



## FAMILY-FRIENDLY MEALS MADE EASY

Our family-sized catering trays are perfect for any day of the week! Easy to carry and ready to enjoy, each tray comes with everything you need to feed your family. Order one of our affordable options for a simple weeknight meal, your next celebration with loved ones or any occasion you'd like to serve something tasty!

## TAKE IT ANYWHERE

Packed in easy-to-carry, thoughtfully designed boxes and bags that won't slide around in the car. You can pick up your order, keep it fresh until you reach your destination and get it inside and ready to serve all in the same containers.


TABLE READY
Ready to serve with everything your family will need from utensils and plates to toppings and sauces. Additional condiments available upon request.


## EASY TO ORDER

Pick up and get ready to enjoy!


Contact your store's deli, go to foodlion.com/catering or scan this code.



Place your order
fill out the order form online or in-store.


Pick up your order from the deli at a time that works for you.


## FRUIT \& VEGGIES

Bring a refreshing balance to your table with our fresh-cut fruit and veggie trays. These good-for-you options are sure to please and come pre-washed, pre-cut and pre-arranged so all you have to do is remove the lid and enjoy.


## FRESH CUT FRUIT TRAY

A fresh assortment of watermelon, pineapple, strawberries and cantaloupe. Served with cream cheese fruit dip. Serves 10-12

Item
Watermelon
Pineapple
Strawberries
Cantaloupe Dip

Cal/serving
$15 \mathrm{cal} / 2 \mathrm{oz}$. $30 \mathrm{cal} / 2 \mathrm{oz}$ $20 \mathrm{cal} / 2 \mathrm{oz}$ $20 \mathrm{cal} / 2 \mathrm{oz}$. $70 \mathrm{cal} / 2 \mathrm{oz}$

Serv/order
16 oz.
16 oz.
16 oz.
16 oz.
12 oz.


## FRESH CUT VEGGIES TRAY

A fresh assortment of grape tomatoes, baby carrots, broccoli, cauliflower and celery hearts. Served with ranch dip. Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Carrots | $25 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Tomatoes | $10 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Celery | $10 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Broccoli | $15 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Cauliflower | $15 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Ranch Dip | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 12 oz. |

## SALADS

Made with the freshest ingredients and generously covered with delicious and filling toppings, our salad trays are another great option for a tasty and wholesome meal.


## GARDEN SALAD WITH DRESSING

A delicious mix of romaine lettuce, red onions cheese, grape tomatoes and shredded carrot. Served with two salad dressings (choice of Ranch, Thousand Island, Italian, French, Blue Cheese and Balsamic Vinaigrette). Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Garden Salad | $50 \mathrm{cal} / 3.5 \mathrm{oz}$. | $33-35.25 \mathrm{oz}$. |
| Ranch | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Thousand Island | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Italian | $80 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| French | $110 \mathrm{cal} / 2 \mathrm{tbsp}$ | 16 oz. |
| Blue Cheese | $45 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Balsamic | $70 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Vinaigrette |  |  |



## CHEF SALAD WITH DRESSING

A delicious mix of lettuce, carrots, tomatoes, turkey, ham, cheddar cheese and boiled eggs. Served with two salad dressings (choice of Ranch, Thousand Island, Italian, French, Blue Cheese and Balsamic Vinaigrette). Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Chef Salad | $70 \mathrm{cal} / 3.5 \mathrm{oz}$. | $32-39 \mathrm{oz}$. |
| Ranch | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Thousand Island | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Italian | $80 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| French | $110 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Blue Cheese | $45 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Balsamic | $70 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Vinaigrette |  |  |

## COBB SALAD WITH DRESSING

A delicious mix of lettuce, tomatoes, green onions, boiled eggs, bacon and blue cheese. Served with two salad dressings (choice of Ranch, Thousand Island, Italian, French, Blue Cheese and Balsamic Vinaigrette). Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Cobb Salad | $90 \mathrm{cal} / 3.5 \mathrm{oz}$. | $33-35.25 \mathrm{oz}$. |
| Ranch | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Thousand Island | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Italian | $80 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| French | $110 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Blue Cheese | $45 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Balsamic | $70 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Vinaigrette |  |  |

## Sweet \& Savory Goochers

## FRESH-BAKED BREAKFAST

Wake up your taste buds with a fresh-baked bagel or pastry! With a variety of delicious flavors to choose from, you'll find something everyone will love for an easy breakfast, brunch or snack.

FRESH-BAKED BAGEL TRAY Includes 24 Bagels
Your choice of plain, blueberry, sesame and everything bagels. Served with three flavors of cream cheese (choice of plain, garden vegetable, strawberry, chive and onion and honey pecan). Select up to a variety of 6 flavors.

Item
Plain
Sesame
Everything
Blueberry
Plain Cream Cheese
Garden Vegetable Cream Cheese
Strawberry Cream Cheese
Chive and Onion Cream Cheese

Cal/serving 360 cal/1 bagel 390 cal/1 bagel 380 cal/1 bagel 370 cal/1 bagel $80 \mathrm{cal} / 2 \mathrm{tbsp}$. $80 \mathrm{cal} / 2 \mathrm{tbsp}$. $90 \mathrm{cal} / 2 \mathrm{tbsp}$. $80 \mathrm{cal} / 2 \mathrm{tbsp}$.

Serv/order
0-24
0-24
0-24
0-24
8 oz.
8 oz.
8 oz.
8 oz.

FRESH BAKERY PASTRY TRAY Includes 24 Pastries
A variety of Croissants, Danishes, Strudels and Muffins. Select up to a variety of 6 flavors.

## Item

Plain Croissant
Chocolate Croissant
Cream Cheese Danish Crown
Strawberry Cheese Danish Crown
Apple Braid Strudel
Blueberry Muffin
Banana Nut Muffin
Bran Muffin
Cinnamon Swirl Muffin

## Cal/serving

260-340 cal/1 croissant
350 cal/1 croissant
$310 \mathrm{cal} / 1$ danish
$310 \mathrm{cal} / 1$ danish
$370 \mathrm{cal} / 1$ strudel
$420 \mathrm{cal} / 1$ muffin
420 cal/1 muffin
$460 \mathrm{cal} / 1$ muffin
500 cal/1 muffin

Serv/order
0-24
0-24
0-24
0-24
0-24
0-24
0-24
0-24
0-24


## MEAT \& CHEESE

Enjoy premium quality and flavor crafted to inspire memorable experiences every day. A delicious anytime option, these simple, savory selections are pleasing to the eye and the appetite! Perfect for an easy app or stand-alone sandwich meal.


## Inspirations

## TASTE OF INSPIRATIONS

## ITALIAN MEATS \& CHEESE TRAY

Taste of Inspirations Pepperoni, Hard Salami and Gouda with olives. Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Pepperoni | $130 \mathrm{cal} / 1 \mathrm{oz}$. | 8 oz. |
| Salami | $120 \mathrm{cal} / 1 \mathrm{oz}$. | 8 oz. |
| Gouda | $110 \mathrm{cal} / 1 \mathrm{oz}$. | 8 oz. |
| Olives | $30 \mathrm{cal} / 4$ olives | 8 oz. |



Iuspivations:
TASTE OF INSPIRATIONS
TURKEY, ROAST BEEF \& CHEESE TRAY
Taste of Inspirations All-Natural Turkey, Roast Beef, Swiss and Muenster with olives. Served with
Kaiser rolls. Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Turkey | $70 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Roast Beef | $60 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Swiss | $110 \mathrm{cal} / 1 \mathrm{oz}$. | 12 oz. |
| Munster | $100 \mathrm{cal} / 1 \mathrm{oz}$. | 12 oz. |
| Olives | $30 \mathrm{cal} / 4 \mathrm{olives}$ | 8 oz. |
| Kaiser Rolls | $200 \mathrm{cal} /$ roll | 12 rolls |

## SNACKS

Bring home premium, handcrafted flavor with a meat, cheese and cracker tray or a hummus, pita and veggie tray from Taste of Inspirations. These simple yet tasty combinations will quickly become your family's new favorite in no time.


## usisporvations <br> TASTE OF INSPIRATIONS MEAT, CHEESE \& CRACKER TRAY

Taste of Inspirations Uncured Sopressata Dry Salami, Pepperoni, Muenster Cheese, New York Extra Sharp Cheddar Cheese and Pepper Jack Cheese. Served with Taste of Inspirations Sea Salt Crisps.
Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | ---: | :---: |
| Pepperoni | $120 \mathrm{cal} / 1 \mathrm{oz}$. | 6 oz. |
| Sopressata | $100 \mathrm{cal} / 1 \mathrm{oz}$. | 6 oz. |
| Ex. Sharp | $110 \mathrm{cal} / 1 \mathrm{oz}$. | 16 oz. |
| Cheddar | $100 \mathrm{cal} / 1 \mathrm{oz}$. | 16 oz. |
| Muenster | $100 \mathrm{cal} / 1 \mathrm{oz}$. | 16 oz. |
| Pepper Jack | 80 cal/3 crackers | 6.5 oz |



## Inspirations <br> TASTE OF INSPIRATIONS HUMMUS, PITA \& VEGGIE

Taste of Inspirations Plain and Roasted Red Pepper Hummus. Served with celery, pita bread and baby carrots. Serves 10-12

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Pita Bread | $75-90 \mathrm{cal} /$ pita half | $2-3$ whole pitas |
| Celery | $10 \mathrm{cal} / 2 \mathrm{oz}$. | 8 oz. |
| Carrots | $25 \mathrm{cal} / 2 \mathrm{oz}$. | 12 oz. |
| Original Hummus | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 10 oz. |
| Roasted Red | $50 \mathrm{cal} / 2 \mathrm{tbsp}$. | 10 oz. |

## HANDMADE SANDWICH MEALS

Pick up everything you need for a full meal - tasty sandwiches with all of your favorite fresh fillings and toppings, deli salad sides and decadent desserts all in one convenient package.


## CROISSANT SANDWICH MEAL

Includes your choice of two delicious varieties of sandwiches on perfectly flaky croissants and your selection of three sides. Serves 10

Item
Turkey Croissant (5ct.)
Ham Croissant (5ct.)
Roast Beef Croissant (5ct.)
Chicken Salad Croissant (5ct.) American Potato Salad Mustard/Amish Potato Salad Macaroni Salad
Cole Slaw
Pickle Chips
Banana Peppers
Chocolate Chunk Cookies
Brownie Slices

Cal/serving 420-550 cal/1 sandwich $420-550 \mathrm{cal} / 1$ sandwich $410-550 \mathrm{cal} / 1$ sandwich 510-640 cal/1 sandwich
$230 \mathrm{cal} / 1 / 2$ cup
$210 \mathrm{cal} / 1 / 2$ cup
$280 \mathrm{cal} / 3 / 4$ cup
$160 \mathrm{cal} / 1 / 2$ cup
$0 \mathrm{cal} / 1 \mathrm{oz}$.
$10 \mathrm{cal} / 1 \mathrm{oz}$.
$240 \mathrm{cal} / 1$ cookie
290 cal/1 slice

Serv/order
0-10
0-10
0-10
0-10
16 oz .
16 oz.
16 oz.
16 oz.
16 oz.
16 oz.
5 cookies
5 slices
$-10$
.


# DELICIOUSLY CRISPY CHICKEN 

Made-to-order, home-style tenders or bone-in chicken prepared fresh daily. The deliciously crispy outside and tasty, juicy inside is sure to be a hit.


## BONE-IN WINGS

Bone-in wings in your choice of spicy or mild, or a combination of both. Served with your choice of Ranch or Blue Cheese.

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Mild Wings | $160-170 \mathrm{cal} / 3 \mathrm{oz}$. | 32 pieces |
| Spicy Wings | $170-180 \mathrm{cal} / 3 \mathrm{oz}$. | 32 pieces |
| Blue Cheese | $45 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Ranch | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |

## FRIED CHICKEN

Delicious bone-in fried chicken. Includes 48 pieces (assorted chicken)

Cal/serving 190-230 cal/3 oz
Serv/order 48 pieces


## WINGS \& TENDER COMBO

A tasty mix of chicken tenders and wings. Wings come in your choice of spicy or mild. Served with your choice of Ranch or Blue Cheese. Includes 16 wings and 12 tenders

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Mild Wings | $160-170 \mathrm{cal} / 3 \mathrm{oz}$. | 16 wings |
| Spicy Wings | $170-180 \mathrm{cal} / 3 \mathrm{oz}$. | 16 wings |
| Tenders | $140-180 \mathrm{cal} / 3 \mathrm{oz}$. | 12 tenders |
| Blue Cheese | $45 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |
| Ranch | $60 \mathrm{cal} / 2 \mathrm{tbsp}$. | 16 oz. |

MINI CHICKEN SANDWICHES
Our homestyle chicken tenders on a soft Hawaiian Roll with pickle chips.
Includes 12 sandwiches

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Chicken | $170-180 \mathrm{cal} /$ | 12 sandwiches |
| Sandwich | sandwich | 12 oz. |
| Pickles | 0 cal $/ 1 \mathrm{oz}$. |  |

Cal/serving
sandwich
$0 \mathrm{cal} / 1 \mathrm{oz}$.



## CHICKEN TENDERS

Perfectly crisp, flavorful homestyle chicken tenders. Served with your choice of dipping sauce (Buffalo, BBQ or Honey Mustard).

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Tenders | $140-180 \mathrm{cal} / 3 \mathrm{oz}$. | 28 tenders |
| Buffalo Sauce | $5 \mathrm{cal} / 2 \mathrm{tbsp}$. | 12 oz. |
| BBQ Sauce | $70 \mathrm{cal} / 2 \mathrm{tbsp}$. | 12 oz. |
| Honey Mustard | $50 \mathrm{cal} / 2 \mathrm{tbsp}$. | 12 oz. |

## CROWD-PLEASING PLATTERS

Need to feed a few extra mouths? Put easy on the menu with our large platters! Perfect for family get-togethers, parties, meetings and other events, these tasty combos will have everyone feeling full and satisfied.


## FRESH CUT FRUIT PLATTER

A fresh assortment of red grapes, white grapes, strawberries, pineapple, cantaloupe and watermelon. Served with cream cheese fruit dip. Serves 16-18

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Red Grapes | $40 \mathrm{cal} / 2 \mathrm{oz}$. | 12 oz. |
| White Grapes | $40 \mathrm{cal} / 2 \mathrm{oz}$. | 12 oz. |
| Strawberries | $20 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Pineapple | $30 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Cantaloupe | $20 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Watermelon | $15 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Dip | $70 \mathrm{cal} / 2 \mathrm{oz}$. | 13.5 oz. |

## FRESH CUT VEGGIE PLATTER

A fresh assortment of cucumber, green bell pepper, cauliflower, broccoli, celery hearts, red bell pepper, grape tomatoes and baby carrots. Served with ranch dip. Serves 30-34

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Cucumber | $10 \mathrm{cal} / 2 \mathrm{oz}$. | 24 oz. |
| Green Bell Pepper | $10 \mathrm{cal} / 2 \mathrm{oz}$. | 14 oz. |
| Cauliflower | $15 \mathrm{cal} / 2 \mathrm{oz}$. | 32 oz. |
| Broccoli | $15 \mathrm{cal} / 2 \mathrm{oz}$. | 32 oz. |
| Celery | $10 \mathrm{cal} / 2 \mathrm{oz}$. | 32 oz. |
| Red Bell Pepper | $20 \mathrm{cal} / 2 \mathrm{oz}$. | 7 oz. |
| Grape Tomatoes | $10 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |
| Carrots | $25 \mathrm{cal} / 2 \mathrm{oz}$. | 32 oz. |
| Ranch Dip | $60 \mathrm{cal} / 2 \mathrm{oz}$. | 16 oz. |

Serv/order
Cucumber
Green Bell Pepper
Cauliflower
Broccol

Red Bell Pepper
Grape Tomatoes

Ranch Dip


## MEAT \& CHEESE PLATTER

Food Lion Oven Roasted Turkey, Virginia Ham, Oven Roast Medium Roast Beef, Yellow American, White American and Swiss. Served with stuffed and pitted olives. Serves 26-30

| Item Cal/serving | Serv/order <br> Stuffed Olives | $20 \mathrm{cal} / 4 \mathrm{olives}$ |
| :--- | :---: | :---: |
| 5.75 oz. |  |  |
| Pitted Olives | $20 \mathrm{cal} / 4 \mathrm{olives}$ | 6 oz. |
| Yellow | $110 \mathrm{cal} / 1 \mathrm{oz}$. | 12 oz. |
| American |  |  |
| White | $110 \mathrm{cal} / 1 \mathrm{oz}$. | 12 oz. |
| American | $100 \mathrm{cal} / 1 \mathrm{oz}$. | 12 oz. |
| Swiss | $50 \mathrm{cal} / 2 \mathrm{oz}$. | 32 oz. |
| Turkey | $60 \mathrm{cal} / 2 \mathrm{oz}$. | 32 oz. |
| Virginia Ham | $70 \mathrm{cal} / 2 \mathrm{oz}$. | 32 oz. |



CHICKEN SALAD SANDWICH PLATTER
Food Lion Chicken Salad on soft Hawaiian rolls garnished with lettuce and tomato. Serves 48

Item
Mini Chicken
Salad Sandwich

## Cal/serving Serv/order

$380 \mathrm{cal} / 1$ sandwich 0-48


## SIGNATURE SANDWICH PLATTER

Food Lion Ham \& American, Turkey \& Swiss, and Roast Beef \& Provolone on Kaiser rolls with lettuce. Serves 16-20

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Turkey Sandwich | $350 \mathrm{cal} / 1$ sandwich | $0-10$ |
| Ham Sandwich | $370 \mathrm{cal} / 1$ sandwich | $0-10$ |
| Roast Beef | $380 \mathrm{cal} / 1$ sandwich | $0-10$ |



## SWEETS \& TREATS

Indulge your sweet tooth with bakery favorites including gourmet cookies that are baked fresh in-store, crème cake slices and brownies! Made with high-quality ingredients and packed with flavor, our dessert trays make it easy to end your meal on a sweet note.


## SLICED CREMÉ CAKE

Marble Crème Cake and Lemon Crème Cake served with fresh strawberries. Includes 14 slices

| Item | Ca/serving | Serv/order |
| :--- | :---: | :---: |
| Lemon Crème | 160 cal/1 slice | 7 slices |
| Marble Crème | $160 \mathrm{cal} / 1$ slice | 7 slices |
| Strawberries | $20 \mathrm{cal} / 2$ oz. | 12 oz. |



## GOURMET COOKIES

Gourmet chocolate chip cookies served with fresh strawberries. Includes 18 cookies

| Item | Cal/serving | Serv/order |
| :--- | :---: | :---: |
| Chocolate | $240 \mathrm{cal} / 1$ cookie | 18 cookies |
| Chunk Cookie | $20 \mathrm{cal} / 2 \mathrm{oz}$. | 12 oz. |



GOURMET COOKIE \& BROWNIES
Gourmet chocolate chip cookies and brownies served with fresh strawberries. Includes 7 cookies and 7 brownies
Item
Chocolate
Chunk Cookie
Brownie Slices
Strawberries

Cal/serving
240 cal/1 cookie
290 cal/1 slice
$20 \mathrm{cal} / 2 \mathrm{oz}$.

Serv/order
7 cookies
7 slices
12 oz.

## CAKE BUNDLES

Sample a variety of sweet treats with our bakery cake bundles. Made with high-quality ingredients, and with the colors of your choice, these treats are deliciously flavorful.


CAKE BUNDLE \#1
A delicious combination of cake, cookies and brownies. Serves 24

Item
Cake Traditional Icing
Cake Whipped Icing Choc Chunk Cookie Brownie
$\mathrm{Ca} /$ serving
$540 \mathrm{cal} / 2 \mathrm{oz}$ $220 \mathrm{cal} / 2 \mathrm{oz}$ 240 cal/1 cookie 300 cal/1 brownie

Serv/order
14
14
14
10


## CAKE BUNDLE \#2

A delicious combination of cake, cupcakes and brownies. Serves 24

Item
Cake Traditional Icing
Cake Whipped Icing
Cupcake
Traditional Icing
Cupcake
Whipped Icing Brownie

## Ca /serving

$540 \mathrm{cal} / 2 \mathrm{oz}$ $220 \mathrm{cal} / 2 \mathrm{oz}$ 230 cal/1 cupcake

200 cal/1 cupcake 300 cal/1 brownie

Serv/order 14 14 7


## CAKE BUNDLE \#3

A delicious combination of cake, cupcakes and cookies.
Serves 24

## Item

Cake Traditional Icing
Cake Whipped Icing
Cupcake Traditional
Icing
Cupcake Whipped
Icing
Choc Chunk Cookie

Ca /serving
$540 \mathrm{cal} / 2 \mathrm{oz}$ $220 \mathrm{cal} / 2 \mathrm{oz}$
230 cal/1 cupcake
$200 \mathrm{cal} / 1$ cupcake
240 cal/1 cookie

Serv/order
14
14
7
7
10

