

	<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>
Meatball Soup	249	1,042	3.4 g	0.0 g	46.0 g	8.1 g	4.3 g	7.7 g	0.00 g
Vegetable Chowder	245	1,025	17.2 g	10.6 g	23.7 g	7.8 g	4.9 g	4.5 g	0.94 g
Roasted Chicken Legs & Back	532	2,226	40.9 g	10.8 g	1.7 g	0.0 g	0.7 g	37.4 g	0.50 g
Newfoundland Cod Au Gratin	524	2,192	21.7 g	10.9 g	40.2 g	12.2 g	1.3 g	43.8 g	1.28 g
Grilled Pesto Vegetable Quesadilla	502	2,100	39.7 g	14.6 g	19.6 g	10.5 g	4.6 g	31.0 g	5.52 g
Garlic Feta Mashed Potato	142	594	12.1 g	7.4 g	3.0 g	2.7 g	0.2 g	6.2 g	0.40 g
Loaded Baked Potato	380	1,590	15.5 g	6.4 g	50.2 g	3.6 g	5.4 g	9.8 g	0.27 g
Steamed White Rice	461	1,929	4.7 g	2.6 g	96.0 g	0.7 g	1.1 g	9.0 g	0.48 g
Corn on the Cob	64	268	7.3 g	4.5 g	0.0 g	0.0 g	0.0 g	0.0 g	0.50 g
Roasted Mushrooms & Onions	139	582	4.5 g	0.3 g	23.3 g	10.0 g	3.2 g	1.6 g	0.00 g
Broccoli Shrimp Alfredo Sauce	418	1,749	13.8 g	4.6 g	53.6 g	50.8 g	0.6 g	25.7 g	2.31 g
Lentil Bolognese Sauce	652	2,728	8.4 g	0.8 g	128.0 g	19.1 g	15.9 g	28.2 g	7.04 g
8oz N.Y. Striploin Steak	557	2,330	37.9 g	11.7 g	4.0 g	2.9 g	0.3 g	46.9 g	0.99 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	0.03 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
Beef Gravy	378	1,582	9.4 g	5.7 g	56.8 g	0.0 g	32.7 g	19.0 g	5.11 g
Philly Cheesesteak Pizza	270	1,130	9.8 g	4.8 g	23.9 g	3.3 g	1.7 g	22.2 g	1.38 g

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Roasted Tomato Pizza	313	1,310	16.7g	5.2g	31.3g	5.3g	4.3g	12.7g	0.47g