

	<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>
Seafood Chowder	194	812	7.1g	1.5g	14.5g	4.1g	2.2g	19.0g	0.60g
Broccoli Cheddar Soup	610	2,552	43.1g	26.7g	24.6g	9.7g	3.6g	32.3g	0.82g
Roast Pork in Honey Mustard Gravy	869	3,636	42.1g	15.1g	18.4g	9.2g	0.0g	151.1g	4.86g
Beef Stroganoff	96	402	24.3g	4.2g	42.4g	11.2g	3.5g	16.6g	3.31g
Spinach & Ricotta Manicotti	449	1,879	21.7g	12.3g	36.0g	8.5g	3.0g	28.8g	1.09g
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
Brown Rice	541	2,264	4.9g	1.1g	111.4g	1.2g	6.3g	12.7g	0.41g
Steamed California Vegetable Mix	95	397	0.5g	0.3g	0.0g	0.0g	0.0g	4.3g	0.00g
Balsamic Broccoli	61	255	1.8g	0.4g	8.0g	3.1g	4.9g	4.9g	0.29g
Bacon & Onion Cream Sauce	652	2,728	44.5g	22.0g	47.4g	11.9g	0.5g	9.5g	7.61g
Chunky Marinara Sauce	53	222	0.2g	0.0g	11.3g	6.9g	2.8g	2.5g	0.28g
Battered Fish Sandwich	417	1,745	12.1g	1.0g	55.4g	4.4g	1.2g	21.2g	0.85g
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
Pepperoni & Mushroom Pizza	388	1,623	21.2g	9.1g	29.4g	3.8g	2.5g	22.1g	3.01g
Five Cheese Pizza	300	1,255	15.5g	8.8g	23.9g	2.6g	1.5g	18.1g	0.67g