

## Nutrition Information

♥ Meals identified with the "Heart" symbol are low in fat, sodium and cholesterol.

Meal Code	Description	Energy Kcal	Pro g	Fat g	Sat Fat g	Chol mg Cholesterol	CHO g Carbohydrate	Fibre g	Sodium mg	Available Carbohydrate total CHO - Fibre
♥ 401Y	Roast Chicken, Gravy, Cranberry Sauce, Brussels Sprouts, Carrots, Mashed Potatoes	278	27.8	6	1	64	28	3.2	191	24.8
♥ 402Y	Roast Pork, Gravy, Peas, Beets & Mashed Potatoes	288	26	8	4	57	28	4.1	192	23.9
♥ 403Y	Chicken, Mushroom Sauce, Spinach, Braised Red Cabbage & Mashed Potatoes	290	32	7	3	66	24	4	312	20
♥ 404Y	Salisbury Steak, Gravy, Broccoli, Creamed Corn & Mashed Potatoes	314	26	8	4.9	66.2	34.4	4	527.2	30.4
♥ 405Y	Cabbage Rolls, Broccoli, Carrots & Scalloped Potatoes	317	23.8	8.5	2.92	56	33.5	4.4	646	29.1

Meal Code	Description	Energy Kcal	Pro g	Fat g	Sat Fat g	Chol mg Cholesterol	CHO g Carbohydrate	Fibre g	Sodium mg	Available Carbohydrate total CHO - Fibre
401G ♥	Ham, Spinach, Creamed Corn & Scalloped Potatoes	275	18	13.2	5.95	45.3	21	3.5	679.5	17.5
♥ 402G	Chicken a la King, Peas, Carrots & Mashed Potatoes	288	30.9	4	2.2	67.8	32	5	425.5	27

♥ 406Y	<b>Shrimp in Tarragon Lemon Cream Sauce</b> , Peas, Carrots & Brown Rice	279	13.07	7.8	1.5	66.8	39	2.8	426.9	36.2
♥ 408Y	<b>Mennonite Sausage &amp; Mashed Potatoes</b> , Peas & Carrots	260	15.8	12	3.4	33.4	22.05	4.2	370	17.85

♥403G	<b>Stuffed Green Pepper</b> , Green Beans, Kernel Corn & Scalloped Potatoes	338	24.5	9.2	2.9	56.1	39.2	4.8	609	34.4
♥404G	<b>Pork Chop</b> , Mushroom Sauce, Broccoli, Beets & Mashed Potatoes	321	28.4	11	4.8	71.7	27	4	274	23
♥405G	<b>Braised Beef</b> , Gravy, Green Beans, Carrots & Mashed Potatoes	278	26.2	9.5	2.45	50	22	4	173.4	18
♥406G	<b>Chicken Cacciatore</b> , Broccoli, Carrots & Brown Rice	339	31.12	3.15	1.2	64	46.6	6	204.5	40.6
♥407G	<b>Meatloaf</b> , Mashed Carrots & Rutabaga, Peas & Scalloped Potatoes	390	28	14.3	5.2	115	35.5	5.2	577	30.3
♥410G	<b>Wild Salmon</b> , Dill Sauce, Carrots, Green Beans & Brown Rice	393.4	24.8	12.4	0.6	53.5	45.4	4.86	319	40.54