

	<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>
Steak au Poivre Soup	1,697	7,100	79.2 g	24.1 g	202.1 g	6.0 g	4.5 g	48.3 g	36.81 g
Cream of Asparagus Soup	21	88	1.1 g	0.7 g	1.7 g	0.8 g	0.1 g	0.9 g	0.01 g
Cranberry Orange Glazed Ham	293	1,226	8.0 g	3.2 g	16.6 g	14.2 g	0.6 g	36.9 g	1.01 g
Fennel Roasted Chicken & Peppers	629	2,632	26.8 g	8.1 g	64.6 g	25.5 g	4.7 g	25.5 g	13.39 g
Tuscan Butter Gnocchi	688	2,879	26.8 g	13.8 g	86.2 g	17.0 g	10.7 g	26.3 g	6.43 g
Bacon & Roasted Garlic Mashed Potatoes	435	1,820	21.6 g	10.7 g	51.3 g	4.7 g	5.2 g	9.9 g	0.78 g
Potatoes Au Gratin with Swiss Cheese	1,310	5,481	63.0 g	20.3 g	150.2 g	17.5 g	12.0 g	38.0 g	1.64 g
Pepper & Garlic Brown Rice	275	1,151	5.7 g	2.7 g	49.6 g	0.0 g	3.2 g	5.9 g	0.00 g
Steamed Carrots	40	167	0.2 g	0.0 g	8.8 g	4.8 g	1.6 g	0.8 g	0.09 g
Garlic Roasted Asparagus	131	548	12.6 g	1.6 g	4.2 g	3.5 g	0.2 g	1.0 g	0.70 g
Creamy Primavera & Ham Pasta Sauce	432	1,807	23.5 g	9.4 g	40.3 g	19.7 g	3.8 g	15.9 g	5.88 g
Vegetable Pasta Sauce	207	866	6.6 g	0.5 g	36.9 g	9.1 g	10.6 g	8.1 g	0.56 g
Shrimp Bacon Mac & Cheese	510	2,134	42.3 g	19.9 g	10.4 g	3.8 g	0.8 g	21.0 g	0.96 g
Olive Tapenade with Baguette	421	1,761	27.2 g	3.9 g	41.7 g	1.4 g	3.0 g	9.9 g	2.69 g
Homemade Beef Burger	616	2,577	39.7 g	14.8 g	3.2 g	0.2 g	1.1 g	57.3 g	1.03 g
Lightlife Veggie Burgers	268	1,121	16.6 g	2.5 g	10.4 g	1.5 g	4.1 g	20.1 g	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	0.29 g
Crispy French Fries	297	1,243	7.7 g	0.7 g	52.1 g	0.0 g	4.3 g	4.5 g	0.02 g

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Pesto Pizza with Arugula & Proscuitto	487	2,038	26.8g	11.9g	27.9g	2.9g	1.9g	33.6g	3.30g
Spinach & Artichoke Flatbread	302	1,264	12.5g	5.3g	35.7g	11.7g	2.4g	12.1g	0.84g