

Nutritional Facts/ 100g									
	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Protein (g)	Sugars (g)	Sodium (mg)
501 Butter Chicken	109	6	1	0	16	10	7	2	53
502 Chicken Pot Pie	103	1	0	0	23	11	7	3	49
503 Chicken Stew	93	1	0	0	13	10	7	3	49
505 Pineapple Chicken	105	1	0	0	11	13	7	5	57
506 Lemon Dill Chicken	112	1	1	0	5	13	7	3	57
507 Harvest Chicken	109	6	1	0	16	10	7	2	53
533 Bar-B-Q Chicken	112	1	1	0	5	17	7	3	57
536 Souvlaki Chicken	107	5	1	0	16	10	7	2	51
540 Mushroom Chicken	98	4	0	0	8	10	7	2	51
545 Bowtie Pesto Chicken	107	4	1	0	11	13	7	2	51
546 Chicken Creole	111	5	1	0	15	10	7	2	51
509 Cabbage Rolls	98	4	0	0	8	10	7	2	51
510 Liver and Onions	125	4	2	0	16	9	12	1	41
511 Honey Garlic Meatballs	106	3	1	0	19	12	9	4	29
512 Beef Stew	99	7	1	0	15	10	7	2	55
513 Roast Beef Dinner	102	13	1	0	25	20	19	2	53
514 Shepherds Pie	117	12	4	0	19	22	7	0	46
515 Swiss Steak	105	7	1	0	11	11	5	1	52
516 Swedish Meatballs	107	6	1	0	19	12	9	1	42
517 Beef Stroganoff	108	6	1	0	11	12	6	1	48
519 Meatloaf	107	6	1	0	17	10	9	1	42

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520 Lasagna	127	4	2	0	15	13	8	2	49
521 Italian Casserole	120	4	2	0	15	12	9	2	53
522 Spaghetti	127	5	2	0	15	13	8	2	49
529 Hearty Chili	105	4	1	0	18	12	6	2	52
538 Steak & Mushroom	106	6	1	0	12	11	5	2	52
523 Pork Tenderloin	107	4	1	0	18	9	7	2	52
525 Turkey Dinner	103	11	0	0	23	20	8	1	43
527 Dill Haddock	81	2	1	0	6	17	10	1	40
534 Pulled Pork	102	4	1	0	19	9	7	3	54
535 Maple Ham	105	4	1	0	17	10	9	3	55
541 Salmon Fusion	85	3	1	0	7	17	10	1	43
543 Mac 'n' Cheese	148	10	2	0	20	18	6	1	45
544 Egg & Bacon Breakfast									
401 Beef Barley Soup	98	4	1	0	12	10	5	2	25
402 Chicken Noodle Soup	79	2	0	0	11	10	5	3	58
403 Vegetable Soup	41	0	0	0	0	9	1	2	29
404 Minestrone Soup	125	4	1	0	15	10	8	1	52