

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

| Recipe Name                               | Energy<br>(kcal) | Energy<br>(KJ) | Fat<br>(g) | saturates<br>(g) | mono<br>(g) | poly<br>(g) | Carb<br>(g) | Starch<br>(g) | Sugars<br>(g) | Protein<br>(g) | Fibre<br>(g) | Sodium<br>(mg) |
|---|------------------|----------------|------------|------------------|-------------|-------------|-------------|---------------|---------------|----------------|--------------|----------------|
| (1 slice) Buttered                        | 111.8            | 488.1          | 5.8        | 3.6              | 1.8         | 0.4         | 12.8        | -             | 1.6           | 2.6            | 1.9          | 143.8          |
| (2 slices) Buttered                       | 223.6            | 976.1          | 11.7       | 7.1              | 3.6         | 0.7         | 25.5        | -             | 3.2           | 5.2            | 3.9          | 287.5          |
| 4 chicken fingers - no sauce              | 493.3            | 2061.6         | 28.2       | 6.7              | 15.2        | 5.8         | 30.3        | 27.3          | 0.2           | 29.4           | 3.2          | 1219.6         |
| 4 chicken fingers with BBQ sauce          | 535.3            | 2236.9         | 28.3       | 6.7              | 15.2        | 5.8         | 40.4        | 27.3          | 7.5           | 29.4           | 3.4          | 1532.9         |
| 4 chicken fingers with plum sauce         | 544.8            | 2277.2         | 28.5       | 6.8              | 15.3        | 6.0         | 42.2        | 27.3          | 0.2           | 29.7           | 3.4          | 1370.2         |
| 4 chicken fingers with sweet & sour sauce | 515.4            | 2154.6         | 28.4       | 6.8              | 15.3        | 5.8         | 34.9        | 27.3          | 3.2           | 29.9           | 3.3          | 1316.8         |
| Bagel - Plain                             | 272.9            | 1142.1         | 1.6        | 0.2              | 0.1         | 0.7         | 53.0        | 0.0           | 0.0           | 10.4           | 2.3          | 529.9          |
| Bagel & cream cheese                      | 470.7            | 1969.9         | 21.4       | 12.7             | 5.7         | 1.4         | 54.5        | 0.0           | 0.1           | 14.7           | 2.3          | 697.7          |
| Bagel bacon and cream cheese              | 503.2            | 2105.8         | 24.6       | 13.7             | 7.1         | 1.8         | 54.5        | 0.0           | 0.1           | 15.5           | 2.3          | 756.7          |
| Banana 4 oz Muffin                        | 375.3            | 0.0            | 15.0       | 1.4              | 0.0         | 0.0         | 55.1        | 0.0           | 31.1          | 4.9            | 2.4          | 354.9          |
| Banana 7oz Muffin                         | 656.9            | 0.0            | 26.3       | 2.5              | 0.0         | 0.0         | 96.4        | 0.0           | 54.4          | 8.5            | 4.2          | 621.1          |
| 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          |
| BEEF BOURGUIGNON                          | 632.8            | 1932.4         | 36.0       | 11.9             | 10.8        | 0.8         | 27.8        | 0.0           | 6.5           | 40.2           | 1.9          | 1114.9         |
| BEEF STROGANOFF                           | 645.7            | 1806.9         | 38.8       | 13.8             | 10.2        | 0.9         | 29.0        | 0.0           | 7.3           | 39.2           | 2.3          | 1071.2         |
| Blueberry 4oz Muffin                      | 350.4            | 0.0            | 13.5       | 1.3              | 0.0         | 0.0         | 52.4        | 0.0           | 24.5          | 5.0            | 2.3          | 302.8          |
| Blueberry 7 oz Muffin                     | 613.2            | 0.0            | 23.6       | 2.3              | 0.0         | 0.0         | 91.7        | 0.0           | 42.9          | 8.7            | 4.0          | 529.9          |
| Bran Raisin 4oz Muffin                    | 332.3            | 0.0            | 12.7       | 1.1              | 0.0         | 0.0         | 48.2        | 0.0           | 24.3          | 6.1            | 7.4          | 280.1          |
| Bran Raisin 7oz Muffin                    | 581.4            | 0.0            | 22.2       | 1.9              | 0.0         | 0.0         | 84.3        | 0.0           | 42.5          | 10.7           | 12.9         | 490.2          |
| Bread pudding                             | 162.6            | 680.0          | 5.5        | 1.8              | 0.1         | 0.0         | 21.6        | 4.2           | 9.5           | 7.3            | 0.5          | 166.9          |
| Breakfast Special (Bacon side)            | 961.4            | 4016.0         | 45.1       | 17.3             | 18.6        | 4.7         | 112.0       | 0.0           | 5.0           | 30.6           | 12.4         | 786.3          |
| Breakfast Special (sausage side)          | 1160.9           | 4850.1         | 62.4       | 23.8             | 27.2        | 6.5         | 114.1       | 0.0           | 5.0           | 38.8           | 12.4         | 1221.1         |
| Breast of Turkey Sub 12"                  | 581.9            | 2427.6         | 12.8       | 5.3              | 2.8         | 0.8         | 73.0        | 0.0           | 6.4           | 42.6           | 4.0          | 2422.3         |
| BROILED CHICKEN BREAST                    | -                | -              | -          | -                | -           | -           | -           | -             | -             | -              | -            | -              |
| 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          |
| Cake - Tiramissu                          | 550.8            | 0.0            | 33.1       | 16.2             | 0.0         | 0.0         | 52.7        | 0.0           | 39.1          | 6.8            | 0.0          | 535.5          |
| Cantaloupe                                | 136.0            | 564.0          | 0.8        | 0.2              | 0.0         | 0.3         | 32.6        | 0.1           | 31.4          | 3.4            | 3.6          | 64.0           |
| Cappuccino Medium - English Toffee        | 90.0             | 0.0            | 2.5        | 2.5              | 0.0         | 0.0         | 14.0        | 0.0           | 12.0          | 2.0            | 0.0          | 22.4           |
| Cappuccino Medium - French vanilla        | 90.0             | 0.0            | 2.5        | 2.5              | 0.0         | 0.0         | 14.0        | 0.0           | 12.0          | 2.0            | 0.0          | 22.4           |
| Cappuccino Medium - Irish Creme           | 90.0             | 0.0            | 2.5        | 2.5              | 0.0         | 0.0         | 14.0        | 0.0           | 12.0          | 2.0            | 0.0          | 22.4           |
| Caramel Coffee 4oz Muffin                 | 362.9            | 0.0            | 12.7       | 0.7              | 0.0         | 0.0         | 56.7        | 0.0           | 28.1          | 5.4            | 1.8          | 281.2          |
| Caramel Coffee 7oz Muffin                 | 635.0            | 0.0            | 22.3       | 1.2              | 0.0         | 0.0         | 99.2        | 0.0           | 49.2          | 9.5            | 3.2          | 492.1          |
| 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         |

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|---------------------------------|------------------|----------------|------------|------------------|-------------|-------------|-------------|---------------|---------------|----------------|--------------|----------------|
| Carrot 4oz Muffin               | 353.8            | 0.0            | 13.2       | 1.1              | 0.0         | 0.0         | 54.0        | 0.0           | 28.2          | 5.0            | 2.6          | 261.9          |
| Carrot 7oz Muffin               | 619.2            | 0.0            | 23.0       | 1.9              | 0.0         | 0.0         | 94.5        | 0.0           | 49.4          | 8.7            | 4.6          | 458.4          |
| Channa and rice                 | -                | -              | -          | -                | -           | -           | -           | -             | -             | -              | -            | -              |
| 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          |
| Cheese and Bacon dog            | 475.6            | 946.9          | 30.0       | 11.0             | 3.7         | 2.2         | 35.0        | 30.6          | 4.7           | 21.5           | 1.6          | 1306.1         |
| 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          | 468.5            | 1960.0         | 15.3       | 3.7              | 4.4         | 5.0         | 38.2        | 30.5          | 3.3           | 41.7           | 1.9          | 744.5          |
| Chili dog                       | 460.8            | 1031.9         | 23.2       | 8.2              | 2.1         | 1.4         | 35.9        | 23.3          | 7.9           | 30.2           | 3.3          | 1184.4         |
| Chocolate Chunk 4oz Muffin      | 379.9            | 0.0            | 14.8       | 0.9              | 0.0         | 0.0         | 55.5        | 0.0           | 28.6          | 6.1            | 2.4          | 297.1          |
| Chocolate Chunk 7oz Muffin      | 664.8            | 0.0            | 25.9       | 1.6              | 0.0         | 0.0         | 97.0        | 0.0           | 50.0          | 10.7           | 4.2          | 519.9          |
| 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          |
| Coffee Medium                   | 0.0              | 0.1            | 0.0        | 0.0              | 0.0         | 0.0         | 0.0         | 0.0           | 0.0           | 0.0            | 0.0          | 0.5            |
| Cookie - Chocolate chip - Large | 389.5            | 1629.5         | 20.7       | 6.3              | 11.1        | 3.0         | 50.3        | 0.0           | 0.0           | 3.0            | 2.7          | 277.3          |
| Cookie - chocolate chunk        | 171.0            | 0.0            | 7.0        | 3.0              | 0.0         | 0.0         | 26.0        | 0.0           | 15.0          | 2.0            | 0.0          | 161.0          |
| Cookie - Chocolate Macaroon     | 179.0            | 0.0            | 9.0        | 5.0              | 0.0         | 0.0         | 24.0        | 0.0           | 15.0          | 2.0            | 0.0          | 125.0          |
| Cookie - Double fudge           | 135.0            | 524.0          | 1.5        | 0.5              | 0.8         | 0.2         | 30.0        | 0.0           | 0.0           | 2.0            | 2.0          | 66.6           |
| Cookie - Dutch fudge            | 200.0            | 0.0            | 8.0        | 2.0              | 0.0         | 0.0         | 28.0        | 0.0           | 14.0          | 2.0            | 2.0          | 220.0          |
| Cookie - Oat raisin             | 150.0            | 610.0          | 5.2        | 1.2              | 6.3         | 1.8         | 22.5        | 0.0           | 0.0           | 2.1            | 0.0          | 180.0          |
| Cookie - Oat raisin - Large     | 365.4            | 1528.8         | 13.6       | 2.7              | 5.8         | 4.2         | 57.5        | 0.0           | 0.0           | 5.5            | 0.0          | 451.9          |
| Cookie - Peanut butter          | 160.0            | 666.0          | 7.9        | 1.5              | 9.6         | 2.4         | 19.6        | 0.0           | 0.0           | 9.0            | 0.0          | 172.6          |
| Cookie - Peanut butter - Large  | 400.7            | 1676.6         | 19.8       | 3.8              | 10.4        | 4.6         | 49.5        | 0.0           | 26.7          | 8.1            | 1.5          | 348.6          |
| Cookie - Tripple chocolate      | 160.0            | 650.0          | 7.3        | 2.0              | 2.5         | 1.2         | 23.2        | 0.0           | 12.0          | 1.8            | 0.7          | 121.0          |
| Cookie - White chocolate peacan | 166.8            | 698.0          | 8.8        | 1.9              | 3.9         | 0.8         | 20.4        | 0.0           | 9.4           | 1.5            | 0.4          | 105.6          |
| Cornmeal 4oz Muffin             | 385.6            | 0.0            | 16.7       | 1.4              | 0.0         | 0.0         | 52.8        | 0.0           | 20.0          | 6.0            | 2.2          | 520.5          |
| Cornmeal 7oz Muffin             | 674.7            | 0.0            | 29.3       | 2.4              | 0.0         | 0.0         | 92.5        | 0.0           | 34.9          | 10.5           | 3.8          | 910.9          |
| Cranberry Orange 4 oz Muffin    | 408.2            | 0.0            | 7.9        | 1.1              | 0.0         | 0.0         | 68.0        | 0.0           | 39.7          | 5.7            | 3.4          | 374.2          |
| Cranberry Orange 7oz Muffin     | 714.4            | 0.0            | 13.9       | 2.0              | 0.0         | 0.0         | 119.1       | 0.0           | 69.5          | 9.9            | 6.0          | 654.9          |
| Croissant Large                 | 234.7            | 982.0          | 11.9       | 6.0              | 3.7         | 1.4         | 26.6        | 0.0           | 6.4           | 5.2            | 1.5          | 314.7          |
| 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          |
| Danish pastry large             | 420.7            | 1759.9         | 21.0       | 3.2              | 6.7         | 1.7         | 54.2        | 0.0           | 0.0           | 6.1            | 2.2          | 401.4          |

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| 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) |
|----------------------------------|---------------|-------------|---------|---------------|----------|----------|----------|------------|------------|-------------|-----------|-------------|
| Donuts (honey glazed)            | 192.8         | 0.0         | 11.9    | 5.7           | 0.0      | 0.0      | 22.7     | 0.0        | 14.2       | 2.8         | 0.6       | 141.7       |
| Double Chocolate 4 oz Muffin     | 377.6         | 0.0         | 12.6    | 1.8           | 0.0      | 0.0      | 60.7     | 0.0        | 35.7       | 5.2         | 2.8       | 297.1       |
| Double Chocolate 7oz Muffin      | 660.8         | 0.0         | 22.1    | 3.1           | 0.0      | 0.0      | 106.2    | 0.0        | 62.5       | 9.1         | 5.0       | 519.9       |
| EGG CHEESE CRACKERS              | 240.3         | 530.0       | 15.7    | 7.6           | 2.4      | 0.9      | 9.2      | 0.0        | 0.7        | 15.1        | 0.6       | 351.6       |
| Egg muffin with bacon and cheese | 427.1         | 1562.7      | 23.2    | 8.6           | 7.7      | 2.8      | 35.7     | 0.0        | 0.5        | 20.6        | 1.9       | 737.1       |
| Egg salad crst                   | 401.3         | 1647.1      | 24.9    | 9.3           | 7.8      | 4.7      | 28.0     | 0.0        | 7.5        | 15.5        | 1.7       | 506.7       |
| ENGLISH MUFFIN TOASTED/BUTTERED  | 183.8         | 769.1       | 6.5     | 0.8           | 2.9      | 2.2      | 26.9     | 0.0        | 0.0        | 4.4         | 1.5       | 358.1       |
| Extreme Fruit 4oz Muffin         | 313.0         | 0.0         | 9.8     | 0.9           | 0.0      | 0.0      | 50.8     | 0.0        | 26.1       | 5.4         | 6.7       | 316.4       |
| Extreme Fruit 7oz Muffin         | 547.7         | 0.0         | 17.2    | 1.6           | 0.0      | 0.0      | 88.9     | 0.0        | 45.6       | 9.5         | 11.7      | 553.7       |
| French fries medium              | 292.6         | 1226.4      | 8.9     | 1.8           | 5.5      | 0.5      | 48.8     | 34.2       | 0.5        | 4.5         | 4.4       | 54.4        |
| Fresh vegetables with dip        | 106.3         | 265.6       | 4.4     | 2.2           | 0.0      | 0.1      | 13.8     | 0.1        | 7.0        | 4.7         | 5.3       | 80.0        |
| FRIES CH CHILI sour cr           | 639.9         | 2459.0      | 29.1    | 12.9          | 10.7     | 1.3      | 62.2     | 34.4       | 6.3        | 33.4        | 6.5       | 590.8       |
| FRIES CHILI sour cr              | 469.8         | 1748.0      | 16.4    | 5.5           | 7.0      | 0.8      | 60.9     | 34.4       | 5.7        | 20.8        | 6.5       | 235.3       |
| Fritters                         | 221.1         | 0.0         | 11.7    | 5.6           | 0.0      | 0.0      | 13.6     | 0.0        | 13.0       | 0.0         | 0.6       | 0.0         |
| Grape - Green                    | 241.5         | 1008.0      | 0.6     | 0.2           | 0.0      | 0.2      | 63.4     | 0.0        | 54.2       | 2.5         | 3.2       | 7.0         |
| Greek Chicken Salad              | 545.0         | 833.5       | 56.3    | 5.3           | 14.1     | 8.7      | 14.1     | 0.0        | 4.3        | 24.6        | 4.5       | 1031.1      |
| 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       |
| GRILLED CHICKEN CAESAR SA        | 534.6         | 2236.5      | 40.2    | 8.7           | 11.5     | 17.4     | 1.8      | -          | 0.7        | 39.8        | 0.0       | 856.8       |
| Grilled Italian panini           | 1052.2        | 4046.2      | 72.5    | 33.4          | 26.9     | 5.7      | 45.9     | 0.0        | 6.5        | 58.4        | 7.0       | 3153.3      |
| Grilled Tuna Panini              | 749.8         | 2786.2      | 38.1    | 20.3          | 8.2      | 4.3      | 44.5     | 0.0        | 6.3        | 62.0        | 7.0       | 1018.5      |
| Grilled Turkey Panini            | 706.6         | 2600.2      | 35.3    | 19.7          | 7.6      | 3.0      | 47.4     | 0.0        | 7.6        | 54.6        | 7.0       | 2064.9      |
| Ham & cheese bun                 | 412.2         | 589.2       | 17.4    | 6.9           | 3.7      | 0.7      | 40.0     | 0.0        | 3.0        | 27.1        | 2.4       | 1649.4      |
| Ham and cheese CRST              | 467.6         | 1571.2      | 26.8    | 12.9          | 7.4      | 2.0      | 33.7     | 0.0        | 6.5        | 26.3        | 2.7       | 1614.4      |
| Ham and Cheese pita              | 429.8         | 675.9       | 10.3    | 4.5           | 4.0      | 0.7      | 56.4     | 0.0        | 0.3        | 22.3        | 3.0       | 1196.6      |
| 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      |
| Honeydew                         | 126.0         | 525.0       | 0.5     | 0.1           | 0.0      | 0.2      | 31.8     | 0.0        | 28.4       | 1.9         | 2.8       | 63.0        |
| Hot Chocolate Medium             | 90.0          | 0.0         | 2.5     | 2.5           | 0.0      | 0.0      | 14.0     | 0.0        | 12.0       | 2.0         | 0.0       | 206.5       |
| Hot Dog with cheese              | 410.6         | 675.0       | 23.7    | 8.9           | 0.8      | 1.5      | 34.9     | 30.6       | 4.7        | 19.9        | 1.6       | 1188.0      |
| Hungarian (Beef) Goulash         | 640.0         | 1913.2      | 38.5    | 12.7          | 11.6     | 1.0      | 25.0     | 0.0        | 10.4       | 41.3        | 3.3       | 1205.8      |
| 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      |
| Jumbo Hot Dog                    | 368.1         | 675.0       | 20.3    | 6.8           | 0.8      | 1.5      | 33.2     | 30.6       | 4.7        | 16.5        | 1.6       | 1102.9      |
| Lemon Cranberry 4oz Muffin       | 300.5         | 0.0         | 8.3     | 2.0           | 2.4      | 3.2      | 51.0     | 0.0        | 20.9       | 5.6         | 5.8       | 128.1       |

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|--|------------------|----------------|------------|------------------|-------------|-------------|-------------|---------------|---------------|----------------|--------------|----------------|
| Lemon Cranberry 7oz Muffin                     | 525.9            | 0.0            | 14.5       | 3.6              | 4.2         | 5.6         | 89.3        | 0.0           | 36.5          | 9.7            | 10.1         | 224.2          |
| Lemon meringue pie                             | 402.0            | 1681.5         | 13.1       | 2.6              | 4.0         | 5.5         | 70.8        | 0.0           | 35.8          | 2.3            | 1.8          | 219.0          |
| 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          |
| Linguine with Alfredo Sauce                    | 601.3            | 2401.0         | 24.1       | 11.9             | 5.1         | 1.4         | 81.3        | 69.6          | 1.6           | 20.0           | 5.9          | 378.8          |
| Linguine with Meat sauce                       | 479.6            | 1996.0         | 6.7        | 2.0              | 2.0         | 1.1         | 81.3        | 69.7          | 5.2           | 28.6           | 7.6          | 181.0          |
| 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          |
| Mixed fresh fruit tray with vanilla yogurt dip | 184.3            | 507.7          | 1.6        | 0.8              | 0.0         | 0.2         | 41.3        | 0.0           | 34.6          | 4.6            | 3.2          | 53.1           |
| Morning Glory 4oz Muffin                       | 357.2            | 0.0            | 13.9       | 0.0              | 0.0         | 0.0         | 52.8        | 0.0           | 29.3          | 5.1            | 2.8          | 359.5          |
| Morning Glory 7oz Muffin                       | 625.1            | 0.0            | 24.3       | 0.0              | 0.0         | 0.0         | 92.5        | 0.0           | 51.2          | 8.9            | 5.0          | 629.1          |
| Oat N Apple 4oz Muffin                         | 359.5            | 0.0            | 11.1       | 1.1              | 0.0         | 0.0         | 59.1        | 0.0           | 30.6          | 5.7            | 3.2          | 404.8          |
| Oat N Apple 7oz Muffin                         | 629.1            | 0.0            | 19.4       | 1.9              | 0.0         | 0.0         | 103.4       | 0.0           | 53.6          | 9.9            | 5.6          | 708.5          |
| Orange Large                                   | 121.6            | 513.8          | 0.4        | 0.0              | 0.1         | 0.1         | 31.1        | 0.0           | 21.1          | 2.3            | 5.5          | 2.5            |
| 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          |
| PF Beef Burrito                                | 495.5            | 1971.0         | 28.9       | 10.7             | 11.6        | 2.5         | 28.2        | 0.3           | 2.9           | 30.7           | 7.1          | 3437.4         |
| PF Chicken Burrito                             | 341.2            | 780.1          | 15.8       | 4.1              | 2.4         | 0.8         | 37.3        | 0.3           | 5.2           | 14.3           | 3.1          | 1157.5         |
| PF Vegetarian Burrito                          | 503.1            | 2050.7         | 8.2        | 3.2              | 2.5         | 1.4         | 91.0        | 0.3           | 4.5           | 19.8           | 8.4          | 887.1          |
| Plain omelet                                   | 142.7            | 596.7          | 9.9        | 3.1              | 3.8         | 1.4         | 0.8         | 0.0           | 0.8           | 12.6           | 0.0          | 139.7          |
| Poutine medium                                 | 495.2            | 1959.3         | 22.6       | 9.8              | 9.4         | 1.1         | 52.2        | 34.2          | 2.4           | 18.5           | 4.4          | 801.7          |
| Roast beef bun                                 | 271.4            | 354.6          | 4.6        | 0.4              | 0.4         | 0.5         | 34.9        | 0.0           | 3.4           | 22.4           | 1.2          | 1364.4         |
| Roast beef pita                                | 384.5            | 1334.6         | 13.7       | 5.6              | 3.7         | 0.6         | 33.6        | 0.0           | 1.0           | 31.5           | 1.7          | 418.4          |
| 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          |

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

| <b>Recipe Name</b>            | <b>Energy<br/>(kcal)</b> | <b>Energy<br/>(KJ)</b> | <b>Fat<br/>(g)</b> | <b>saturates<br/>(g)</b> | <b>mono<br/>(g)</b> | <b>poly<br/>(g)</b> | <b>Carb<br/>(g)</b> | <b>Starch<br/>(g)</b> | <b>Sugars<br/>(g)</b> | <b>Protein<br/>(g)</b> | <b>Fibre<br/>(g)</b> | <b>Sodium<br/>(mg)</b> |
|-------------------------------|--------------------------|------------------------|--------------------|--------------------------|---------------------|---------------------|---------------------|-----------------------|-----------------------|------------------------|----------------------|------------------------|
| Scones                        | 207.0                    | 865.2                  | 9.4                | 1.4                      | 3.9                 | 3.5                 | 27.5                | 0.0                   | 2.0                   | 3.5                    | 0.7                  | 596.5                  |
| 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                  |
| Tea medium                    | 0.0                      | 0.1                    | 0.0                | 0.0                      | 0.0                 | 0.0                 | 0.0                 | -                     | 0.0                   | 0.0                    | 0.0                  | 0.0                    |
| Toast (1 slice) (whole wheat) | 86.3                     | 387.8                  | 0.8                | 0.3                      | 0.6                 | 0.2                 | 16.9                | 0.0                   | 2.1                   | 3.4                    | 2.6                  | 140.6                  |
| 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 Sandwich           | 382.0                    | 1600.0                 | 10.1               | 2.1                      | 2.3                 | 4.9                 | 38.2                | 30.5                  | 3.3                   | 32.5                   | 1.9                  | 978.6                  |
| Turkey pita                   | 376.0                    | 367.8                  | 4.3                | 0.9                      | 0.8                 | 1.2                 | 58.1                | 0.0                   | 1.0                   | 21.2                   | 2.2                  | 913.9                  |
| 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                  |
| Veg Pita                      | 312.5                    | 1252.3                 | 11.1               | 6.7                      | 2.9                 | 0.7                 | 36.4                | 0.0                   | 2.2                   | 17.1                   | 2.2                  | 656.7                  |
| Watermelon                    | 54.6                     | 231.1                  | 0.3                | 0.0                      | 0.1                 | 0.1                 | 13.7                | 0.0                   | 11.3                  | 1.1                    | 0.7                  | 1.8                    |