

	<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>
Ground Beef & Vegetable Soup	448	1,874	22.1g	7.2 g	26.3 g	10.8 g	6.0 g	30.5 g	0.48 g
Cream of Tomato Soup	228	954	7.4 g	2.0 g	31.2 g	17.8 g	7.9 g	4.5 g	0.79 g
Apple BBQ Pork Chops	120	502	0.0g	0.0g	30.1g	21.2g	2.1g	1.8g	0.68g
Southern Spicy Meatloaf	371	1,552	23.8g	9.9 g	10.8 g	5.3 g	1.5 g	31.7g	0.59g
Cheddar Cheese & Tomato Macaroni	557	2,330	15.0 g	7.2 g	82.8 g	6.8 g	4.9 g	27.4g	1.01g
Mashed Potatoes	314	1,314	5.1g	3.0 g	66.2 g	9.8 g	7.6 g	11.9 g	3.44 g
Roasted Sweet Potatoes	54	226	6.5 g	0.5 g	74.3 g	2.7 g	10.9 g	5.4 g	0.11g
Spicy BBQ Rice	429	1,795	11.8 g	1.4 g	81.4 g	22.6 g	7.8 g	8.1g	0.51g
Steamed Brussels Sprout	81	339	3.1g	0.3 g	12.1g	2.9 g	4.5 g	4.5 g	35.72 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	0.21g
Homestyle Beef & Mushroom Pasta Sauce	168	703	8.0 g	3.0 g	10.9 g	6.4 g	2.7 g	14.3 g	2.41g
Basil Cream Pasta Sauce	179	749	11.2 g	1.9 g	15.7 g	12.3 g	0.0 g	6.2 g	0.39g
Beef Chili	731	3,059	31.8 g	11.1g	51.6 g	27.8 g	10.3g	51.6 g	1.27g
Homemade Beef Burger	616	2,577	39.7g	14.8 g	3.2 g	0.2 g	1.1g	57.3g	1.03g
Lightlife Veggie Burgers	268	1,121	16.6g	2.5 g	10.4 g	1.5 g	4.1g	20.1g	0.54 g
Grilled Chicken Breast	0	0	0.2g	0.2 g	0.0 g	0.0 g	0.0 g	22.6 g	0.03g
Crispy French Fries	297	1,243	7.7g	0.7 g	52.1g	0.0 g	4.3 g	4.5 g	0.02 g
Beef Gravy	378	1,582	9.4g	5.7 g	56.8 g	0.0 g	32.7 g	19.0 g	5.11g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Bacon Cheeseburger Pizza	323	1,351	16.9g	7.6g	22.5g	2.4g	1.3g	21.3g	0.76g
Spanish Veggie Pizza	427	1,787	10.6g	4.2g	64.2g	8.0g	4.0g	18.3g	0.90g