

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Seafood Chowder	194	812	7.1g	1.5g	14.5g	4.1g	2.2g	19.0g	0.60g
Broccoli Cheddar Soup	610	2,552	43.1g	26.7g	24.6g	9.7g	3.6g	32.3g	0.82g
Grilled Trout with Lemon & Garlic Sauce	336	1,406	13.3g	2.9g	12.0g	0.2g	0.7g	37.7g	0.48g
Salisbury Steak with Caramelized Onion Gravy	797	3,335	50.4g	14.5g	30.5g	5.1g	4.8g	56.1g	2.23g
Mexican Stuffed Peppers	399	1,669	15.8g	7.2g	50.9g	13.4g	5.3g	19.2g	9.51g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Dijon Parmesan Potatoes	216	904	16.3g	9.3g	10.9g	5.1g	0.0g	3.9g	0.39g
Steamed White Rice	461	1,929	4.7g	2.6g	96.0g	0.7g	1.1g	9.0g	0.48g
Steamed Asparagus	?	?	?g	?g	?g	?g	?g	?g	?g
Roasted Mixed Vegetables	163	682	3.4g	0.5g	31.1g	8.5g	8.5g	5.8g	0.12g
Spicy Creamy Sausage Ragout	520	2,176	23.9g	9.1g	48.7g	40.1g	4.3g	30.5g	2.24g
Chickpea Bolognese Sauce	269	1,126	11.0g	1.5g	35.6g	12.2g	9.0g	8.0g	0.47g
All Beef Hot Dog	7,262	30,384	603.8g	242.1g	182.2g	29.9g	0.0g	301.9g	21.22g
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
Spicy Breaded Chicken & Garlic Pizza	2,788	11,665	93.5g	46.8g	334.2g	34.6g	26.0g	164.5g	12.29g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Mushroom & Cheese Pizza	294	1,230	8.7g	4.5g	38.9g	3.4g	2.0g	16.3g	2.51g