Nutritional Information - Bagged Lunches

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	Conatins Shellfish	Conatins Sesame	Additional info
CHEESE / ROASTED PEPPER / TOMATO SANDWICH BAG LUNCH	1 BAG	646	282	35	14	0	52	918	64	5	16	17	X			X	X	X						
CHICKEN SALAD SANDWICH BAG LUNCH	1 BAG	983	523	59	19	0	57	1040	81	4	28	32				X	X	X	X					
GRILLED CHICKEN SANDWICH BAG LUNCH	1 BAG	910	296	34	13	0	185	815	93	3	28	53				X	X	X						
GRILLED PORTABELLA SANDWICH BAG LUNCH	1 BAG	618	288	33	9	0	25	652	79	6	19	12	X			X	X	X						
GRILLED VEGETABLE SANDWICH BAG LUNCH	1 BAG	706	283	32	9	0	25	963	92	5	21	13	X			X	X	X						
HAM AND CHEESE SANDWICH BAG LUNCH	1 BAG	924	357	40	19	0	141	2383	101	3	35	41				X	X	X						
ROAST BEEF SANDWICH BAG LUNCH	1 BAG	727	239	28	10	0	120	1617	80	4	17	45				X	X	X						
TUNA SALAD SANDWICH BAG LUNCH	1 BAG	962	435	50	16	0	97	1242	93	3	28	36				X	X	X		X				
TURKEY SANDWICH BAG LUNCH	1 BAG	835	264	30	13	0	125	1871	98	3	33	41				X	X	X						

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.