

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)
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
Bacon Cheeseburger	448.7	1426.7	25.9	7.3	6.4	2.4	27.7	23.1	4.1	23.7	1.5	833.7
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
Bagelwich with ham and cheese	503.2	1927.5	18.7	6.8	5.9	2.5	55.8	0.0	0.6	28.4	2.3	1078.7
Bagelwich with sausage and cheese	657.8	2575.2	31.3	9.7	11.1	4.0	55.3	0.0	0.6	38.6	2.3	1228.8
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
Bbq bean salad	-	-	-	-	-	-	-	-	-	-	-	-
Beef Curry and Rice	-	-	-	-	-	-	-	-	-	-	-	-
Beef Samosa	-	-	-	-	-	-	-	-	-	-	-	-
BLT Sandwich	221.4	971.1	7.8	2.6	3.9	1.2	31.0	0.0	5.4	8.0	5.2	357.2
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
BOSTON CREAM PIE	-	-	-	-	-	-	-	-	-	-	-	-
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
Butter Chicken	-	-	-	-	-	-	-	-	-	-	-	-
Cake	-	-	-	-	-	-	-	-	-	-	-	-
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
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 burger	357.1	1043.1	16.9	4.3	2.4	1.4	27.6	23.1	4.1	21.4	1.5	667.1
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

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Chicken Naan	-	-	-	-	-	-	-	-	-	-	-	-
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
Chicken Samosa	-	-	-	-	-	-	-	-	-	-	-	-
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 CREAM PIE	-	-	-	-	-	-	-	-	-	-	-	-
COCONUT CREAM PIE	-	-	-	-	-	-	-	-	-	-	-	-
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	-	-	-	-	-	-	-	-	-	-	-	-
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
Dessert	-	-	-	-	-	-	-	-	-	-	-	-
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
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
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
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

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Ham on a bun	-	-	-	-	-	-	-	-	-	-	-	-
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
Hamburger	422.5	1439.0	17.0	2.9	3.1	2.0	38.5	35.3	6.1	23.5	2.2	792.7
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
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
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	-	-	-	-	-	-	-	-	-	-	-	-
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
Omellette - with cheese	185.2	596.7	13.3	5.2	3.8	1.4	2.5	0.0	0.8	16.0	0.0	224.8
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
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
Raspberry Yogurt 7oz Muffin	623.1	0.0	21.1	3.1	0.0	0.0	98.2	0.0	47.2	10.1	3.6	521.9
RICE	-	-	-	-	-	-	-	-	-	-	-	-
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
ROAST TURKEY BUN	-	-	-	-	-	-	-	-	-	-	-	-
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
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
Soup 12oz	-	-	-	-	-	-	-	-	-	-	-	-
Summer Berry 4oz Muffin	369.7	0.0	13.6	1.6	0.0	0.0	56.8	0.0	28.6	5.2	1.8	368.5
Summer Berry 7oz Muffin	646.9	0.0	23.8	2.8	0.0	0.0	99.4	0.0	50.0	9.1	3.2	645.0
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 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 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
Vegetable Naan	-	-	-	-	-	-	-	-	-	-	-	-
Vegetable Samosa	-	-	-	-	-	-	-	-	-	-	-	-
Western omelet	230.0	962.5	15.9	5.1	6.5	2.1	4.2	0.0	2.0	17.9	1.5	494.6
Western omelet - with cheese	272.5	962.5	19.3	7.3	6.5	2.1	5.9	0.0	2.0	21.3	1.5	579.7
Western sandwich	323.2	1405.9	11.9	3.9	5.4	1.8	36.0	0.0	5.4	18.8	5.8	563.5