

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
<b>Beef Stew</b>	238	996	63.3g	23.0g	30.4g	7.4g	6.6g	61.7g	0.41g
<b>Creamy Corn Chowder</b>	243	1,017	10.1g	2.6g	37.8g	6.7g	3.7g	4.1g	0.15g
<b>Slow Roasted Cajun Chicken</b>	859	3,594	61.2g	15.2g	9.8g	2.9g	2.7g	64.8g	1.39g
<b>Crispy Pork Cutlets in Jalapeno Gravy</b>	403	1,686	23.9g	5.4g	26.7g	7.4g	3.1g	19.5g	0.77g
<b>Vegetable Shepherd's Pie</b>	347	1,452	11.1g	5.2g	57.3g	10.3g	8.8g	9.4g	3.77g
<b>Mashed Potatoes</b>	314	1,314	5.1g	3.0g	66.2g	9.8g	7.6g	11.9g	3.44g
<b>Loaded Baked Potato</b>	380	1,590	15.5g	6.4g	50.2g	3.6g	5.4g	9.8g	0.27g
<b>Spanish Rice</b>	514	2,151	8.5g	4.9g	101.9g	3.4g	3.1g	10.0g	1.29g
<b>Corn on the Cob</b>	64	268	7.3g	4.5g	0.0g	0.0g	0.0g	0.0g	0.50g
<b>Roasted Mushrooms &amp; Onions</b>	139	582	4.5g	0.3g	23.3g	10.0g	3.2g	1.6g	0.00g
<b>Turkey Bolognese Sauce</b>	177	741	6.1g	0.9g	16.3g	8.5g	4.5g	15.3g	0.73g
<b>Roasted Red Pepper Cream Sauce</b>	80	335	6.7g	0.9g	5.3g	4.8g	0.0g	1.7g	0.14g
<b>8oz N.Y. Striploin Steak</b>	557	2,330	37.9g	11.7g	4.0g	2.9g	0.3g	46.9g	0.99g
<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>Deluxe Pizza</b>	229	958	9.4g	4.7g	25.6g	3.9g	2.0g	13.4g	1.89g

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
<b>Roasted Vegetable Pizza</b>	226	946	9.7 g	4.2 g	24.6 g	3.4 g	1.9 g	11.6 g	0.46 g