

Lunch Items	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Aloo Gobi	190 g	118	1.6	0.3	0	0	166	23	4	4	5
Bean Burrito	440 g	535	18.3	9.4	0	42	1321	69	12	13	23
Bean Taco	200 g	200	16.6	4	0	0	550	46	6	3	9
Beef Pot Pie	190 g	480	30.2	6.1	0	35	226	36	3	5	17
Beef Burrito	530 g	840	32	13	1	90	850	93	15	13	50
Beef Taco	230 g	589	37.6	12.5	0	86	362	34	2	3	27
Black Bean Burger on Kaiser	205 g	315	6	1	0	0	432	57	5	6	10
Butter Chicken	195 g	361	19.5	4.2	0	29	724	30	6	5	17
Caesar Chicken Salad	492 g	729	35.3	9.9	0	129	1473	53	6	8	50
Channa Masala	205 g	231	3.85	0.26	0	0	644	36	6	16	6
Chicken Club	265 g	719	49.3	17.1	0	133	1096	30	3	4	40
Chicken Fajita	305 g	381	8.2	3	0	77	671	44	6	9	35
Chicken Pot Pie	200 g	436	24.6	3.4	0	28	698	36	3	5	18
Chicken Sandwich w/ SDT Mayo	225 g	397	11.4	2.8	0	97	486	35	2	5	40
Chicken Souvlaki	155 g	400	23.1	3.7	0	25	660	31	6	2	19
Chickpea Stew	230 g	165	3.4	0.1	0	0	419	30	5	9	5
Chickpea & Vegetable Roti	300 g	300	2.3	0.2	0	0	515	60	7	8	11
Fish & Chips (fish only)	290 g	460	15	1.5	0	90	1990	42	0	0	32
Fish Taco	490 g	583	9.3	1.3	0	38	332	100	9	26	28
Jerk Chicken breast	290 g	266	3.2	1.6	0	95	328	18	2	0	34
Pepperanta	150 g	65	2.3	0	0	0	216	10	3	7	2
Pulled Pork on Kaiser	325 g	560	19.8	5	0.1	120	1390	48	1	17	44

Roast Peameal Sandwich	230 g	475	23.5	5.1	0	74	1965	35	1	6	30
Sweet & Spicy Tofu	150 g	100	1.5	0.2	0	0	121	18	2	9	4
Sweet Potato & Quinoa Chili	250 g	191	4.8	0.1	0	0	675	32	7	12	6
Thai Lentil & Mango Curry	150 g	164	1.3	0	0	0	539	33	6	12	8
Thai Sweet Chili Chicken	250 g	458	20.2	3.7	0	28	874	50	7	12	21
Thai Tofu & Veg Stew	135 g	89	1.9	0.2	0	0	104	14	2	7	5
Tofu Fingers w/ Thai Dipping Sauce	390 g	574	10.2	1.3	0	0	388	96	4	20	24
Tuna Melt	300 g	744	33.2	8.6	0	77	1367	56	2	0	52
TVP Taco	75 g	190	6	1.5	0	0	160	24	5	4	10
Vegan Paella w/ Tofu	200 g	158	1.3	0.2	0	0	163	31	2	6	6
Vegetable Pot Pie	210 g	421	24	3.4	0	0	333	44	6	5	8
White Bean Stew	150 g	117	0.3	0.1	0	0	35	23	5	5	8

Dinner Items	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Ancho Bean Stew	210 g	119	3.1	0.13	0	0	446	20	6	8	5
Ancho Chicken Breast	190 g	197	2.6	0.1	0	81	212	9	2	2	32
BBQ Ribs	205 g	535	33	8	0.2	89	971	42	5	27	21
Beef Stew	175 g	172	6.7	1.9	0	39	512	10	1	2	16
Beef Teriyaki	310 g	475	25.1	8.2	0.4	149	1125	7	1	2	56
Black Bean & Quinoa Cake	160 g	145	3.5	0.3	0	0	65	26	4	3	4
Black Bean Fajita	300 g	342	6.2	2	0	0	880	59	9	8	12
Blackened Haddock	265 g	225	5.1	0.4	0	77	669	19	7	7	27
Bruschetta Chicken	230 g	289	13.1	0.8	0	81	108	9	1	2	34
Butternut Squash Risotto Cake	200 g	122	3.3	0.3	0	0	12	22	2	7	3
Cajun Pork Loin	230 g	367	21	6.41	0	90	999	13	3	5	31
Chalet Chicken (Halal)	415 g	461	11.9	2.8	0	248	383	7	1	3	77
Chicken Parmesan	350 g	663	15.3	7.1	0	111	746	67	3	4	59
Fish Parisenne	365 g	320	4.3	0.2	0	77	1061	34	4	8	35
Fried Tofu Nasi Gorneg	200 g	347	2.2	0.4	2.2	0	20	70	2	2	10
Green Lentil & Mushroom Stew	230 g	168	1.4	0.1	0	0	158	34	9	8	8
Grilled Sesame Ginger Tofu	410 g	546	39	5	0	0	1835	33	6	11	20
Grilled Vegetable & Grain Salad	290 g	228	4.8	0.3	0	0	45	41	7	6	9
Herbed Crusted Pork Loin	170 g	245	10.6	4.2	0	70	1066	10	2	2	28
Hip of Beef	225 g	661	47.9	20.5	0	171	1238	3	0	0	51
Lemon & Garlic Grilled Tofu	210 g	163	7	0.7	0	0	23	14	1	2	14
Lemon Pan Fried Fish	255 g	265	5.9	1.8	0	268	391	20	1	2	32

Mashed Potatoes	215 g	277	10.8	7.1	0.1	31	76	40	3	4	4
Mixed Bean Gumbo	145 g	64	0.4	0.1	0	0	145	14	4	5	3
Mushroom Lentil Cakes	230 g	145	1.3	0	0	0	217	23	9	9	13
NY Steak	240 g	403	14	6	0.6	171	2862	5	0	1	64
Orange Ginger Beef	235 g	230	11.1	2.4	0	35	887	16	2	7	15
Roast Beef with Gravy	175 g	414	23.7	10.2	0	122	1111	7	0	1	40
Roast Chicken with Mushroom Sauce	250 g	295	14.8	5	0.2	104	87	9	1	3	34
Roast Pork Loin with Carmelized Apple Jus	160 g	197	8.2	3.2	0	56	1071	9	1	3	22
Roast Turkey with Stuffing	340 g	431	13.6	3.3	0.8	123	473	27	2	4	46
Scalloped Potatoes	180 g	295	11.8	9.9	0.1	12	596	42	3	6	5
Sesame Ginger Haddock	250 g	324	18.5	2.7	0	77	1366	13	2	4	26
Shepard's Pie	565 g	590	19.5	9.3	1.4	154	230	52	7	7	53
Southwest Bean Chili	175 g	99	2.7	0.1	0	0	309	18	5	8	4
Stuffed Chicken Breast	340 g	478	10.2	3.9	0.2	101	917	49	2	2	46
Stuffed Peppers	620 g	316	5.1	0.3	0	0	422	65	12	24	9
Sweet Potato, Kale & Quinoa Polenta	285 g	261	2.7	0.1	0	0	145	52	7	6	9
Teriyaki Tofu & Vegetable Stew	215 g	157	6.9	0.9	0	0	757	17	3	8	8
Thai Green Curry Chicken Breast	225 g	350	18	9.3	0	103	437	14	1	1	34
Tuscan Kale & Chickpea Stew	180 g	75	0.7	0.1	0	0	256	15	4	6	3
UoG Honey & Mustard Roast Chicken	170 g	334	11.8	3.2	0	121	380	13	1	7	40

Pastas	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Mac & Cheese	250 g	458	18.9	11.6	0.4	57	429	52	2	9	20
Manicotti	300 g	235	12.1	2.6	0.1	13	946	25	4	18	8
Meat Lasagna	580 g	863	41.1	17	0.2	106	1564	79	6	21	49
Penne w/ Meat	500 g	617	28.2	6	0	65	1144	63	7	24	28
Ravioli	400 g	551	23.7	9	0.1	75	1466	66	7	21	20
Stuffed Pasta Shells	310 g	301	14.3	4.6	0	43	791	33	4	17	12
Tortellini	400 g	533	20.7	6.5	0.1	58	1520	70	6	19	19
Vegetable Lasagna	580 g	529	20.9	6.9	0.1	32	1285	65	7	24	26

Soups	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Beef Barley	200 g	69	2.6	1.1	0	11	826	6	1	2	5
Beef Noodle	210 g	103	4	1.5	0.4	11	897	11	2	2	6
Butternut Squash	225 g	96	3.1	1.9	0.1	12	122	14	2	6	4
Cabbage Roll	255 g	119	5	2	0	14	769	12	2	4	6
Cheeseburger	180 g	153	9.3	5	0.1	34	250	8	1	6	9
Chicken Noodle	200 g	79	2.2	0.7	0.4	15	865	9	1	2	7
Cream of Broccoli	190 g	96	4.9	2.9	0.1	18	197	9	1	6	4
Cream of Cauliflower	190 g	95	4.8	2.9	0.1	18	198	9	1	6	4
Cream of Chicken	220 g	126	5.2	3.1	0.1	31	219	11	1	7	9
Cream of Mushroom	210 g	99	4.8	2.9	0.1	18	192	10	1	6	5
Cream of Spinach	185 g	97	4.8	2.9	0.1	18	215	10	1	5	4
Cream of Tomato	115 g	108	6	2	0.1	11	440	11	2	7	2
Lentil Vegetable	270 g	76	2	0.2	0	1	727	12	3	6	3
Minestrone	230 g	56	2	0.2	0	1	676	9	2	5	2
New England Clam Chowder	200 g	117	4.9	2.9	0.1	18	220	14	1	6	4
Potato Leek	200 g	130	5	3	0	15	200	15	1	5	4
Potato, Bacon & Cheddar	230 g	205	10.9	5.7	0.1	35	417	17	1	6	9
Sweet Potato Bisque	255 g	162	4.8	2.9	0.1	18	100	27	3	9	5
Tomato Rice	285 g	124	4.4	0.2	0	1	882	20	3	8	3
Tomato Vegetable with Rice	265 g	97	2.1	0.2	0	1	677	18	3	5	2
Tuscan White Bean	250 g	67	2	0.2	0	1	713	11	2	5	2
Vegetable Multi Bean	255 g	107	2.3	0.2	0	1	680	18	3	6	5

Vegetable Multigrain	255 g	85	2.3	0.2	0	1	678	15	0	5	3
Vegetable Noodle	200 g	64	1.9	0.6	0.4	1	593	11	2	2	2
Vegetable	245 g	59	2	0.2	0	1	684	10	2	5	2

Sauces	Serving Size	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Beef Gravy	63 g (¼ cup)	61	4.6	2.3	0	6	128	4	0	0	1
Butter Chicken Sauce	63 g (¼ cup)	36	1.4	0	0	0	145	5	1	4	1
Meat Sauce	63 g (¼ cup)	62	3.8	0.9	0	9	158	4	1	3	3
Vegan Gravy	63 g (¼ cup)	15	0	0	0	0	82	3	0	0	0
White Pasta Sauce	63 g (¼ cup)	56	3.2	2	0.1	10	93	5	0	3	2