

	<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>
<b>Split Pea Soup with Ham</b>	307	1,284	1.4 g	0.5 g	59.1g	4.6 g	6.4 g	18.8 g	0.05 g
<b>Vegetable Barley Soup</b>	1,739	7,276	14.8 g	0.0 g	329.3g	125.8 g	77.7 g	48.1 g	2.59 g
<b>Lemon Pepper Chicken</b>	375	1,569	25.7 g	7.3 g	0.0 g	0.0 g	0.0 g	32.5 g	1.66 g
<b>Butter Pork Schnitzel</b>	5,621	23,518	445.1 g	165.1 g	221.5 g	39.7 g	33.4 g	196.4 g	28.21 g
<b>Farmer's Market Vegetable Quesadilla</b>	484	2,025	37.4 g	14.0 g	23.8 g	10.9 g	5.1 g	29.6 g	5.46 g
<b>Mashed Potatoes</b>	314	1,314	5.1 g	3.0 g	66.2 g	9.8 g	7.6 g	11.9 g	3.44 g
<b>Lemon Cilantro Roasted Potatoes</b>	299	1,251	6.0 g	0.3 g	57.6 g	3.4 g	6.6 g	6.6 g	0.11 g
<b>Lemon Garlic Rice</b>	255	1,067	4.1 g	2.3 g	49.9 g	0.0 g	1.4 g	4.2 g	0.00 g
<b>Steamed Sunrise Vegetable Mix</b>	50	209	0.0 g	0.0 g	12.0 g	4.0 g	4.0 g	2.0 g	0.05 g
<b>Pan Fried Zucchini with Dill</b>	76	318	4.5 g	0.8 g	2.5 g	1.3 g	0.8 g	2.6 g	1.47 g
<b>Pizza Flavour Pasta Sauce</b>	325	1,360	18.5 g	6.8 g	19.3 g	8.7 g	6.4 g	21.9 g	2.42 g
<b>Sage &amp; Brown Butter Pasta Sauce</b>	494	2,067	35.4 g	20.7 g	46.5 g	8.5 g	24.7 g	8.9 g	0.52 g
<b>Potato Perogies with Caramelized Onions</b>	333	1,393	16.1 g	1.1 g	49.5 g	9.1 g	3.2 g	7.7 g	0.86 g
<b>Homemade Beef Burger</b>	616	2,577	39.7 g	14.8 g	3.2 g	0.2 g	1.1 g	57.3 g	1.03 g
<b>Lightlife Veggie Burgers</b>	268	1,121	16.6 g	2.5 g	10.4 g	1.5 g	4.1 g	20.1 g	0.54 g
<b>Grilled Chicken Breast</b>	0	0	0.2 g	0.2 g	0.0 g	0.0 g	0.0 g	22.6 g	0.29 g
<b>Crispy French Fries</b>	297	1,243	7.7 g	0.7 g	52.1 g	0.0 g	4.3 g	4.5 g	0.02 g
<b>Carne Asada Pizza</b>	410,455	1,717,344	21,488.5 g	8,692.0 g	241.4 g	0.0 g	0.0 g	49,254.6 g	120.72 g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
<b>Pepper &amp; Cheese Pizza</b>	1,874	7,841	50.1g	26.8g	271.2g	29.1g	16.3g	97.8g	4.89g