

## Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Banana Pudding	184.9	770.3	3.0	1.8	0.1	0.1	34.3	0.0	21.9	5.6	0.0	512.6
Bruschetta Pasta Salad	951.9	2560.7	55.2	8.1	29.4	12.8	91.1	0.3	2.4	28.4	21.6	1297.7
Butterscotch Pudding	180.3	751.4	2.9	1.8	0.1	0.0	32.4	0.0	0.8	6.1	0.3	588.6
California chicken salad	633.9	2553.3	43.2	5.3	17.2	17.7	40.2	1.2	33.8	23.7	6.5	556.3
CANTELOUPE	-	-	-	-	-	-	-	-	-	-	-	-
Caramel Pudding	180.0	749.7	3.1	1.8	0.1	0.1	32.0	0.0	0.3	5.9	0.2	1298.6
cheese & Ham sandwich	323.4	1041.8	16.2	8.2	4.3	1.2	32.0	0.0	3.5	17.1	4.2	757.2
Cheese & Lettuce Sandwich	334.0	895.5	13.7	7.2	0.9	1.5	42.9	30.5	3.3	15.4	1.8	756.6
Chicken Caesar	562.9	2260.8	38.6	12.0	12.2	11.3	5.6	0.0	2.9	46.3	2.3	1162.1
Chicken citrous couscous Salad	656.6	2748.7	32.9	2.8	19.4	7.5	60.5	0.9	10.5	38.0	21.3	483.4
Chicken Citrus Salad	519.4	2174.5	38.9	5.6	11.5	18.8	20.0	1.2	11.2	25.8	4.8	593.3
Chicken salad Sandwich	-	-	-	-	-	-	-	-	-	-	-	-
Chocolate pudding	183.4	764.0	3.4	2.1	0.3	0.0	33.4	0.0	12.3	6.4	1.3	185.1
Coconut Pudding	191.1	796.6	3.5	2.4	0.1	0.0	33.9	0.0	18.3	5.9	1.1	381.4
Curry Chicken Pasta Salad	730.4	1592.7	35.2	4.9	6.2	12.7	86.9	0.4	5.3	32.6	21.1	611.4
Curry Vegetable Bowtie	601.8	2523.3	13.6	1.9	2.7	7.2	103.5	0.4	26.1	18.3	5.4	316.7
Greek pasta Salad	778.3	1923.9	69.4	12.2	20.5	9.1	45.7	1.5	7.6	19.3	8.9	1619.0
Grilled cheese Sandwich	248.8	729.9	10.4	6.2	1.6	0.5	31.5	0.0	3.5	12.4	4.2	404.3
Ham and Cheese pita	384.3	1608.6	15.9	6.8	5.9	2.1	36.1	0.0	1.1	23.2	2.8	1525.4
Ham Salad Sandwich	381.7	1597.6	11.1	2.6	3.7	4.5	45.6	30.5	3.3	24.5	1.8	1482.5
Italian Antipasto Salad	430.1	1549.8	31.0	12.3	12.8	2.3	7.8	0.1	3.0	30.5	3.9	2132.4
Julienne Salad	396.0	1134.7	28.8	10.1	6.9	6.5	10.0	0.0	5.2	24.2	2.8	1479.7
Lemon Pudding	188.0	783.4	3.0	1.8	0.2	0.1	35.1	0.0	0.0	5.6	0.0	464.9
Manwich - Chicken Salad - veg , dip & dessert	693.3	2859.9	33.0	14.4	10.1	4.8	52.9	7.5	10.7	47.0	7.4	836.3
Manwich - Egg salad - veg , dip & dessert	653.2	2691.2	36.0	15.6	11.4	5.1	53.7	7.5	11.6	30.2	7.3	843.0
Manwich - Ham - veg , dip & dessert	617.3	2535.1	31.8	15.0	11.0	2.8	51.1	7.6	10.1	33.3	7.7	1764.7
Manwich - Roast beef - veg , dip & dessert	658.8	2716.0	31.7	15.2	11.1	2.4	52.8	7.6	10.7	42.9	7.4	743.7
Manwich - Tuna salad - veg , dip & dessert	628.4	2589.9	29.1	13.3	8.4	4.7	52.8	7.5	10.7	40.2	7.3	1011.9
Manwich - Turkey - veg , dip & dessert	591.5	2433.6	27.1	13.2	7.8	3.4	54.5	7.5	11.7	35.0	7.3	1431.6
Manwich - vegetarian - veg , dip & dessert	622.8	1451.4	35.0	18.2	3.6	2.6	54.0	7.5	10.4	26.3	7.2	568.1

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Pasta salad	1002.3	4157.4	63.3	10.2	21.6	26.6	85.9	0.5	5.2	22.6	7.9	801.7
Roast beef pita	400.4	1675.4	15.7	6.9	5.7	1.7	32.9	0.0	1.1	31.7	1.7	470.1
Roast beef Sandwich	387.2	1674.3	11.8	4.6	6.2	0.8	33.9	0.0	4.2	37.2	5.2	356.0
Salad Greek	351.1	1082.4	25.2	9.3	5.2	1.0	17.6	0.3	9.6	15.6	11.4	2261.4
Salmon salad sandwich	400.9	1677.6	15.4	3.1	4.2	6.9	38.4	30.5	3.4	25.6	1.9	692.3
Strawberry Pudding	180.3	751.4	2.9	1.8	0.1	0.0	32.4	0.0	0.8	6.1	0.3	588.6
Tuna Pasta Salad	829.7	3506.6	35.6	6.3	17.5	8.3	96.9	87.3	5.0	37.1	13.1	396.2
Tuna salad pita	328.9	1377.6	7.5	2.0	1.6	3.2	35.9	0.0	1.1	27.9	1.9	721.3
Turkey pita	295.8	1237.5	6.3	2.0	1.6	1.9	37.5	0.0	2.1	22.1	1.8	1190.5
Turkey Sandwich	328.8	1428.7	6.4	2.1	2.6	1.7	37.2	0.0	5.8	31.7	5.1	1589.8
Vanilla pudding	188.3	784.3	2.9	1.8	0.1	0.1	34.6	0.0	22.7	5.7	0.2	299.7