

	<i>Energy (kCal)</i>	<i>Energy (kJ)</i>	<i>Fat</i>	<i>of which saturates</i>	<i>Carbohydrates</i>	<i>of which sugars</i>	<i>Fibre</i>	<i>Protein</i>	<i>Salt</i>
Turkey Noodle Soup	100	418	1.5 g	0.4 g	6.5 g	2.7 g	1.9 g	14.6 g	0.31g
Quinoa Vegetable Soup	775	3,243	14.3 g	1.9 g	187.5 g	44.0 g	13.4 g	18.2 g	10.14 g
BBQ Flat Steak	644	2,695	32.5 g	12.3 g	34.7 g	31.9 g	0.0 g	47.2 g	1.32 g
Kona Chicken	838	3,506	54.4 g	15.0 g	25.6 g	22.1 g	1.0 g	58.5 g	1.51 g
Roasted Mushroom Ravioli	153	640	6.1 g	1.3 g	21.1 g	5.7 g	2.4 g	4.4 g	0.43 g
Whipped Cheesy Potatoes	247	1,033	12.3 g	7.3 g	28.1 g	2.0 g	1.5 g	8.9 g	8.14 g
Tater Tots	3,768	15,765	229.3 g	31.8 g	401.8 g	18.2 g	36.3 g	34.1 g	11.12 g
Creole Rice Pilaf	513	2,146	8.4 g	4.9 g	101.9 g	3.4 g	2.9 g	10.0 g	1.37 g
Steamed Peas	205	858	1.0 g	0.3 g	35.3 g	11.8 g	11.8 g	11.8 g	0.28 g
Cauliflower with Cheese Sauce	29	121	0.4 g	0.4 g	5.8 g	1.5 g	0.0 g	0.3 g	0.21 g
Beef Lasagna Sauce	384	1,607	19.5 g	6.6 g	31.8 g	17.1 g	9.3 g	25.5 g	1.26 g
Alfredo Sauce	363	1,519	13.3 g	4.3 g	52.3 g	50.3 g	0.2 g	13.3 g	1.76 g
Farmer's Sausage	262	1,096	22.8 g	9.1 g	5.8 g	1.3 g	1.0 g	8.5 g	0.55 g
Homemade Beef Burger	616	2,577	39.7 g	14.8 g	3.2 g	0.2 g	1.1 g	57.3 g	1.03 g
Lightlife Veggie Burgers	268	1,121	16.6 g	2.5 g	10.4 g	1.5 g	4.1 g	20.1 g	0.54 g
Grilled Chicken Breast	0	0	0.2 g	0.2 g	0.0 g	0.0 g	0.0 g	22.6 g	0.03 g
Crispy French Fries	297	1,243	7.7 g	0.7 g	52.1 g	0.0 g	4.3 g	4.5 g	0.02 g
Beef Gravy	378	1,582	9.4 g	5.7 g	56.8 g	0.0 g	32.7 g	19.0 g	5.11 g
Hawaiian Pizza	363	1,519	13.1 g	7.0 g	36.6 g	10.2 g	2.0 g	24.3 g	1.01 g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Mushroom & Cheese Pizza	294	1,230	8.7g	4.5g	38.9g	3.4g	2.0g	16.3g	2.51g