

# FAMILY MEALS

## NUTRITIONAL INFORMATION

**FAMILY MEALS** All Family Meals serves 4-6

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#### PROVIDED PER SERVING (4) CALORIES SAT. FAT CARBS SODIUM

Crispy Chicken Tenders	1530	28g	127g	3335mg
Chicken & Broccoli Pasta	2018	58g	187g	3103mg
Freshly Roasted Turkey Dinner	1228	27g	123g	2813mg
Chili & Cornbread	1000	11g	120g	2493mg
Artichoke & Mushroom Chicken	1333	29g	100g	3530mg
Meatloaf Dinner	970	22g	86g	1638mg
Pot Roast Dinner	695	17g	37g	1708mg

*The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption.*

*Marie Callender's Restaurant & Bakery® nutritional information is based on representative values from manufacturers, USDA and other established data bases and lab testing. Nutritional analysis was performed by Guardian Food Group. Recipes are the property of Perkins and Marie Callender's Inc. Some menu items may not be available in all restaurants. While ingredient information is based on standard product formulations, variation may occur due to difference in suppliers, ingredient substitutions, changes in recipe, product assembly at the restaurant level, the region of the country and the season of the year. Serving sizes may vary from the quantity upon which the analysis was conducted.*