

	Energy (kCal)	Energy (kJ)	Fat	of which saturates	Carbohydrates	of which sugars	Fibre	Protein	Salt
Meatball Soup	249	1,042	3.4 g	0.0 g	46.0 g	8.1 g	4.3 g	7.7 g	0.00 g
Creamy Corn Chowder	243	1,017	10.1 g	2.6 g	37.8 g	6.7 g	3.7 g	4.1 g	0.15 g
Ginger & Thyme Roast Beef	24	100	0.0 g	0.0 g	4.6 g	3.4 g	0.5 g	1.5 g	0.61 g
Spicy Breaded Pork	431	1,803	31.8 g	5.9 g	19.7 g	3.9 g	4.4 g	16.7 g	1.78 g
Vegetable Tourtiere	767	3,209	26.5 g	5.7 g	154.8 g	38.7 g	11.5 g	12.2 g	13.41 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
Barley & Beans	154	644	0.6 g	0.1 g	34.5 g	2.1 g	7.4 g	4.5 g	1.13 g
Citrus Rice Pilaf	493	2,063	8.3 g	4.9 g	96.8 g	1.4 g	1.3 g	9.1 g	0.51 g
Steamed Broccoli	38	159	0.0 g	0.0 g	6.8 g	2.5 g	4.3 g	4.3 g	0.05 g
Cajun Dusted Brussel Sprouts	119	498	8.7 g	1.0 g	9.4 g	2.0 g	3.4 g	3.1 g	23.97 g
Spring Rolls, Miniature Vegetable, Appetizer	334	1,397	16.2 g	1.2 g	41.8 g	4.6 g	3.2 g	5.2 g	0.74 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	0.29 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
Chicken Bacon Ranch Pizza	1,192	4,987	83.9 g	26.9 g	38.1 g	1.7 g	1.7 g	76.9 g	2.97 g
Grilled Garden Vegetable Pizza	379	1,586	18.3 g	8.9 g	33.7 g	4.1 g	1.7 g	22.5 g	1.36 g