Nutritional Information - Hot Entrees

Philadelphia Catering Co.

Menu Item	Serving Size	Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choloesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Contains Shellfish	Additional info
ASIAN BEEF STIR FRY	8 OZ	338	133	15	10	0	55	777	30	2	23	23			X			X					
ASIAN CHICKEN STIR FRY	9 OZ	677	446	52	39	0	76	465	31	2	20	25			X			X					
ASIAN VEGETABLE STIR FRY	8 OZ	250	91	11	8	0	0	537	37	4	27	4	X	X	X			X					
SAUSAGE LASAGNA	14.5 OZ	702	233	34	17	0	113	969	60	3	4	39				X	X						
CHEESE LASAGNA	14.5 OZ	780	160	33	19	0	132	1163	78	6	10	44	X			X	X						
VEGETABLE LASAGNA	12 OZ	576	118	24	14	0	96	747	58	5	8	32	X			X	X						
CHEESE RAVIOLI	14.5 OZ	488	112	13	6	0	79	1364	74	9	19	22	X			X	X						
CHEESE TORTELLINI WITH BROCCOLI & SUNDRIED TOMATOES IN BASIL CREAM SAUCE	8 OZ	364	152	17	6	0	28	519	42	3	3	9	X			X	X	X					
CHICKPEA AND CAULIFLOWER KUNG PAU	8 OZ	400	162	18	7	0	0	1059	52	6	9	10	X	X	X			X					
EGGPLANT PARMESAN	6 OZ (ABOUT 3 PC)	366	232	26	9	0	129	832	14	3	4	19	X		X	X	X						
THINLY SLICED AND BATTERED EGGPLANT STUFFED WITH RICOTTA AND SPINACH	2 PC	348	215	30	20	0	164	589	9	2	4	14	X			X	X						
LINGUINE WITH JULIENNE RED AND YELLOW PEPPERS	14.5 OZ	936	261	30	14	0	0	354	142	7	10	22	X				X						
SOY MARINATED TOFU ATOP SAUTEED TRICOLOR PEPPERS	8 OZ	277	99	17	4	0	0	415	25	1	19	18	X	X	X			X					
GRILLED STUFFED ZUCCHINI	14.5 OZ (2 BOATS)	113	16	2	0	0	0	89	30	8	9	8	X	X	X								
JACKFRUIT FOR TACOS	5 OZ (2 TACOS)	149	22	2	2	0	0	183	33	2	26	2	X	X	X								
PORTABELLA MUSHROOM WITH SPINACH AND PROVOLONE	2 MUSHROOM CAPS	300	213	24	17	0	25	2667	20	4	1	16	X		X		X						
ROASTED MARINATED CAULIFLOWER STEAKS	1 STEAK	71	17	2	1	0	0	151	12	5	6	5	X	X	X								
STUFFED SHELLS WITH RICOTTA CHEESE	4 SHELLS WITH SAUCE	458	141	16	10	0	68	1048	52	6	10	25	X			X	X						
TORTELLINI WITH BUTTERNUT SQUASH IN SPINACH CREAM SAUCE	8 OZ	305	82	9	5	0	24	710	44	3	2	10	X			X	X	X					
VEGETABLE CHILI	10 OZ	198	43	6	2	0	0	612	27	8	7	12	X	X	X			X					
TENDER BABY BACK RIBS	7 OZ	580	350	39	14	0	129	902	45	1	21	27			X								
CHAR GRILLED FLANK STEAK WITH GINGER GLAZE	8 OZ	409	130	14	6	0	137	1174	21	0	20	50											
CHAR GRILLED FLANK SEAK WITH SAUTEED MUSHROOM AUS JUS	8 OZ	244	103	11	5	0	93	110	4	1	1	30			X			X					
GRILLED PORK TENDERLOIN WITH SPICY PLUM SAUCE	7 OZ	392	45	5	0	0	100	1402	38	0	38	40			X			X					
GRILLED PORK TENDERLOIN WITH ROASTED SHALLOT & SUNDRIED TOMATO BBQ SAUCE	7 OZ	310	47	5	0	0	104	1307	20	0	16	42			X								
HOT SLICED TOP ROUND OF BEEF AU JUS	6 OZ	266	72	8	3	0	116	95	0	0	0	45						X					
HOT SLICED TURKEY BREAST WITH GRAVY	7 OZ	197	28	3	0	0	83	2837	9	0	5	31											
MEATBALL SANDWICH	1 SANDWICH	625	356	40	16	0	90	1519	39	7	11	29					X	X					
ORANGE GLAZED VIRGINA SMOKED HAM	6 OZ	271	32	3	1	0	43	1859	9	0	19	30			X								
GRILLED RUBEN SANDWICH - PASTRAMI	1 SANDWICH	803	410	45	17	0	264	2148	57	3	7	45					X						
GRILLED RUBEN SANDWICH - TURKEY	1 SANDWICH	847	446	42	18	0	176	2370	59	2	11	40					X						
ROASTED PORK TENDERLOIN WITH DIJON CREAM SAUCE	7 OZ	320	89	11	4	0	114	1300	6	0	2	42			X		X						
ROASTED PORK TENDERLOIN WITH A ROSEMARY AU JUS	6 OZ	219	46	5	0	0	93	1804	2	0	1	38						X					
SAUSAGE SANDWICH	1 SANDWICH	837	444	50	17	0	96	2237	58	6	12	41						X					
CHAR GRILLED BBQ CHICKEN	8 OZ	398	77	9	0	0	162	834	26	0	23	48			X								
CHAR GRILLED CHICKEN WITH WILD MUSHROOM AND LEMON HERB SAUCE	6 OZ	227	47	5	1	0	109	135	10	1	1	34			X								
CHAR GRILLED SMOKY MAPLE CHICKEN	6 OZ	348	159	17	2	0	132	735	3	0	3	39			X								
CHAR GRILLED CHICKEN BREAST WITH LIME/BROWN SUGAR & WHOLE GRAIN MUSTARD MARINADE	7 OZ	294	48	7	0	0	145	412	5	0	4	43			X								
LINGUINE WITH CHICKEN STRIPS, JULIENNE RED & YELLOW PEPPERS	5 OZ PASTA WITH TOPPING	246	117	14	6	0	53	1157	12	1	2	17					X						
SAUTEED CHICKEN BREAST WITH ARTICHOKE HEARTS IN LEMON HERB SAUCE	7 OZ	285	81	9	3	0	135	338	5	1	1	41			X								
SAUTEED CHICKEN BREAST WITH DIJON CREAM SAUCE	7 OZ	397	156	18	8	0	174	210	5	0	1	48			X		X						
SAUTEED CHICKEN STRIPS & JULIENNED VEGETABLES IN WITH ASIAN BLACK BEAN SAUCE	7 OZ	256	79	9	3	0	85	2165	13	2	8	30						X					
SAUTEED CHICKEN WITH SPINACH, SUNDRIED TOMATOES & GOAT CHEESE IN LEMON HERB SAUCE	8 OZ	329	109	12	6	0	145	775	5	1	2	44			X		X						
SAUTEED CHICKEN BREAST WITH MUSHROOMS, SHALLOTS, AND MARSALA WINE	7	255	66	8	3	0	108	548	6	0	1	33			X			X					
ROASTED BEEF TENDERLOIN WITH SHALLOT HERB SAUCE	7 OZ PORTION	296	140	16	6	0	111	112	1	0	0	35						X					
CHICKEN WHITE BEAN CHILI	14.5 OZ	402	77	9	0	0	168	763	20	6	3	55			X								
BBQ SALMON SEASONED FILET	8 OZ	266	57	8	2	0	110	785	3	2	2	44			X					X			CONTAINS: SALMON
BROILED FLOUNDER FILET STUFFFED WITH SAUTEED SPINACH AND ROASTED RED PEPPER	8 OZ	205	107	12	4	0	73	1934	2	1	1	23			X					X			CONTAINS: FLOUNDER
BROILED SALMON FILET WITH LEMON DILL SAUCE	8 OZ	393	161	18	5	0	130	889	2	7	1	50				X	X			X			CONTAINS: SALMON
HERB CRUSTED SALMON FILET IN DIJON CREAM	8 OZ	337	85	10	4	0	133	1035	3	0	1	50			X		X			X			CONTAINS: SALMON
JUMBO CRABCAKE WITH HERBED TARTAR	2 - 3 OZ CAKES WITH TARTAR	333	78	9	1	0	130	1244	34	3	1	30				X		X		X			CONTAINS: CRAB
PAN SEARED SEABASS WITH A BLACK BEAN GARLIC SAUCE AND CILANTRO	7 OZ	270	72	8	1	0	90	2810	6	0	4	46						X			X		CONTAINS: SEA BASS
SAUTEED SHRIMP AND SCALLOP SCAMPI WITH FRESH TOMATO	12 OZ	348	102	12	1	0	245	1397	13	2	5	38			X							X	CONTAINS: SHRIMP; SCALLOPS

DISCLAIMER

Nutritional information is based on standard recipes and uses the latest nutritional data available from the USDA as well as nutritional data provided by food manufacturers about their products. Variations may occur due to product availability and food preparation. If you have a food allergy, please note that many of our menu items may potentially come in contact with other allergens. This site is not a substitute for the services of a trained health professional.