

	<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 Noodle Soup	708	2,962	12.3 g	1.2 g	103.0 g	7.0 g	6.4 g	43.9 g	0.41 g
Mushroom Bisque	49	205	1.9 g	0.4 g	7.0 g	2.8 g	1.1 g	2.1 g	3.21 g
Sesame Hoisin Braised Pork	535	2,238	39.5 g	12.8 g	3.4 g	3.2 g	0.4 g	37.1 g	0.88 g
Shepherd's Pie	876	3,665	46.6 g	17.7 g	78.0 g	21.7 g	11.3 g	58.7 g	1.61 g
Tomato and Vegetable Tagine	207	866	6.1 g	0.7 g	42.8 g	11.1 g	8.3 g	8.0 g	0.34 g
Mashed Potatoes	314	1,314	5.1 g	3.0 g	66.2 g	9.8 g	7.6 g	11.9 g	3.44 g
Scalloped Potatoes with Green Onion	65	272	7.3 g	4.5 g	0.4 g	0.2 g	0.2 g	0.0 g	0.07 g
Long Grain Wild Rice	396	1,657	2.7 g	1.3 g	79.0 g	0.8 g	2.6 g	10.9 g	1.46 g
Steamed Cauliflower	0	0	0.8 g	0.0 g	12.5 g	5.0 g	5.0 g	4.8 g	0.08 g
Steamed & Buttered Broccoli	97	406	7.3 g	4.5 g	6.1 g	2.3 g	3.8 g	3.8 g	0.33 g
Sausage & Mushroom Cream Sauce	180	753	13.3 g	5.6 g	5.4 g	1.9 g	2.6 g	12.2 g	3.56 g
Fried Tomato, Onion & Mushroom Ragout	249	1,042	9.0 g	1.1 g	31.8 g	14.8 g	7.9 g	13.2 g	12.82 g
All Beef Hot Dog	7,262	30,384	603.8 g	242.1 g	182.2 g	29.9 g	0.0 g	301.9 g	21.22 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

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Spicy Breaded Chicken & Garlic Pizza	2,788	11,665	93.5 g	46.8 g	334.2 g	34.6 g	26.0 g	164.5 g	12.29 g
Mushroom & Cheese Pizza	294	1,230	8.7 g	4.5 g	38.9 g	3.4 g	2.0 g	16.3 g	2.51 g