

	<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>
Seafood Chowder	194	812	7.1g	1.5g	14.5g	4.1g	2.2g	19.0g	0.60g
Hot & Sour Soup	720	3,012	9.0g	0.8g	149.3g	44.3g	23.3g	11.3g	11.26g
Sweet Thai Chili Glazed Salmon	245	1,025	7.2g	1.2g	1.4g	0.4g	0.5g	32.7g	0.24g
Braised Mongolian Beef	445	1,862	21.9g	3.4g	112.9g	56.8g	19.2g	10.9g	0.34g
Lentil Curry	3,252	13,606	75.0g	47.5g	407.8g	15.0g	95.1g	142.6g	1.25g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Rice Noodles	0	0	0.0g	0.0g	0.0g	0.0g	0.0g	0.0g	0.00g
Steamed White Rice	461	1,929	4.7g	2.6g	96.0g	0.7g	1.1g	9.0g	0.48g
Steamed Peas	205	858	1.0g	0.3g	35.3g	11.8g	11.8g	11.8g	0.28g
Asian Vegetable Medley	92	385	0.0g	0.0g	21.0g	5.3g	5.3g	5.3g	0.04g
Chicken Alfredo Sauce	437	1,828	14.1g	4.6g	55.5g	51.2g	0.8g	26.0g	1.95g
Mushroom Marinara Sauce	61	255	0.5g	0.0g	12.0g	7.0g	3.2g	4.5g	4.09g
Chicken Tenders	3,800	15,899	160.0g	70.0g	300.0g	0.0g	20.0g	280.0g	6.60g
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
Pulled Pork Pizza	265	1,109	12.0g	5.5g	24.6g	3.7g	1.5g	15.6g	0.55g

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East Coast Garlic Fingers	679	2,841	35.1g	21.4g	50.2g	20.0g	1.6g	43.2g	1.95g