

	<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>
Beef Stroganoff Soup	626	2,619	18.7g	9.1g	86.9g	13.9g	5.2g	28.7g	2.30g
Vegetable Barley Soup	1,739	7,276	14.8g	0.0g	329.3g	125.8g	77.7g	48.1g	2.59g
Lemon Pepper Chicken	375	1,569	25.7g	7.3g	0.0g	0.0g	0.0g	32.5g	1.66g
Sweet Dijon Tilapia	250	1,046	17.1g	1.8g	17.7g	16.7g	0.0g	3.5g	0.32g
Mushroom & Scallion Creamy Gnocchi	241	1,008	5.3g	0.9g	40.9g	2.2g	3.5g	8.4g	4.22g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Citrus Orzo	138	577	2.2g	0.2g	25.1g	5.1g	2.6g	3.9g	0.00g
Wild Grain Rice	459	1,920	1.8g	0.7g	94.6g	2.2g	3.3g	12.9g	2.09g
Steamed Vegetable Medley	145	607	0.0g	0.0g	29.5g	12.0g	17.5g	12.0g	0.20g
Roasted Mixed Vegetables	163	682	3.4g	0.5g	31.1g	8.5g	8.5g	5.8g	0.12g
Sausage & Mushroom Cream Sauce	180	753	13.3g	5.6g	5.4g	1.9g	2.6g	12.2g	3.56g
Fried Tomato, Onion & Mushroom Ragout	249	1,042	9.0g	1.1g	31.8g	14.8g	7.9g	13.2g	12.82g
Onion Rings	354	1,481	16.5g	2.0g	46.8g	5.0g	1.7g	4.5g	0.63g
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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Donair Pizza	365	1,527	20.6g	8.7g	54.5g	30.5g	3.0g	19.6g	0.83g
Artichoke Pizza	2,216	9,272	80.9g	24.6g	275.6g	18.8g	24.6g	90.3g	4.57g