

	<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>
<b>Chicken Noodle Soup</b>	708	2,962	12.3 g	1.2 g	103.0 g	7.0 g	6.4 g	43.9 g	0.41 g
<b>Roasted Butternut Squash Soup</b>	259	1,084	9.2 g	2.3 g	20.8 g	8.8 g	2.3 g	3.7 g	0.65 g
<b>N.Y. Pepper Steak Madagascar</b>	734	3,071	50.0 g	24.6 g	2.7 g	1.2 g	0.3 g	65.0 g	1.08 g
<b>Chicken Souvlaki</b>	175	732	3.8 g	0.6 g	2.5 g	0.0 g	0.0 g	36.3 g	0.58 g
<b>Vegetarian Chow Mein</b>	668	2,795	29.7 g	9.8 g	84.0 g	13.8 g	9.4 g	19.6 g	3.14 g
<b>Mashed Potatoes</b>	314	1,314	5.1 g	3.0 g	66.2 g	9.8 g	7.6 g	11.9 g	3.44 g
<b>Garlic Butter Roast Potato</b>	193	808	7.3 g	4.5 g	31.5 g	7.4 g	4.5 g	4.5 g	0.71 g
<b>7 Grain Rice Pilaf</b>	510	2,134	3.6 g	0.7 g	103.5 g	2.4 g	11.3 g	15.7 g	0.00 g
<b>Steamed California Vegetable Mix</b>	95	397	0.5 g	0.3 g	0.0 g	0.0 g	0.0 g	4.3 g	0.00 g
<b>Honey Dill Carrots</b>	79	331	1.1 g	0.5 g	16.3 g	9.8 g	2.6 g	1.3 g	0.18 g
<b>Shrimp Marinara Sauce</b>	90	377	0.7 g	0.2 g	9.5 g	5.9 g	2.3 g	12.0 g	0.75 g
<b>Pepper Ricotta Sauce</b>	110	460	5.5 g	3.4 g	10.0 g	5.5 g	2.4 g	6.6 g	1.18 g
<b>Crunchy Chicken Sandwich</b>	3,840	16,067	176.0 g	16.0 g	292.0 g	44.0 g	16.0 g	276.0 g	11.20 g
<b>Homemade Beef Burger</b>	616	2,577	39.7 g	14.8 g	3.2 g	0.2 g	1.1 g	57.3 g	1.03 g
<b>Lightlife Veggie Burgers</b>	268	1,121	16.6 g	2.5 g	10.4 g	1.5 g	4.1 g	20.1 g	0.54 g
<b>Grilled Chicken Breast</b>	0	0	0.2 g	0.2 g	0.0 g	0.0 g	0.0 g	22.6 g	0.29 g
<b>Crispy French Fries</b>	297	1,243	7.7 g	0.7 g	52.1 g	0.0 g	4.3 g	4.5 g	0.02 g
<b>Chicken Bacon Ranch Pizza</b>	1,192	4,987	83.9 g	26.9 g	38.1 g	1.7 g	1.7 g	76.9 g	2.97 g
<b>Grilled Garden Vegetable Pizza</b>	379	1,586	18.3 g	8.9 g	33.7 g	4.1 g	1.7 g	22.5 g	1.36 g