

	<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>
Beef & Mushroom Barley Soup	531	2,222	30.3g	12.3g	25.6g	0.0g	5.7g	36.0g	0.09g
Cream of Broccoli Soup	21	88	1.1g	0.7g	2.0g	0.9g	0.2g	0.9g	0.01g
Asian Marinated Rockfish	376	1,573	4.8g	0.0g	2.2g	1.4g	0.4g	77.4g	1.08g
Orange & Ginger Boneless Ribs	446	1,866	20.6g	3.4g	31.1g	2.8g	3.6g	40.9g	2.11g
Cheddar Cheese & Tomato Macaroni	557	2,330	15.0g	7.2g	82.8g	6.8g	4.9g	27.4g	1.01g
Mashed Potatoes	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
Lemon & Thyme Roast Potatoes	254	1,063	5.4g	0.9g	46.0g	4.6g	5.1g	4.8g	0.70g
Tropical Rice	246	1,029	1.5g	0.7g	54.7g	10.0g	0.9g	4.2g	0.23g
Corn on the Cob	64	268	7.3g	4.5g	0.0g	0.0g	0.0g	0.0g	0.50g
Pan Fried Garlic Mushroom & Onions	139	582	12.2g	4.9g	18.4g	12.3g	4.5g	6.0g	7.47g
Bacon & Mushroom Cream Sauce	663	2,774	44.6g	22.0g	46.6g	11.7g	0.9g	11.1g	10.44g
Homestyle Tomato Sauce	185	774	10.4g	1.2g	19.3g	7.2g	5.7g	5.2g	0.25g
Sirloin Steak	452	1,891	29.3g	11.3g	0.0g	0.0g	0.0g	45.0g	0.11g
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
Pulled Pork Pizza	265	1,109	12.0g	5.5g	24.6g	3.7g	1.5g	15.6g	0.55g
Caprese Pizza	1,836	7,682	49.2g	21.1g	261.8g	22.1g	12.0g	89.3g	4.51g