

# ***“GOLD” Plate (Great Options in Low-fat Dining) Menu Selections***

## **SEAFOOD ENTREES**

Sautéed Shrimp with Vegetables

Shanghai Shrimp

Shrimp with Snow Peas

Shrimp with Garlic Sauce

Shrimp with Black Bean Sauce

Shrimp with Broccoli

Shrimp with Black Mushrooms

Curry Shrimp

Yu-Shung Shrimp (hot!)

Hunan Shrimp (hot!)

Shrimp Chop Suey

Shrimp Lo Mein

Shrimp Pan Fried Noodles

Sea Scallops with Oyster Sauce

Imperial Sea Scallops

Sautéed Scallops with Vegetables

Phoenix and Dragon

Triple Delight

Steamed Shrimp with Vegetables  
(*choice of white, brown garlic, or black  
bean sauce on the side*)

## **POULTRY ENTREES**

Chicken with Chinese Vegetables

Sautéed Chicken with Vegetables

Chicken with Black Bean Sauce

Chicken with Broccoli

Chicken with Oyster Sauce

Chicken Chop Suey

Chicken with Black Mushrooms

Garlic Chicken

Chicken with Snow Peas

Moo Goo Gai Pan

Yu-Shung Chicken (hot!)

Hunan Chicken (hot!)

Curry Chicken

Chicken Lo Mein

Chicken Pan Fried Noodles

Steamed Chicken with Vegetables (*choice  
of white, brown garlic, or black bean  
sauce on the side*)

## **PORK ENTREES**

Pork with Chinese Vegetables

Pork Chop Suey

Pork with Broccoli

Yu-Shung Pork (hot!)

Pork Lo Mein

Pork Pan Fried Noodles

## **VEGETARIAN ENTREES**

Vegetarian Delight

House Vegetables Deluxe

Snow Peas with Water Chestnuts

Broccoli with Oyster Sauce

To Fu with Vegetables

To Fu with Black Bean Sauce

Vegetable Chop Suey

Vegetable Lo Mein

Vegetable Pan Fried Noodles

Steamed Fresh Mixed Vegetables (*choice  
of white, brown garlic, or black bean  
sauce on the side*)

The Stephenson County Health Department **GOLD Plate Campaign** has been established to raise awareness of the availability of heart-healthy menu options.

The menu items identified within are “heart healthy” according to American Heart Association guidelines for a 16 oz serving:

- Less than 5 grams of total fat
- Less than 2 grams of saturated fat
- Less than or equal to 20 milligrams of cholesterol
- Less than or equal to 480 milligrams of sodium



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