

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Chicken Hot & Sour Soup	852	3,565	20.9g	5.8g	117.0g	40.9g	23.4g	28.4g	17.71g
Cream of Broccoli Soup	21	88	1.1g	0.7g	2.0g	0.9g	0.2g	0.9g	0.01g
Chicken Parmigiana	695	2,908	20.2g	8.7g	53.2g	12.4g	3.1g	73.7g	126.84g
Newfoundland Cod Au Gratin	524	2,192	21.7g	10.9g	40.2g	12.2g	1.3g	43.8g	1.28g
Mediterranean Frittata	201	841	14.0g	5.0g	9.1g	3.7g	3.5g	11.2g	2.22g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Loaded Baked Potato	380	1,590	15.5g	6.4g	50.2g	3.6g	5.4g	9.8g	0.27g
Steamed White Rice	461	1,929	4.7g	2.6g	96.0g	0.7g	1.1g	9.0g	0.48g
Steamed Kernel Corn	93	389	0.7g	0.1g	24.0g	2.7g	2.7g	2.7g	0.00g
Pan Fried Garlic Mushroom & Onions	139	582	12.2g	4.9g	18.4g	12.3g	4.5g	6.0g	7.47g
Turkey Bolognese Sauce	177	741	6.1g	0.9g	16.3g	8.5g	4.5g	15.3g	0.73g
Roasted Red Pepper Cream Sauce	80	335	6.7g	0.9g	5.3g	4.8g	0.0g	1.7g	0.14g
Sirloin Steak	452	1,891	29.3g	11.3g	0.0g	0.0g	0.0g	45.0g	0.11g
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
Philly Cheesesteak Pizza	270	1,130	9.8g	4.8g	23.9g	3.3g	1.7g	22.2g	1.38g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Five Cheese Pizza	300	1,255	15.5g	8.8g	23.9g	2.6g	1.5g	18.1g	0.67g