

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
<b>Pasta Fagioli Soup</b>	766	3,205	23.2g	6.9g	122.2g	39.6g	9.5g	13.8g	22.29g
<b>Carrot Curry Soup</b>	648	2,711	15.3g	10.8g	140.9g	36.9g	1.4g	5.4g	10.35g
<b>Herb Mayonnaise Roast Turkey</b>	623	2,607	37.5g	7.9g	2.3g	0.0g	1.2g	68.5g	0.76g
<b>Bratwurst with Green Cabbage &amp; Bacon</b>	574	2,402	42.3g	18.9g	18.9g	12.8g	5.3g	33.0g	3.35g
<b>Vegetable Shepherd's Pie</b>	347	1,452	11.1g	5.2g	57.3g	10.3g	8.8g	9.4g	3.77g
<b>Mashed Potatoes</b>	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
<b>Baked Potato Wedges</b>	146	611	14.5g	1.6g	2.9g	0.1g	1.9g	0.8g	0.41g
<b>Mushroom Risotto</b>	511	2,138	14.5g	8.0g	83.2g	21.6g	5.0g	12.5g	9.98g
<b>Steamed Brussels Sprout</b>	81	339	3.1g	0.3g	12.1g	2.9g	4.5g	4.5g	35.72g
<b>Roast Parsnip &amp; Pearl Onions</b>	38	159	3.6g	0.7g	20.1g	5.4g	3.5g	1.7g	0.33g
<b>Bacon &amp; Cheese Cream Sauce</b>	896	3,749	81.0g	36.1g	14.6g	0.0g	0.8g	25.9g	1.31g
<b>Spicy Tomato Sauce</b>	52	218	4.8g	0.5g	2.0g	0.9g	0.5g	0.9g	0.59g
<b>Jalapeno Poppers</b>	2,246	9,397	99.2g	60.4g	287.3g	47.9g	17.1g	51.3g	8.66g
<b>Homemade Beef Burger</b>	616	2,577	39.7g	14.8g	3.2g	0.2g	1.1g	57.3g	1.03g
<b>Lightlife Veggie Burgers</b>	268	1,121	16.6g	2.5g	10.4g	1.5g	4.1g	20.1g	0.54g
<b>Grilled Chicken Breast</b>	0	0	0.2g	0.2g	0.0g	0.0g	0.0g	22.6g	0.03g
<b>Crispy French Fries</b>	297	1,243	7.7g	0.7g	52.1g	0.0g	4.3g	4.5g	0.02g
<b>Beef Gravy</b>	378	1,582	9.4g	5.7g	56.8g	0.0g	32.7g	19.0g	5.11g
<b>Bacon Cheeseburger Pizza</b>	323	1,351	16.9g	7.6g	22.5g	2.4g	1.3g	21.3g	0.76g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
<b>Spanish Veggie Pizza</b>	427	1,787	10.6 g	4.2 g	64.2 g	8.0 g	4.0 g	18.3 g	0.90 g