



Golden Corral

Beef (sides not included)						
Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Asian Beef 3 oz	110	0.5	620	10	0	9
Beef Enchilada (1)	200	4	560	11	1	11
Beef Liver and Onions 4 oz	220	2.5	300	9	1	23
Beef Quesadillas (1)	130	3	200	9	1	5
Beef Stroganoff (2/3 cup)	180	2.5	940	14	2	10
Carne Asada 4 oz	170	1.5	400	1	0	24
Carne Guisada 1/2 cup	140	1.5	400	4	1	17
Chuck Tips 3 oz	140	1.5	250	0	0	21
Grilled Honey teriyaki Chuck 3 oz	180	4	400	4	15	19
Machaca Beef 3 oz	140	3	230	2	0	15
Meatloaf (1)	200	4	670	10	0	13
Mini BBQ Brisket Sandwich (1)	150	2.5	270	18	0	4
Mini Hot Dog (1)	160	2.5	380	17	0	5
Picadillo 6 oz	250	4	350	10	2	19
Pot Roast 1/2 cup	150	2	200	4	8	19
Ribeye 3 oz	170	4	440	0	0	23

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Roast Beef (beef flat) 3 oz	180	3.5	280	1	0	22
Roast Beef (inside round) 3 oz	110	1	115	0	0	19
Ropa Vieja 4 oz	220	3.5	460	10	2	13
Sirloin Steak Strips 3 oz	130	3	350	1	0	14
Sirloin Tips 3 oz	170	3	250	0	0	23
Steak Fajitas 3 oz	60	0.5	60	6	1	3
Taco Meat 1/4 cup	110	3	240	2	1	7
Bread						
Banana Nut Bread	190	0.5	240	40	1	2
Bruschetta Bread	130	2	240	11	1	2
Flour Tortillas	100	1.5	160	15	1	2
Focaccia	80	0	230	14	0	3
Focaccia with Carmelized Onions	100	1.5	280	15	2	3
Garlic Cheese Knots	180	2.5	250	26	0	5
Garlic Cheese Sticks	120	2	290	14	1	5
Mini Blueberry Muffins	120	1.5	150	19	0	1
Mini Chocolate Chip Muffins	150	2.5	150	23	0	1
Mini Yeast Rolls	80	0	105	16	0	2
Yeast Roll	170	2	140	21	113	4

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Chicken/Turkey (sides not included)						
Breaded Boneless Chicken Wings -thigh (1)	180	1	520	10	2	13
Arroz Imperial 5 oz	280	4	500	28	1	14
Baked BBQ Chicken Legs (1)	140	2	610	5	0	16
Baked Mandarin Orange Chicken Legs (1)	150	2	510	7	0	16
BBQ Chicken Breast -baked bone-in (1)	350	4	150	5	1	55
BBQ Chicken Legs (1)	150	1.5	340	4	0	18
BBQ Chicken Wings (3)	250	4	360	11	1	17
Bourbon Street Chicken 3 oz	180	2.5	520	5	39	19
Buffalo Wings with Franks RedHot Sauce (3)	180	3.5	340	0	0	16
Carved Turkey - Dark Meat 3 oz	180	2.5	160	0	0	23
Carved Turkey - Light Meat 3 oz	170	2	125	0	0	24
Chicken Bites, Honey Teriyaki (3)	200	2	660	13	0	15
Chicken Bites, Mandarin Orange (3)	200	2.5	500	13	0	15
Chicken Enchiladas (1)	190	3.5	670	11	1	11
Chicken Fajitas 3 oz	60	0	85	5	1	6
Chicken Gizzards (3)	160	2	310	10	1	9
Chicken Machaca 3 oz	120	1.5	470	2	1	15
Chicken Parmesan (1)	240	3.5	570	16	1	17
Chicken Quesadilla (1)	130	3	230	9	1	5

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Chicken Strips 3 oz	80	0	240	0	0	17
Chicken Tenders (1)	260	2.5	370	7	37	29
Chicken Wings (5 pieces)	160	3	70	0	0	14
Chicken Wings - BBQ (5 pieces)	200	3	430	10	0	15
Chicken Wings - Mango Habanero (5 pieces)	210	3	250	12	0	14
Chicken Wings, Sauced Hot Honey (3)	250	3.5	350	11	6	16
Chicken Wings, Sweet Chili (3)	260	3.5	290	14	9	16
Chicken, Lemon Pepper (bone in) (1)	170	3	280	2	0	11
Fried Chicken Legs (1)	200	3	220	3	0	18
Fried Chicken Liver (3)	230	3	370	9	1	21
Golden Roasted Chicken (dark meat) 3 oz	160	3	330	0	0	19
Golden Roasted Chicken (white meat) 3 oz	140	2	310	0	0	22
Grilled Mandarin Orange Chicken (1)	170	0.5	430	21	0	17
Honey Teriyaki Pineapple Chicken Legs (1)	160	1.5	470	7	0	18
Hot Buffalo Chicken Legs (1)	150	1.5	400	2	1	18
Hot Buffalo Chicken Wings (3)	180	3.5	210	1	1	16
Lemon Herb Chicken 1 cup	190	2.5	125	12	1	14
Mandarin Orange Chicken Breasts -baked bone in (1)	360	4	50	7	1	55
Mandarin Orange Chicken Wings (3)	260	4	180	13	0	16

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Mild Buffalo Chicken Legs (1)	150	1.5	450	2	1	18
Mild Buffalo Chicken Wings (3)	180	3.5	240	1	1	16
Mini Corn Dogs (5)	240	3	440	22	1	9
Paella Chicken and Sausage 3 oz	150	3.5	470	8	0	8
Pulled BBQ Chicken 3 oz	110	0	450	10	0	14
Pulled Chicken In Poultry Gravy 3 oz	80	0.5	280	3	0	14
Roasted Grilled Bone-In Chicken 3 oz	160	2.5	300	1	0	20
Sandwich, Chicken Mini (1)	210	3	400	19	10	10
Smoked BBQ Wings (3)	180	3	220	2	0	17
Smoked Chicken (white meat) 3 oz	150	2	340	0	0	23
Turkey Slices wth Poultry Gravy 3 oz	90	1.5	510	3	0	
Seafood (sides not included)						
Baked Fish (1)	150	3	330	1	58	20
Baked Florentine Fish (1)	170	4	260	1	1	14
Bone-In Catfish 3 oz	210	2.5	430	7	0	14
Breaded Flounder (1)	120	1	390	11	3	10
Butterfly Shrimp (3)	210	1.5	470	20	1	9
Cajun Fried Breaded Fish 3 oz	150	2	450	9	0	12
Catfish Fillets (2)	200	2	500	10	1	16

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Catfish Strips 4 oz	270	4	320	9	0	20
Clam Strips (10)	140	1.5	290	12	0	3
Fish, Beer Battered 4 oz	190	2.5	300	10	0	14
Golden Delicious Shrimp (6)	210	1.5	330	23	1	9
Mandarin Orange Shrimp (6)	200	1.5	330	28	1	7
Popcorn Shrimo (15)	130	1	490	14	1	5
Shrimp Topped Baked Fish with Lemon Herb Butter Sauce 3 oz	120	4	440	1	0	8
Grilled Seafood Cakes (1)	190	3	410	9	1	5
Fruits						
Apples, Blueberries, Cantaloupe, Honeydew, lemon, lime, Mango, Orange, Papaya, Piineapple, Watermelon	5-45	0	0-15	1-11	1-2	0-1
Pears, Peaches, Kiwi, Grapefruit Banana	50-90	0	0-15	4-23	1-3	0-1
Pork (sides not included)						
BBQ Pork 3 oz	170	2.5	100	5	1	18
Cajun Sausage Hash 2 oz	110	3	180	5	1	3
Mini BBQ Pork Sandwich (1)	240	3.5	270	21	1	14
Grilled BBQ Porkk Loin 3 oz	140	2.5	610	3	0	18
Pork Liver Mush (1)	120	1.5	310	9	2	5
Pork Loin 3 oz	140	2.5	440	1	1	17
Pork Machaca 3 oz	170	3	340	2	1	18

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Pork Quesadilla (1)	140	3	210	9	1	6
Pork Sofrito (1)	140	2	270	3	0	8
Pork Tips 3 oz	140	2	360	2	0	19
Roasted Cuban Pork 3 oz	150	2	400	0	0	17
Sausage Patties (1)	80	2.5	170	0	0	5
Salad, Toppings, Dressings (2 Tbsp unless stated otherwise)						
Bacon Bits	50	1.5	240	0	0	5
Bacon Dresing	150	2	300	5	0	0
Balsamic Vinaigrette	20	0	260	5	0	0
Balsamic Vinegar 1 Tbsp	15	0	0	3	0	0
Blue Cheese Dressing	150	2	260	1	0	1
Catalina Fat Free Dressing	40	0	300	10	1	0
Fat Free French Dresing	35	0	340	9	1	0
Thousand Isalnd Dressing	130	2	240	4	11	0
French Dressing	130	1.5	270	6	0	0
Ginger Drerssing	120	2	220	4	0	0
Homestyle Ranch Dressing	100	1.5	250	1	0	0
Honey Mustard Dressing	130	1.5	180	7	0	0
Lite Olive oil Vinaigrette	70	1	230	3	0	0

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Radishes 1/4 cup	5	0	10	1	0	0
Rasins 1/4 cup	60	0	0	16	1	1
Ranch Fat Free Dressing	35	0	300	9	0	0
Red Wine Vinegar	5	0	0	0	0	0
Thousand Island Fat Free Dressing	40	0	250	10	1	0
White Balsamic Vinaigrette	130	2	150	5	0	0
Sauces and Condiments						
BBQ Sauce 2 Tbsp	35	0	320	9	0	0
Brown Gravy 1/4 cup	20	0	340	4	0	0
Brown Sugar 1 Tbsp	50	0	0	14	0	0
Cocktail Sauce 2 Tbsp	35	0	320	7	0	1
Cranberry Sauce 2 Tbsp	60	0	5	13	1	0
Grape/Strawberry Jelly PC	35	0	0	9	0	0
Honey Butter Cup	50	2	35	3	0	0
Horseradish Sauce 2 Tbsp	100	2	130	2	0	0
Italian Red Sauce 1/2 cup	40	0.5	160	3	1	1
Murshroom Gravy 2 oz	20	0	310	4	0	0
Poultry Gravy 2 oz	20	0	310	4	0	0
Salsa 2 Tbsp	10	0	200	2	0	0

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salsa, Mexican Red 2 oz	10	0	140	3	1	0
Spicy BBQ Sauce 2 Tbsp	70	0	290	16	0	0
Sides						
Baked Potatoes	160	0	15	37	4	4
BBQ Baked Beans 1/2 cup	160	0	640	35	4	5
Broccoli and Rice Casserole 1/2 cup	130	1	210	24	19	3
Carrot Souffle 1/2 cup	180	3	135	25	2	2
Cheddar Stuffed Potatoes (1)	230	3	530	35	2	8
Cinnamon Apples 1/4 cup	80	1	50	15	1	0
Diced Sauteed Onions 1/4 cup	70	1	50	5	1	1
Fries, Seasoned Wedge (10)	190	1.5	520	21	1	3
Fried, Steakhouse (10)	170	2	270	14	2	1
Fruit Cup	60	0	0	15	62	1
Garlic Parmesan Potatoes 1/2 cup	120	2	310	12	1	2
Hominy 1/2 cup	70	1	500	9	3	1
Hushpuppies (3)	240	2.5	430	30	2	3
Lo Mein 3 oz	100	0.5	280	16	1	2
Macaroni and Cheese 1/2 cup	180	3	540	19	1	5
Okra and Tomato Stew 1/2 cup	118	2.5	530	7	2	1

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Okra, fried (10)	110	1	310	10	8	1
Onion Rings (2)	150	2	180	10	1	2
Onions and pepper, Sautéed 1/4 cup	30	0	15	4	1	1
Penne Pasta 1 cup	200	0	0	40	2	7
Plantains, fried (2)	150	1.5	0	23	2	1
Pot Roast Vegetables 1/2 cup	45	0	370	9	86	1
Potato Chips (20)	120	1.5	190	6	1	1
Potaotes, French Fried (6)	130	1.5	210	11	2	1
Potatoes, Fried Cubed 1/2 cup	160	1.5	160	19	2	2
Rice Pilaf 1/2 cup	130	1.5	520	18	0	2
Sautéed Onions 1/4 cup	70	1	50	5	1	1
Skillet Potatoes and Onions 1/2 cup	120	0.5	95	19	2	2
Spaghetti Noodles 1/2 cup	150	0	0	24	1	4
Sweet Potato Casserole 1/2 cup	210	1	30	41	2	2
Taco Shell (1)	50	0.5	0	7	1	1
Tortilla Chips (10)	120	1	260	12	1	1
Turnip Greens, Fresh 1/2 cup	70	1	420	9	111	3
Vegetable and Rice Casserole 1/2 cup	140	2.5	350	17	1	3
White Rice 1/2 cup	130	2	230	19	92	2

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Baby Lima Beans 1/2 cup	150	2	420	19	5	6
Black-eyed peas 1/2 cup	100	0.5	570	14	3	5
Broccoli, Steamed 1/2 cup	25	0	190	5	20	2
Brussel Sprouts 1/2 cup	80	2	240	4	3	3
Cabbage 1/2 cup	60	2	200	4	2	1
Cabbage, Kettle Cooked	45	1	180	4	22	2
Carrots, Steamed 1/2 cup	80	2.5	290	8	25	1
Cauliflower, steamed 1/2 cup	20	0	65	3	2	1
Collard Greens, Seasoned 1/2 cup	30	0	15	5	48	3
Corn, Steamed 1/2 cup	130	2	190	19	1	3
Corn-on-the-Cob, (1)	70	1	90	13	2	2
Cottage Fries 1/2 cup	290	2.5	260	36	3	4
Diced Sauteed Green Peppers 1/4 cup	50	1	40	2	1	0
Fried Jalapenos (1)	20	0	0	2	1	0
Fresh Green Beans, Fresh 1/2 cup	50	2.5	250	3	1	1
Green Chiles 2 Tbsp	10	0	70	2	0	0
Grilled Cajun Corn on the Cob (1)	190	2.5	380	22	4	4
Machaca Beans 1/2 cup	90	0	370	15	5	5
Peas, Steamed 1/2 cup	110	2	210	11	5	4

A 10x10 grid of small purple dots. In the center of the grid is a larger purple circle containing the text "Fall 2025". The grid is positioned in the middle of the slide.

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Ranch Style Beans 1/2 cup	130	0.5	550	21	7	6
Red Bliss Potatoes 1/2 cup	80	1	85	13	1	2
Skillet Vegetable 1/2 cup	90	1.5	250	5	1	1
Spinach 1/2 cup	50	0.5	320	5	3	4
Squash Medley 1/2 cup	45	0.5	220	4	1	1
Stewed Tomatoes 1/2 cup	30	0	270	6	2	2
Zucchini, Sauteed 1/2 cup	60	1	160	3	1	1
Soups, Toppings						
Brunswick Stew 1 cup	130	1	620	18	4	9
Captians Wafers (10)	140	0	210	18	0	2
Clam Chowder 1 cup	160	2.5	730	18	1	8
Oyster Crackers (1 pack)	60	0	135	10	0	2
Saltines (1 pack)	25	0.5	55	4	0	1

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