

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Seafood Chowder	194	812	7.1g	1.5g	14.5g	4.1g	2.2g	19.0g	0.60g
Cabbage Soup	322	1,347	6.2g	0.0g	55.0g	27.0g	15.6g	10.4g	0.21g
Sesame Crusted Trout	172	720	16.4g	1.1g	4.0g	2.4g	0.7g	2.2g	0.62g
Sri Lankan Beef Curry	517	2,163	34.5g	14.9g	9.9g	2.0g	3.8g	42.9g	0.12g
Vegetarian Moussaka	341	1,427	12.7g	8.0g	36.1g	12.0g	9.4g	24.7g	6.88g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Steamed Baby Red Potatoes	157	657	7.3g	4.5g	21.6g	4.6g	3.1g	3.1g	0.50g
7 Grain Rice Pilaf	510	2,134	3.6g	0.7g	103.5g	2.4g	11.3g	15.7g	0.00g
Steamed Spring Vegetables	50	209	0.0g	0.0g	12.0g	4.0g	4.0g	2.0g	0.05g
Roasted Beets	23	96	2.9g	0.3g	22.7g	7.9g	2.2g	2.2g	0.09g
Spicy Creamy Sausage Ragout	520	2,176	23.9g	9.1g	48.7g	40.1g	4.3g	30.5g	2.24g
Chickpea Bolognese Sauce	269	1,126	11.0g	1.5g	35.6g	12.2g	9.0g	8.0g	0.47g
Hamburger & Macaroni Goulash	618	2,586	30.2g	12.1g	51.1g	8.4g	3.7g	38.1g	10.69g
Homemade Beef Burger	616	2,577	39.7g	14.8g	3.2g	0.2g	1.1g	57.3g	1.03g
Lightlife Veggie Burgers	268	1,121	16.6g	2.5g	10.4g	1.5g	4.1g	20.1g	0.54g
Grilled Chicken Breast	0	0	0.2g	0.2g	0.0g	0.0g	0.0g	22.6g	0.29g
Crispy French Fries	297	1,243	7.7g	0.7g	52.1g	0.0g	4.3g	4.5g	0.02g
Philly Cheesesteak Pizza	270	1,130	9.8g	4.8g	23.9g	3.3g	1.7g	22.2g	1.38g
Spinach & Feta Pizza	245	1,025	10.9g	6.0g	23.6g	2.4g	2.3g	14.4g	0.65g