

	<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>
Beef Pepper Pot Soup	700	2,929	20.7g	5.6g	129.3g	11.8g	11.8g	20.2g	23.57g
Curried Cauliflower Soup	203	849	18.0g	8.0g	7.7g	2.9g	1.4g	1.7g	0.20g
Lemongrass and Lime Chicken	235	983	7.2g	11.4g	9.6g	3.1g	0.5g	1.5g	0.26g
Spicy Ginger Beef	561	2,347	23.7g	2.4g	48.5g	10.1g	6.6g	40.8g	5.20g
Garden Ratatouille	176	736	8.5g	1.5g	23.4g	16.7g	5.2g	6.1g	6.50g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Pan Fried Potatoes	335	1,402	13.5g	0.8g	54.2g	6.5g	6.6g	5.9g	0.67g
Basmati Rice	292	1,222	0.6g	0.0g	64.2g	0.0g	1.9g	6.7g	0.00g
Steamed Okra	53	222	0.0g	0.0g	10.0g	0.0g	4.0g	2.0g	0.00g
Stir Fried Peppers	87	364	4.5g	0.3g	12.2g	11.3g	3.2g	1.6g	6.10g
Turkey & Bacon Garlic Marinara Sauce	341	1,427	22.1g	6.9g	18.0g	8.5g	4.7g	16.4g	0.66g
Spinach Alfredo Sauce	363	1,519	13.4g	4.4g	52.4g	50.3g	0.2g	13.2g	1.76g
Potato Perogies with Caramelized Onions	333	1,393	16.1g	1.1g	49.5g	9.1g	3.2g	7.7g	0.86g
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	0.03g
Crispy French Fries	297	1,243	7.7g	0.7g	52.1g	0.0g	4.3g	4.5g	0.02g
Beef Gravy	378	1,582	9.4g	5.7g	56.8g	0.0g	32.7g	19.0g	5.11g

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Pepperoni & Mushroom Pizza	388	1,623	21.2g	9.1g	29.4g	3.8g	2.5g	22.1g	3.01g
Tomato Basil Pizza	2,600	10,878	94.7g	54.0g	290.8g	52.9g	11.0g	153.1g	7.05g