

	<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>
Chicken Barley Stew	1,236	5,171	29.0g	10.0g	190.8g	50.6g	16.6g	41.5g	30.28g
Cream of Tomato Soup	228	954	7.4g	2.0g	31.2g	17.8g	7.9g	4.5g	0.79g
Braised Beef with Tomatoes	639	2,674	45.5g	16.3g	8.9g	3.0g	2.0g	44.1g	1.44g
Butter Chicken	499	2,088	25.2g	13.4g	18.0g	7.7g	3.6g	30.9g	460.71g
Hawaiian Style Chili	164	686	6.2g	0.3g	22.9g	8.9g	5.1g	4.1g	0.21g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Butter Potatoes	124	519	3.7g	2.3g	20.9g	1.7g	2.5g	2.7g	0.87g
Basmati Rice	292	1,222	0.6g	0.0g	64.2g	0.0g	1.9g	6.7g	0.00g
Steamed Peas	205	858	1.0g	0.3g	35.3g	11.8g	11.8g	11.8g	0.28g
Garlic Roasted Asparagus	131	548	12.6g	1.6g	4.2g	3.5g	0.2g	1.0g	0.70g
Chicken Rose Pasta Sauce	222	929	11.5g	6.0g	24.0g	12.2g	1.7g	5.4g	2.29g
Vegetarian Puttanesca Sauce	111	464	9.2g	0.8g	11.5g	6.5g	4.2g	4.2g	1.45g
Onion Rings	354	1,481	16.5g	2.0g	46.8g	5.0g	1.7g	4.5g	0.63g
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
Meat Lover's Pizza	591	2,473	34.6g	15.1g	30.5g	3.0g	2.2g	39.3g	2.00g
East Coast Garlic Fingers	679	2,841	35.1g	21.4g	50.2g	20.0g	1.6g	43.2g	1.95g