and Raisin Muffin	1 each	290	11	1	0	0	250	43	7	21	6	0.1	0.2	3	18
Chocolate Chip Muffin	1 each	410	20	3.5	0.1	55	190	53	1	30	6	0.3	0	5	6
Carrot Muffin	1 each	350	17	1.5	0	50	270	44	2	24	5	9	2	5	4
Summer Berry muffin	1 each	370	14	1.5	0.1	0	370	57	2	29	5	0.3	3	2	12
Apple Strudel	1 each	303	19	8.78	0.2	0	104	31	1	11	3	0.0	1	1	10
Blueberry Scone	1 each	348	11	1	0.2	0	745	56	2	54	7	0.1	1	5	22
Cheese scone	1 each	371	13	3	0.3	5	872	55	13	42	9	8	0.2	11	23
Banana Chocolate Chip Scone	1 each	393	13	6	1.5	0	746	128	4	124	7	0.1	6	10	46
Chocolate Chip Scone	1 each	411	14	4	0.2	0	746	65	2	63	7	0.1	0.2	5	24
Raisin Scone	1 each	385	11	1	0.2	0	747	66	2	64	7	0.1	1	5	24
Strawberry Scone	1 each	348	11	1	0.2	0	745	56	2	54	7	0.1	15	5	23
Peanut Butter Cookie	1 each	243	11	5	0.1	12	178	34	1	33	3	1	0	1	10
White Chocolate Macadamia Cookie	1 each	194	10	3.8	0.1	5	163	24	1	13	2	6	0.1	1	4
Chocolate Chip Cookie	1 each	243	11	5	0.1	12	178	34	1	33	3	1	0	1	10
Oatmeal Cookie	1 each	238	9	4	0.1	18	176	36	2	33	4	1	0	1	8
Shortbread Cookie	1 each	280	18	8	0.2	0	254	28	0	28	2	1	0	1	11
Eggs, Scrambled	120 ml	175	13	4	0.1	332	156	3	0	3	12	12	0	8	9
Bacon & Egger English Muffin	1 each	568	42	13	0.3	166	865	29	1	28	19	23	0	32	11
Pancakes	3 each	281	4	0	0	11	20	52	3	49	8	9	1	9	21
French Toast	2 each	340	4	2	0	50	380	26	2	24	10	0	706	14	23
Bacon	2 slices	75	7	2	0	0	136	0.1	0	0.1	2	0.2	0	0.1	1

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<b>Soups</b>															
Minestrone Soup	250 ml	126	3	0	0.1	0	30	23	5	18	5	3	14	5	11
Beef Tomato Soup	250 ml	208	7	1	0	30	326	22	5	16	14	21	34	7	29
Navy Bean Soup	250 ml	256	7	2	0.6	0	154	38	9	30	10	16	4	9	22
Lentil Soup	250 ml	164	4	0	0.1	0	212	25	5	20	8	27	16	7	24
Split Pea Soup	250 ml	146	2	0	0	0	252	26	2	25	4	3	8	3	8
Beef Barley Soup	250 ml	94	1	0	0	16	248	13	2	12	8	17	4	31	11
Chicken Noodle Soup	250 ml	188	7	2	0.1	36	154	20	2	18	11	15	9	6	56
Potato Leek Soup	250 ml	232	8	2	0.1	10	194	35	2	33	7	2	16	16	7
Cream of Mushroom Soup	250 ml	136	6	2	0.9	10	123	14	1	13	6	13	2	14	4
Chicken Rice Soup	250 ml	146	5	2	0.1	18	166	17	1	16	8	6	2	2	5
Tomato Rice Soup	250 ml	170	9	1	0.1	0	350	21	2	19	2	27	19	4	13
Chicken Gumbo Soup	250 ml	114	1	0	0	10	238	19	2	17	6	18	26	4	8
Cream of Cauliflower Cheddar Soup	250 ml	366	20	10	0.5	28	774	32	5	27	17	61	75	43	14
Garden Vegetable Soup	250 ml	124	5	0	0.1	0	194	18	2	17	2	13	12	3	6
Italian Wedding Soup	250 ml	338	25	12	0.8	52	840	14	3	11	16	37	2	12	18
Italian Harvest Soup	250 ml	206	4	2	0	42	204	20	2	17	23	6	41	5	16
Butternut Corn Soup	250 ml	146	8	0	0.1	0	78	19	3	16	2	21	9	4	8
Cream of Broccoli Soup	250 ml	236	11	2	0.1	8	232	27	4	23	9	35	89	17	12

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<b>Hot Entrees</b>															
Butter Chicken	180 ml	154	4	1	0	60	118	5	1	4	24	25	39	3	10
Beef Chili	180 ml	265	12	4	0	38	354	24	8	15	21	7	70	7	26
Vegetarian Chili	180 ml	181	9	1	0.1	0	413	32	12	21	11	2	29	11	22
Pizza, Vegetarian	1/8	148	3	1	0	4	365	25	1	24	7	2	14	7	11
Pizza, Cheese	1/8	145	3	1	0	4	364	25	1	24	6	1	4	7	11
Pizza, Ham and Pineapple	1/8	214	5	2	0	18	713	31	1	30	12	1	14	8	164
Chicken Pasta Primavera	250 ml	361	10	3	0.2	63	303	41	2	38	28	15	2	18	19
Macaroni and Cheese	180 ml	293	12	6	0.3	19	467	32	1	31	13	32	0	29	10
Meatballs	4 each	299	16	5	0	116	27	5	0.3	5	32	2	0.5	4	24
Chicken Nuggets	4 each	195	4	1	0	99	204	15	1	14	24	1	0	5	15
Chicken Stir Fry	180 ml	214	10	2	0.1	66	204	8	1	7	24	13	16	3	9
Chicken Fajita	1 each	320	11	2	0.1	89	596	30	3	28	23	2	9	4	25
Fish Nuggets	4 each	424	7	2	0	216	562	37	3	34	51	1	3	7	29
Sweet and Sour Chicken	180 ml	222	5	1	0	89	84	24	0.3	23	18	2	7	2	8
Beef Stroganoff	180 ml	210	9	3	0.1	52	105	8	1	8	23	9	2	3	15
Beef Tacos	2 each	877	50	24	0.6	135	1653	51	5	47	57	98	45	48	52
Spaghetti & Meat Sauce	430 ml	400	12	3	0	48	187	46	5	41	25	15	13	4	31
Lasagna	1 slice	276	11	4	0.1	71	320	24	3	21	21	12	22	14	22
Hamburger (with Bun)	1 each	386	13	5	0	71	342	37	4	33	29	0	0.2	5	22
Grilled Chicken Burger	1 Each	324	8	1	0.1	62	262	29	3	26	31	2	1	3	10
Swiss Chicken Ranch Burger	1 each	518	24	8	0.4	92	511	34	5	30	40	36	32	27	17
Buffalo Chicken Caesar Wraps	1 each	726	40	14	0.7	128	1533	48	4	44	47	28	17	43	33
Sloppy Joe (with Bun)	1 each	262	11	4	0	47	237	17	2	15	20	2	5	5	22
Beef Dip	1 each	943	41	28	0.5	181	744	17	2	14	58	9	19	49	52
BBQ Pork Sandwich	180 ml	373	8	3	0	52	595	52	4	48	23	1	14	7	21
Grilled Chicken Caesar Pita	1 each	374	13	2	0.2	78	307	35	6	29	32	25	18	4	22

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<b>Sandwiches and Salads</b>															
Tuna Salad Sandwich	1 each	447	28	5	0	36	536	29	3	26	20	8	1	6	19
Egg Salad Sandwich	1 each	421	25	6	0.1	390	467	31	3	28	20	27	0	8	25
Salmon Salad Sandwich	1 each	480	32	6	0	25	690	29	3	26	18	9	1	17	17
Chicken Salad Sandwich	1 each	393	21	4	0.1	57	400	29	3	26	24	8	0.3	6	18
Turkey and Cranberry Sandwich	1 each	293	8	2	0.1	48	306	38	3	35	25	5	1	6	16
Roast Beef Sandwich	1 each	313	10	3	0.1	48	352	29	3	26	26	1	0.3	3	30
Cheese and Tomato Sandwich	1 each	415	22	12	0.5	49	497	35	4	31	23	25	12	55	14
Broccoli, cooked	125 ml	24	0.1	0	0	0	9	5	2	3	3	5	57	3	4
Peas, cooked	125 ml	66	0.2	0	0	0	61	12	4	8	4	10	14	2	9
Carrots, cooked	125 ml	30	0.6	0	0	0	48	6	2	4	0	75	3	3	3
Mashed Potatoes	125 ml	125	4	1	0	1	44	21	1	19	2	6	12	3	2
French Fries, steak	125 ml	121	4	0	0	0	365	20	2	18	2	0	6	1	4
Baked Potato	each	137	0.2	0	0	0	20	30	3	27	4	0.1	30	2	11
Rice, White	250 ml	132	2	0	0	0	1	26	0.4	25	2	0	0	1	1
Tossed Salad	250 ml	16	0.2	0	0	0	11	3	1	2	1	19	15	2	3
Caesar Salad	250 ml	154	11	2	0	5	116	12	1	12	2	23	2	1	4
Spinach Salad	250 ml	60	5	1	0.1	16	124	3	1	2	1	6	17	2	4
Carrot Apple Slaw Salad	250 ml	139	7	1	0.1	6	145	19	3	15	2	85	37	5	4
Macaroni Salad	125 ml	154	11	2	0	5	116	12	1	12	2	2	7	1	4
Potato Salad	125 ml	144	9	2	0	50	96	13	1	12	3	3	15	1	6
Creamy coleslaw	125 ml	103	7	1	0	0	93	9	1	8	1	7	31	2	1
Cucumber Slices	250 ml	20	0.1	0	0	0	3	5	1	4	1	7	54	2	3
Tomato Slices	125 ml	12	1	0	0	0	4	2	1	1	1	1	12	0.4	1
French Salad Dressing	30 ml	63	6	1	0	0	121	2	0.1	2	0.1	0.4	1	0	1
Italian Salad Dressing	30 ml	46	4	1	0.1	0	163	1	0	1	0.1	0	0	0.1	1
Thousand Island Salad Dressing	30 ml	49	4	1	0	0	208	4	0.1	4	0.1	0.3	0	0.3	2