

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Taiwanese Beef Noodle Soup	195	816	48.2 g	11.7 g	3.9 g	1.3 g	1.3 g	29.9 g	0.52 g
Carrot Ginger Bisque	316	1,322	14.2 g	4.7 g	51.4 g	19.8 g	9.5 g	4.7 g	0.47 g
Sticky Asian Crispy Chicken	988	4,134	46.1 g	12.9 g	62.4 g	11.6 g	1.6 g	77.9 g	1,137.84 g
Country Style Meatloaf	478	2,000	26.6 g	10.8 g	24.6 g	4.7 g	5.4 g	37.4 g	2.36 g
Pad Thai Stir Fry	887	3,711	18.3 g	2.9 g	152.7 g	11.1 g	3.1 g	19.1 g	17.44 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
Baked Sweet Potatoes	71	297	8.0 g	0.9 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00 g
Pineapple Fried Rice	631	2,640	15.2 g	3.4 g	115.8 g	14.8 g	4.0 g	11.1 g	1.79 g
Steamed Beets	?	0	0.2 g	0.0 g	22.7 g	7.9 g	2.3 g	2.3 g	0.09 g
Roasted Balsamic Mushrooms	65	272	4.8 g	0.4 g	5.0 g	3.6 g	0.6 g	0.4 g	0.00 g
Chicken Rose Pasta Sauce	222	929	11.5 g	6.0 g	24.0 g	12.2 g	1.7 g	5.4 g	2.29 g
Vegetarian Puttanesca Sauce	111	464	9.2 g	0.8 g	11.5 g	6.5 g	4.2 g	4.2 g	1.45 g
Pizza Burgers	575	2,406	33.6 g	11.1 g	44.2 g	7.2 g	3.7 g	26.4 g	2.05 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
Meat Lover's Pizza	591	2,473	34.6 g	15.1 g	30.5 g	3.0 g	2.2 g	39.3 g	2.00 g
East Coast Garlic Fingers	679	2,841	35.1 g	21.4 g	50.2 g	20.0 g	1.6 g	43.2 g	1.95 g