

Olive Garden Menu 2 for \$25 - Full Breakdown

Course	Dish Name	Ingredients	Calories	Health Notes
Appetizer	Fried Mozzarella	Hand-breaded mozzarella, golden-fried, served with marinara	800	Good calcium; fried - moderate fat
	Lasagna Fritta	Parmesan-breaded lasagna, fried, topped with Alfredo & marinara	1030	Rich in carbs, high fat and sodium
	Stuffed Ziti Fritta	Crispy pasta with cheese blend, Alfredo & marinara dips	850	Vegetarian; moderate protein
Entrée	Fettuccine Alfredo	Fettuccine, Alfredo sauce (Parmesan, butter, cream)	1220	Calcium-rich; high fat & calories
	Spaghetti w/ Meat Sauce	Spaghetti, beef, tomato sauce, Italian herbs	850	High protein & iron; moderate fat
	Five Cheese Ziti al Forno	Ziti, Mozzarella, Ricotta, Parmesan, Romano, Fontina	1020	Vegetarian; calcium-rich
	Chicken Parmigiana	Breaded chicken, marinara, cheese, spaghetti	1090	High protein; great with salad