

	<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>
Split Pea Soup with Ham	307	1,284	1.4 g	0.5 g	59.1g	4.6 g	6.4 g	18.8 g	0.05 g
Vegetable Barley Soup	1,739	7,276	14.8 g	0.0 g	329.3g	125.8 g	77.7 g	48.1 g	2.59 g
Sage Roast Turkey/Bread Dressing	785	3,284	41.1g	14.4 g	36.6 g	5.0 g	4.2 g	74.4 g	1.39 g
Seafood & Sausage Jambalaya	3,890	16,276	130.5 g	29.0 g	570.2g	45.9 g	38.7g	128.1g	15.22 g
Eggplant Parmesana	594	2,485	30.8 g	6.2 g	64.0 g	19.1g	6.5 g	20.0 g	3.44 g
Mashed Potatoes	314	1,314	5.1g	3.0 g	66.2 g	9.8 g	7.6 g	11.9 g	3.44 g
Pan Fried Potatoes	335	1,402	13.5 g	0.8 g	54.2 g	6.5 g	6.6 g	5.9 g	0.67 g
Steamed White Rice	461	1,929	4.7g	2.6 g	96.0g	0.7 g	1.1g	9.0 g	0.48 g
Steamed Spring Vegetables	50	209	0.0 g	0.0 g	12.0 g	4.0 g	4.0 g	2.0 g	0.05 g
Grilled Zucchini	58	243	4.5g	0.3 g	0.0 g	0.0 g	0.0 g	1.8 g	0.43 g
Bacon & Cheese Cream Sauce	896	3,749	81.0 g	36.1g	14.6 g	0.0 g	0.8 g	25.9 g	1.31 g
Spicy Tomato Sauce	52	218	4.8 g	0.5 g	2.0 g	0.9 g	0.5 g	0.9 g	0.59 g
Sloppy Joes	536	2,243	22.6 g	7.8 g	54.5 g	17.7 g	2.9 g	29.7 g	1.40 g
Homemade Beef Burger	616	2,577	39.7g	14.8 g	3.2 g	0.2 g	1.1g	57.3g	1.03 g
Lightlife Veggie Burgers	268	1,121	16.6 g	2.5 g	10.4g	1.5 g	4.1g	20.1g	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	52.1g	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	32.7g	19.0 g	5.11 g
Pepperoni & Mushroom Pizza	388	1,623	21.2 g	9.1 g	29.4 g	3.8 g	2.5 g	22.1 g	3.01 g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Tomato Basil Pizza	2,600	10,878	94.7g	54.0g	290.8g	52.9g	11.0g	153.1g	7.05g