

	<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	12.3g	1.2g	103.0g	7.0g	6.4g	43.9g	0.41g
<b>Roasted Butternut Squash Soup</b>	259	1,084	9.2g	2.3g	20.8g	8.8g	2.3g	3.7g	0.65g
<b>Kona Chicken</b>	838	3,506	54.4g	15.0g	25.6g	22.1g	1.0g	58.5g	1.51g
<b>Citrus Baked Haddock</b>	1,998	8,360	25.6g	2.3g	0.0g	0.0g	0.0g	432.1g	1.63g
<b>Vegetarian Chili</b>	125	523	4.6g	1.6g	18.5g	3.6g	4.2g	5.8g	0.20g
<b>Mashed Potatoes</b>	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
<b>Garlic Potato Wedges</b>	270	1,130	6.7g	0.6g	48.0g	0.0g	4.1g	4.3g	0.96g
<b>Pineapple Fried Rice</b>	631	2,640	15.2g	3.4g	115.8g	14.8g	4.0g	11.1g	1.79g
<b>Steamed Carrots &amp; Peas</b>	42	176	0.1g	0.0g	8.2g	4.0g	2.1g	1.7g	0.07g
<b>Roasted Mixed Peppers</b>	21	88	2.3g	0.1g	0.2g	0.1g	0.1g	0.0g	0.06g
<b>Beef Lasagna Sauce</b>	384	1,607	19.5g	6.6g	31.8g	17.1g	9.3g	25.5g	1.26g
<b>Alfredo Sauce</b>	363	1,519	13.3g	4.3g	52.3g	50.3g	0.2g	13.3g	1.76g
<b>Chipotle Mac &amp; Cheese</b>	651	2,724	19.7g	12.8g	88.6g	11.2g	3.5g	26.9g	1.68g
<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>Hawaiian Pizza</b>	363	1,519	13.1g	7.0g	36.6g	10.2g	2.0g	24.3g	1.01g

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<b>Mushroom &amp; Cheese Pizza</b>	294	1,230	8.7 g	4.5 g	38.9 g	3.4 g	2.0 g	16.3 g	2.51 g