

	<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>
Wicked Thai Chicken Soup	738	3,088	32.7g	20.9g	82.9g	5.6g	3.9g	28.7g	1.58g
Vegetable Soup	126	527	2.3g	0.0g	21.4g	6.5g	6.5g	5.1g	0.28g
Garlic Crusted Slow Roast Beef	39	163	2.5g	0.2g	4.7g	1.0g	1.2g	0.7g	0.49g
Sweet & Sour Pork Casserole	140	586	61.0g	6.6g	42.8g	18.9g	10.7g	53.5g	0.58g
Asian Vegetable Stir Fry	139	582	1.5g	0.0g	40.5g	30.8g	7.3g	5.4g	3.51g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Citrus Couscous	48	201	2.0g	0.2g	6.6g	4.4g	1.5g	0.6g	0.00g
Brown Rice	541	2,264	4.9g	1.1g	111.4g	1.2g	6.3g	12.7g	0.41g
Steamed Vegetable Medley	145	607	0.0g	0.0g	29.5g	12.0g	17.5g	12.0g	0.20g
Green Beans with Garlic Sauce	156	653	1.9g	0.0g	35.7g	9.3g	3.6g	2.8g	1.95g
Classic Marinara Sauce with Meatballs	188	787	11.0g	4.3g	13.9g	6.3g	3.3g	9.8g	0.72g
Tomato Cream Sauce	229	958	20.6g	8.1g	8.1g	3.1g	2.3g	2.7g	0.17g
All Beef Hot Dog	7,262	30,384	603.8g	242.1g	182.2g	29.9g	0.0g	301.9g	21.22g
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
Meat Lover's Pizza	591	2,473	34.6g	15.1g	30.5g	3.0g	2.2g	39.3g	2.00g

	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