

	<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>
Chicken Tortilla Soup	385	1,611	7.9g	2.1g	49.8g	14.2g	7.9g	22.6g	4.81g
Creamy Red Lentil & Brown Rice Soup	281	1,176	5.3g	4.7g	48.1g	10.0g	14.0g	15.4g	0.74g
Hungarian Beef Goulash	110	460	8.0g	0.4g	15.2g	8.7g	3.8g	2.3g	0.23g
Kung Pao Chicken	545	2,280	21.1g	2.9g	9.2g	4.3g	0.8g	73.0g	168.54g
Vegetarian Moroccan Stew	271	1,134	8.4g	0.4g	32.0g	5.8g	5.8g	8.0g	0.22g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Egg Noodles	445	1,862	3.6g	1.2g	86.7g	2.4g	4.8g	15.7g	0.01g
Garlic & Ginger Cous Cous	27	113	1.2g	0.2g	2.3g	0.8g	0.4g	0.6g	0.73g
Classic Marinara Sauce with Meatballs	188	787	11.0g	4.3g	13.9g	6.3g	3.3g	9.8g	0.72g
Tomato Cream Sauce	229	958	20.6g	8.1g	8.1g	3.1g	2.3g	2.7g	0.17g
Pulled Pork Quesadilla	187	782	10.3g	3.6g	11.1g	6.0g	1.2g	11.1g	0.20g
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
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