

	<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>
Pasta Fagioli Soup	766	3,205	23.2g	6.9g	122.2g	39.6g	9.5g	13.8g	22.29g
Carrot Curry Soup	648	2,711	15.3g	10.8g	140.9g	36.9g	1.4g	5.4g	10.35g
Herb & Garlic Roasted Chicken Drumstick	477	1,996	33.2g	8.7g	1.6g	0.0g	0.7g	40.2g	0.51g
BBQ Swiss Steak	347	1,452	14.7g	6.6g	32.1g	21.0g	2.9g	25.0g	0.76g
Vegetable Ragout with Rigatoni	621	2,598	5.4g	0.3g	130.2g	18.3g	14.3g	25.0g	4.66g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Steamed Baby Red Potatoes	157	657	7.3g	4.5g	21.6g	4.6g	3.1g	3.1g	0.50g
Brown Rice	541	2,264	4.9g	1.1g	111.4g	1.2g	6.3g	12.7g	0.41g
Steamed Kernel Corn	93	389	0.7g	0.1g	24.0g	2.7g	2.7g	2.7g	0.00g
Roasted Eggplant	21	88	2.3g	0.1g	0.3g	0.0g	0.1g	0.1g	0.00g
Creamy Cajun Shrimp & Sausage Pasta Sauce	344	1,439	22.1g	9.5g	18.7g	11.6g	2.7g	18.4g	2.13g
Mushroom Bolognese Sauce	267	1,117	5.1g	0.7g	62.9g	19.8g	4.1g	5.5g	9.53g
Chorizo Sausage	?	?	?g	?g	?g	?g	?g	?g	?g
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

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Canadian Pizza	347	1,452	20.0 g	8.7 g	23.1 g	2.6 g	1.7 g	20.0 g	1.05 g
Spinach & Feta Pizza	245	1,025	10.9 g	6.0 g	23.6 g	2.4 g	2.3 g	14.4 g	0.65 g