

	<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>
Creamy Beef Stew	688	2,879	36.1g	13.4g	126.8g	4.5g	1.0g	34.2g	26.64g
Cabbage Soup	322	1,347	6.2g	0.0g	55.0g	27.0g	15.6g	10.4g	0.21g
Peppercorn Crusted Roast Beef	34	142	1.0g	0.0g	4.1g	0.0g	1.4g	1.2g	0.58g
Mango Pineapple Chicken	441	1,845	20.4g	3.3g	11.3g	8.8g	1.5g	53.5g	125.87g
Fiesta Vegetable Lasagna	334	1,397	18.3g	8.1g	27.3g	4.0g	3.1g	15.2g	0.88g
Garlic & Sage Mashed Potatoes	327	1,368	11.7g	7.2g	50.9g	4.2g	5.7g	6.5g	0.57g
Parsley Potatoes	109	456	2.5g	1.4g	20.2g	1.7g	2.2g	2.5g	0.03g
Basmati Rice	292	1,222	0.6g	0.0g	64.2g	0.0g	1.9g	6.7g	0.00g
Steamed Carrots & Peas	42	176	0.1g	0.0g	8.2g	4.0g	2.1g	1.7g	0.07g
Pan Fried Bok Choy & Peppers	77	322	8.6g	4.6g	4.9g	2.8g	2.0g	2.2g	2.11g
Bacon, Pea & Parmesan Cream Sauce	328	1,372	27.9g	9.1g	8.3g	3.0g	2.3g	8.3g	0.64g
Tomato Basil Sauce	305	1,276	16.4g	1.3g	36.3g	22.1g	6.6g	6.2g	1.06g
British Bangers	338	1,414	23.2g	7.9g	5.7g	4.2g	1.0g	27.7g	1.16g
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	0.29g
Crispy French Fries	297	1,243	7.7g	0.7g	52.1g	0.0g	4.3g	4.5g	0.02g
Canadian Pizza	347	1,452	20.0g	8.7g	23.1g	2.6g	1.7g	20.0g	1.05g
Five Cheese Pizza	300	1,255	15.5g	8.8g	23.9g	2.6g	1.5g	18.1g	0.67g