

	<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>
Garlic & Horseradish Roast Beef	7	29	0.2 g	0.0 g	1.2 g	0.0 g	0.2 g	0.2 g	0.23 g
Butter Chicken	499	2,088	25.2 g	13.4 g	18.0 g	7.7 g	3.6 g	30.9 g	460.71 g
Chickpea Chana Masala	1,895	7,929	60.9 g	23.7 g	240.3 g	33.8 g	47.4 g	54.1 g	3.05 g
Mustard Mashed Potato	86	360	7.4 g	4.6 g	0.8 g	0.8 g	0.0 g	1.5 g	0.48 g
O'Brien Potatoes	182	761	10.0 g	3.6 g	25.9 g	6.7 g	3.8 g	3.8 g	2.78 g
Basmati Rice	292	1,222	0.6 g	0.0 g	64.2 g	0.0 g	1.9 g	6.7 g	0.00 g
Steamed Green Beans	28	117	0.0 g	0.0 g	6.3 g	3.0 g	2.4 g	1.6 g	5.40 g
Corn Niblets with Fresh Dill	157	657	7.9 g	4.6 g	24.2 g	2.7 g	2.8 g	2.8 g	0.50 g
Turkey & Bacon Garlic Marinara Sauce	341	1,427	22.1 g	6.9 g	18.0 g	8.5 g	4.7 g	16.4 g	0.66 g
Spinach Alfredo Sauce	363	1,519	13.4 g	4.4 g	52.4 g	50.3 g	0.2 g	13.2 g	1.76 g
Ham Bacon Potato Casserole	437	1,828	34.8 g	20.5 g	10.4 g	5.7 g	1.7 g	28.6 g	1.48 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
Meat Lover's Pizza	591	2,473	34.6 g	15.1 g	30.5 g	3.0 g	2.2 g	39.3 g	2.00 g
Spinach & Feta Pizza	245	1,025	10.9 g	6.0 g	23.6 g	2.4 g	2.3 g	14.4 g	0.65 g