

	<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>
<b>Italian Sausage &amp; Bean Soup</b>	191	799	11.3g	2.8g	13.8g	8.4g	3.8g	12.2g	0.72g
<b>Cream of Mushroom Soup</b>	320	1,339	22.7g	13.3g	21.2g	8.4g	2.5g	5.9g	5.96g
<b>Beef Chimichurri</b>	659	2,757	56.4g	11.6g	9.2g	3.4g	3.7g	37.4g	0.17g
<b>Pork Schnitzel with Dill Sauce</b>	592	2,477	28.6g	14.8g	39.2g	2.3g	1.9g	59.9g	1.34g
<b>Black Bean Stuffed Peppers</b>	1,038	4,343	31.1g	17.4g	152.3g	10.5g	5.3g	48.0g	2.63g
<b>Mashed Potatoes</b>	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
<b>Parsley Potatoes</b>	109	456	2.5g	1.4g	20.2g	1.7g	2.2g	2.5g	0.03g
<b>Steamed White Rice</b>	461	1,929	4.7g	2.6g	96.0g	0.7g	1.1g	9.0g	0.48g
<b>Steamed Broccoli</b>	38	159	0.0g	0.0g	6.8g	2.5g	4.3g	4.3g	0.05g
<b>Garlic Parmesan Vegetable Medley</b>	297	1,243	18.9g	5.0g	30.8g	17.7g	5.8g	6.2g	0.58g
<b>Chorizo Bolognese Sauce</b>	215	900	10.4g	3.5g	16.7g	9.2g	4.5g	13.0g	0.94g
<b>Sundried Tomato Cream Sauce</b>	370	1,548	27.0g	14.2g	24.2g	16.4g	2.4g	11.4g	0.51g
<b>Vegetable Samosas</b>	58	243	0.6g	0.0g	10.8g	0.3g	1.3g	2.3g	0.16g
<b>Homemade Beef Burger</b>	616	2,577	39.7g	14.8g	3.2g	0.2g	1.1g	57.3g	1.03g
<b>Lightlife Veggie Burgers</b>	268	1,121	16.6g	2.5g	10.4g	1.5g	4.1g	20.1g	0.54g
<b>Grilled Chicken Breast</b>	0	0	0.2g	0.2g	0.0g	0.0g	0.0g	22.6g	0.03g
<b>Crispy French Fries</b>	297	1,243	7.7g	0.7g	52.1g	0.0g	4.3g	4.5g	0.02g
<b>Beef Gravy</b>	378	1,582	9.4g	5.7g	56.8g	0.0g	32.7g	19.0g	5.11g
<b>Pepperoni &amp; Cheese Pizza</b>	509	2,130	31.1g	13.7g	29.4g	3.3g	2.5g	29.7g	1.66g

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<b>Margherita Pizza</b>	204	854	7.6 g	4.0 g	24.4 g	3.6 g	2.1g	12.0 g	0.47 g