

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Clam Chowder	214	895	7.5 g	1.5 g	21.4 g	4.5 g	2.6 g	17.2 g	0.60 g
Mulligatawny Soup	348	1,456	12.6 g	5.1 g	46.2 g	4.7 g	9.5 g	14.2 g	0.24 g
Sambal & Brown Sugar Roast Beef	1,359	5,686	0.0 g	0.0 g	271.9 g	222.4 g	12.4 g	37.1 g	25.95 g
Potato Crusted Cod with Caper & Dill Butter	309	1,293	19.0 g	6.9 g	12.4 g	0.0 g	0.7 g	23.8 g	0.95 g
Black Bean Stuffed Peppers	1,038	4,343	31.1 g	17.4 g	152.3 g	10.5 g	5.3 g	48.0 g	2.63 g
Mashed Potatoes	314	1,314	5.1 g	3.0 g	66.2 g	9.8 g	7.6 g	11.9 g	3.44 g
Parmesan & Basil Orzo	397	1,661	10.5 g	5.6 g	64.0 g	18.5 g	2.4 g	13.1 g	0.58 g
Steamed White Rice	461	1,929	4.7 g	2.6 g	96.0 g	0.7 g	1.1 g	9.0 g	0.48 g
Bacon & Onion Cream Sauce	652	2,728	44.5 g	22.0 g	47.4 g	11.9 g	0.5 g	9.5 g	7.61 g
Chunky Marinara Sauce	53	222	0.2 g	0.0 g	11.3 g	6.9 g	2.8 g	2.5 g	0.28 g
Homestyle Mac & Cheese	650	2,720	19.7 g	12.6 g	88.4 g	11.0 g	3.2 g	26.8 g	1.66 g
Homemade Beef Burger	616	2,577	39.7 g	14.8 g	3.2 g	0.2 g	1.1 g	57.3 g	1.03 g
Lightlife Veggie Burgers	268	1,121	16.6 g	2.5 g	10.4 g	1.5 g	4.1 g	20.1 g	0.54 g
Grilled Chicken Breast	0	0	0.2 g	0.2 g	0.0 g	0.0 g	0.0 g	22.6 g	0.03 g
Crispy French Fries	297	1,243	7.7 g	0.7 g	52.1 g	0.0 g	4.3 g	4.5 g	0.02 g
Beef Gravy	378	1,582	9.4 g	5.7 g	56.8 g	0.0 g	32.7 g	19.0 g	5.11 g
Deluxe Pizza	229	958	9.4 g	4.7 g	25.6 g	3.9 g	2.0 g	13.4 g	1.89 g
Roasted Vegetable Pizza	226	946	9.7 g	4.2 g	24.6 g	3.4 g	1.9 g	11.6 g	0.46 g