



All Cycles

Kosher Breakfast Meal – Available by Reservation

Cheese Omelet, Potato Hash & Ratatouille



Omelet with Cheese, Mushrooms And Potatoes	
Nutrition Facts	
Serving size 8.5 oz (241 g)	
Servings per container 1	
Amount per serving	
Calories 280	
Calories from fat 130	
% Daily Value *	
Total fat 15 g	23%
Saturated fat 4 g	20%
Trans fat 0 g	
Cholesterol 175 mg	58%
Sodium 680 mg	28%
Total carbohydrates 27 g	9%
Dietary fiber 4 g	16%
Sugars 2 g	
Protein 12 g	
Vitamin A 10%	• Vitamin C 10%
Calcium 15%	• Iron 8%
* % Daily Values are based on a 2000 calorie diet.	
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Allergens: Eggs, Milk, Wheat