

	<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>
Creamy Beef Stew	688	2,879	36.1g	13.4 g	126.8 g	4.5 g	1.0 g	34.2 g	26.64 g
Cabbage Soup	322	1,347	6.2 g	0.0 g	55.0 g	27.0 g	15.6 g	10.4 g	0.21 g
Bruschetta Chicken	1,837	7,686	130.5 g	60.4 g	113.6 g	53.2 g	38.7 g	87.0 g	2.42 g
Shepherd's Pie	876	3,665	46.6 g	17.7 g	78.0 g	21.7 g	11.3 g	58.7 g	1.61 g
Emerald Dal with Spinach Sauce	306	1,280	1.0 g	0.5 g	89.7 g	5.2 g	32.7 g	46.1 g	0.73 g
Mashed Potatoes	314	1,314	5.1 g	3.0 g	66.2 g	9.8 g	7.6 g	11.9 g	3.44 g
Mushroom Risotto	511	2,138	14.5 g	8.0 g	83.2 g	21.6 g	5.0 g	12.5 g	9.98 g
Steamed White Rice	461	1,929	4.7 g	2.6 g	96.0 g	0.7 g	1.1 g	9.0 g	0.48 g
Caribbean Steamed Cabbage	209	874	1.4 g	0.0 g	43.2 g	25.0 g	14.2 g	6.8 g	2.50 g
Roasted Parsnips	78	326	8.9 g	1.3 g	45.8 g	12.5 g	8.1 g	3.1 g	0.03 g
Sweet & Hot Tomato Sauce with Meatballs	658	2,753	28.8 g	9.0 g	74.7 g	56.8 g	7.4 g	20.6 g	1.21 g
Mushroom Carbonara	323	1,351	26.2 g	15.9 g	17.2 g	12.3 g	1.0 g	5.4 g	2.00 g
Pizza Sticks, Pizza Stick, Frozen	175	732	5.5 g	1.8 g	26.0 g	4.5 g	1.0 g	6.0 g	0.29 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

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Chicken & Bacon Pizza	260	1,088	12.6 g	6.1 g	22.6 g	2.4 g	1.4 g	15.2 g	0.67 g
Tomato, Olive & Green Pepper Pizza	221	925	9.5 g	4.3 g	23.9 g	3.5 g	1.8 g	11.4 g	1.06 g