

	<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>
Thai Sweet Potato and Crab Soup	267	1,117	6.7 g	14.0 g	15.7 g	5.7 g	2.3 g	3.0 g	0.33 g
Vegetarian Chili	125	523	4.6 g	1.6 g	18.5 g	3.6 g	4.2 g	5.8 g	0.20 g
Southern Beef Brisket	15	63	0.5 g	0.0 g	2.0 g	0.5 g	0.8 g	0.5 g	0.20 g
Country Pork Pie	269	1,126	51.4 g	6.0 g	12.6 g	2.7 g	1.8 g	34.7 g	0.69 g
Roasted Mushroom Ravioli	153	640	6.1 g	1.3 g	21.1 g	5.7 g	2.4 g	4.4 g	0.43 g
Buttermilk & Parsley Mashed Potato	504	2,109	41.5 g	25.2 g	29.6 g	21.3 g	1.7 g	10.5 g	1.55 g
Salt & Pepper Tater Tots	3,768	15,765	229.3 g	31.8 g	401.8 g	18.2 g	36.3 g	34.1 g	11.12 g
7 Grain Rice Pilaf	510	2,134	3.6 g	0.7 g	103.5 g	2.4 g	11.3 g	15.7 g	0.00 g
Steamed Carrots	40	167	0.2 g	0.0 g	8.8 g	4.8 g	1.6 g	0.8 g	0.09 g
Buttered Broccoli	97	406	7.3 g	4.5 g	6.1 g	2.3 g	3.8 g	3.8 g	0.33 g
Tomato Beef Taco Sauce	369	1,544	13.0 g	3.1 g	49.1 g	3.8 g	1.8 g	16.5 g	10.63 g
Mushroom Alfredo Sauce	374	1,565	13.6 g	4.4 g	54.1 g	51.2 g	0.7 g	15.0 g	4.49 g
Mac & Cheese Bites	210	879	8.6 g	2.7 g	27.7 g	2.6 g	0.8 g	5.5 g	0.78 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
Spicy Italian Sausage Pizza	269	1,126	12.4 g	5.9 g	22.9 g	2.8 g	1.3 g	16.5 g	0.64 g

	<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>
Spinach Pizza	212	887	7.5g	4.1g	24.5g	2.4g	3.2g	13.1g	0.51g