

NUTRITION MENU

LANGLEY MEMORIAL HOSPITAL CAFÉ



The information in this guide is effective as of March 2022 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Compass Group Canada WEBTRITION and information provided by our suppliers

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
CULINARY																
Chicken Breast w/ Roasted Red Pepper Relish	1 each	112.7	123.6	5.3	0.7	0	53	613.9	2	0.7	0.7	17.3	3%	5%	1%	4%
Garden Veggie Buddha Bowl	1 each	216	287.7	15.7	2.4	0.1	0.4	592.6	29.6	5.2	5.4	9.2	23%	49%	5%	19%
Brown Rice Pilaf	240 mL	232.3	298.5	6.7	0.7	0	0	230.2	54	2.4	0.7	5.4	0%	1%	1%	7%
Garlic Roasted Broccoli and Cauliflower	120 mL	75	45.4	3.6	0.3	0	0	46.5	2.9	1.1	0.9	1.2	1%	55%	2%	2%
Roast Beef	85 g	85	203.8	8.6	3.2	0	76.4	38.4	0.4	0.1	0	29.2	0%	0%	1%	20%
Roast Pork	85 g	85	158.1	4.2	1.5	0	77.5	106	0.4	0.2	0	27.7	0%	0%	1%	9%
Basmati Rice	120 mL	117.1	139.9	1.4	0.2	0	0	14.2	28.4	0.5	0	2.5	0%	0%	1%	11%
Jasmine Rice	120 mL	146	183.5	1.4	0.2	0	0	13.4	38.3	1.4	0	3.2	0%	0%	0%	14%
Egg Noodles	180 mL	112.9	155.8	2.3	0.5	0	32.7	5.6	28.4	1.4	0.5	5.1	1%	0%	1%	5%
Fettuccine	120 mL	143	225.9	1.3	0.3	0	0	1.4	44.1	2.6	0.8	8.3	0%	0%	1%	13%
Oven Roasted Potatoes	240 mL	151.7	184.4	6.9	0.5	0	0	385.3	29.2	2.9	1.4	2.6	2%	18%	1%	4%
Herbed Roasted Potatoes	180 mL	119.7	147.8	4.6	0.4	0	0	126.8	25.1	2	1.9	2.3	0%	25%	1%	4%
Steamed Vegetable Medley	240 mL	132.5	34.1	0.4	0.1	0	0	28.2	7.1	2.4	3.8	2	17%	110%	3%	4%
Broccoli Florets	454 g	454	154.4	1.7	0.5	0	0	149.8	30.1	11.8	7.7	12.8	14%	675%	19%	24%
Fresh Side Garden Salad	1 each	72	14.1	0.2	0	0	0	10.6	3	1.2	1.4	0.8	24%	7%	2%	4%
Beef Lasagna	1 piece	280.1	233.8	6.7	3.1	0.1	28.9	627.6	30.9	4.5	8.3	14.6	7%	53%	10%	19%
Eggplant Parmigiana	1 serving(s)	165.2	274.2	16.2	3.6	0.2	10	585.3	27.6	2.7	9.6	6.3	5%	102%	12%	12%
Mini Garlic Breadstick	1 each	45	150	6	1	0	0	280	22	1	2	4	0%	0%	2%	10%
Caesar Salad Deluxe	1 each	88.1	53.4+	1.3	0.2	0	0.5	151.9	9.3	1.9	2.1	2	33%	8%	3%	8%
Simple Grilled Salmon	1 each	91.3	154.8	6.8	1	0	48.6	276	0.1	0.1	0	21.8	4%	0%	1%	3%

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CULINARY																
Falafel Pita	1 each	227.9	541.2	20.6	6.1	0.1	0	1,080.8	72.3	6.5	6.5	17.9	7%	11%	13%	19%
Lemon and Oregano Roasted Potatoes	180 mL	185	229.6	6.8	0.6	0	0	313	39.6	3	3.1	3.8	0%	38%	2%	6%
Market Greens Salad	1 serving(s)	71	13.1	0.1	0	0	0	12.8	2.9	1.1	1.5	0.6	15%	5%	2%	2%
Salad Dressing, Italian, Golden, Flat Pack, 40 ml	1 each	44.8	111.5	10.8	1.6	0.1	0	397.7	2.9	0.3	2.2	0.1	0%	1%	0%	0%
Five Spiced Pork Loin Entree	1 serving(s)	547.1	622.7	20.4	3.7	0.1	88.5	1,326	68.5	4.3	6.6	39.8	41%	136%	19%	44%
Korean Sweet and Spicy Chili Tofu	1 serving(s)	119.5	136.4	6.1	1.1	0	0	274.8	13.8	1.3	10	9.1	0%	1%	17%	13%
Jasmine Rice	120 mL	146	183.5	1.4	0.2	0	0	13.4	38.3	1.4	0	3.2	0%	0%	0%	14%
Chili Garlic Bok Choy	2 each	190.6	110.2	9.7	1.4	0	0	1,066.5	5	2	2.2	2.9	41%	134%	17%	11%
Butter Chicken (Chicken Breast)	120 mL	249.2	215.3	7.1	0.9	0	60.9	191.6	12.9	3.5	5.5	26	1%	9%	10%	21%
Chana Masala	180 mL	205.6	279.5	14.3	1.1	0	0.8	586	30	7.6	6.4	9.9	1%	10%	7%	9%
Basmati Rice	120 mL	117.1	139.9	1.4	0.2	0	0	14.2	28.4	0.5	0	2.5	0%	0%	1%	11%
Naan Bread	3 piece	62.4	188.1	5	1	0	5	425.7	29.7	1	2	5	0%	0%	4%	13%
Beef Fajitas	2 each	319.1	346.1	7.2	2.6	0.2	76	734.6	32.4	5.7	8.6	35.5	179%	197%	8%	189%
Cheese Enchilada Bake with Red Chili Sauce	2 piece	507.5	704.6	33.8	16.1	0	56.9	2,536.7	73.4	20.5	6.9	31.4	42%	5%	68%	53%
Mexican Rice Pilaf	120 mL	109.4	111.2	2	0.2	0	0	262.6	21	1.2	1.3	2.3	1%	16%	1%	4%
Cilantro Slaw	60 mL	28.4	11	0	0	0	0	83.8	2.5	0.6	1.7	0.3	7%	10%	1%	1%
Szechuan Chicken Stir-Fry	120 mL	385.1	345.1	13.1	3.1	0.1	155.1	1,572.7	25.2	3.5	11.5	34.5	47%	90%	7%	16%
Orange Style Tofu	120 mL	158.8	158.1	8.3	1.1	0	0	265.1	13.8	1.3	9	9	1%	8%	18%	13%
Shanghai Noodles	180 mL	226.8	544.3	6.7	0.5	0	29.1	299.7	102.8	3.4	2.2	18.3	0%	0%	5%	59%
Vegetable Spring Rolls	1 each	71.9	108.2	6.5	0.5	0.1	1	329.6	11.1	0.5	1.7	1.4	0%	13%	1%	4%

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CULINARY																
Beef Vindaloo	180 mL	264.3	318.9	21.5	3.3	0.3	74.7	578.7	6.4	2.9	3.1	25.9	1%	15%	2%	18%
Dal and Spinach Curry with Coconut Milk	240 mL	295.9	388.7	18.6	11.9	0	0	257.6	44.4	16.1	5.4	17.5	49%	31%	17%	48%
Battered Haddock	1 each	152.2	263	10.4	1.1	0.1	73.2	500.9	23.9	0.8	0.1	17.4	3%	0%	9%	13%
Cheese Tortellini with Tomato Herb Sauce	240 mL	202.2	282.7	7.1	2.2	0.1	44.2	684.9	46.7	4.2	6.4	12.2	2%	31%	8%	21%
Mini Garlic Breadstick	1 each	45	150	6	1	0	0	280	22	1	2	4	0%	0%	2%	10%
Straight Cut French Fries	142 g	142	451.9	24.5	3.2	0.3	0	277.7	55.2	4.2	0.4	5	0%	64%	2%	10%
Creamy Coleslaw	120 mL	86.4	104.3	7.5	1.2	0	15.9	248.2	9	1.7	6.8	1.1	11%	33%	2%	2%
Tartar Sauce	30 mL	31.9	195.4	20.9	3.2	0.3	7.8	213.1	1.2	0.1	0.9	0.2	0%	0%	0%	0%
Lemon Wedge	1 w edge	5.1	1.5	0	0	0	0	0.1	0.5	0.1	0.1	0.1	0%	5%	0%	0%
Herb Marinated Chicken	1 each	85	106.7	4.4	0.6	0	53	155.9	0.1	0	0	16.8	1%	0%	0%	2%
Lentil Shepherd's Pie with Sweet Potato	1 piece	273.6	292.3	1.6	0.2	0	0	333.5	55.1	12.9	8.8	16.7	78%	28%	6%	39%
Roasted Sweet Potatoes	60 mL	56.7	55.5	0.6	0.1	0	0	57.9	11.7	1.9	3.6	1.1	54%	18%	2%	3%
Fresh Green Beans	120 mL	82.7	28.9	0.2	0.1	0	0	0.8	6.5	2.6	3	1.6	3%	13%	3%	4%
Grilled Thai Beef	85 g	85	195.1	4.2	1.5	0.2	69	870	8.9	1.5	4.4	29	3%	15%	4%	16%
Korean Sweet and Spicy Chili Tofu	1 serving(s)	119.5	136.4	6.1	1.1	0	0	274.8	13.8	1.3	10	9.1	0%	1%	17%	13%
Fluffy Rice	120 mL	113.2	141.4	1.5	0.2	0	0	3	28.5	0.6	0.1	2.6	0%	0%	2%	9%
Vegetable Spring Rolls	1 each	71.9	108.2	6.5	0.5	0.1	1	329.6	11.1	0.5	1.7	1.4	0%	13%	1%	4%
Wild Pacific Cajun Salmon Loins	1 each	104.3	176	7.7	1.2	0	52.1	464.1	2.4	0.5	1.1	22.1	4%	27%	2%	6%
Spinach and Ricotta Lasagna	1 piece	259.4	394.1	18.6	9.9	0.2	84.1	827.4	38.7	2.7	11	19.9	23%	35%	36%	15%
Brown Rice	120 mL	107.5	108.4	1	0.2	0	0	263.9	22.5	1	0.8	2.4	0%	0%	1%	3%
Market Greens Salad	1 serving(s)	71	13.1	0.1	0	0	0	12.8	2.9	1.1	1.5	0.6	15%	5%	2%	2%
Salad Dressing, Italian, Golden, Flat Pack, 40 ml	1 each	44.8	111.5	10.8	1.6	0.1	0	397.7	2.9	0.3	2.2	0.1	0%	1%	0%	0%

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CULINARY																
Citrus Pork Carnitas w ith Tortillas	85 g	85	347.5	10.9	4.3	0.2	62.8	784	35.8	3.4	5	25.5	4%	16%	12%	26%
Quesadillas w ith Salsa	1 each	131.5	230.5	12.2	6.7	0	31	634.9	20.5	2.1	3.3	10.1	10%	16%	22%	10%
Tri Coloured Tortilla Chips	1 serving(s)	71	355	15.2	3.8	0	0	190.2	48.2	5.1	0	5.1	0%	0%	5%	6%
Salsa Sauce	30 mL	31.8	9.2	0.1	0	0	0	226.3	2.1	0.6	1.3	0.5	1%	1%	1%	1%
No Fry Breaded "Fried Chicken"	1 piece	121.5	280.5	8.5	2.2	0	152.6	607.4	29.4	1.6	1.8	20.1	5%	8%	6%	23%
Mac and Cheese	240 mL	226.3	381.9	13.2	5.2	0.1	23.4	457.6	50	2.6	3.7	14.8	10%	0%	19%	14%
Straight Cut French Fries	142 g	142	451.9	24.5	3.2	0.3	0	277.7	55.2	4.2	0.4	5	0%	64%	2%	10%
Creamy Coleslaw	120 mL	86.4	104.3	7.5	1.2	0	15.9	248.2	9	1.7	6.8	1.1	11%	33%	2%	2%
Orange and Ginger Chicken w ith Vegetables	1 serving(s)	237.3	247.6	11.6	1.2	0	52.9	447.7	19.7	2.4	12.9	18.1	22%	134%	3%	6%
Stir-Fried Vegetables w / Tofu	100 g	100	170.7	13.4	1.2	0	0.1	353.5	8.3	2.4	3.2	6.7	9%	68%	13%	11%
Vegetable Spring Rolls	1 each	71.9	108.2	6.5	0.5	0.1	1	329.6	11.1	0.5	1.7	1.4	0%	13%	1%	4%
Street Style Shrimp Taco	2 each	659.2	1,217.5	59.2	11.3	0.4	136	1,487.6	146.9	17.7	11.1	32.2	14%	143%	27%	39%
Bean Burritos	1 each	192.9	433.1	15.4	7.8	0	14.1	1,100.4	57.2	13.3	3.6	16.7	5%	1%	35%	27%
Mexican Rice Pilaf	120 mL	109.4	111.2	2	0.2	0	0	262.6	21	1.2	1.3	2.3	1%	16%	1%	4%
Cilantro Slaw	60 mL	28.4	11	0	0	0	0	83.8	2.5	0.6	1.7	0.3	7%	10%	1%	1%
Tandoori Chicken Thigh	120 mL	120.5	183.5	8.1	2.2	0	125.9	348.9	1.6	0.7	0.9	24.2	1%	0%	2%	8%
Vegetable Vindaloo	120 mL	190.1	154.5	11.4	0.8	0	0	400.5	11.7	3.6	3.1	2.5	2%	59%	2%	4%
Fall Root Vegetable Beef Stew	240 mL	351.4	281.1	5.6	1.7	0.2	54	418.2	34.9	5.4	6.1	24.5	32%	37%	7%	28%
Vegetarian Chili and Cheddar Topped Potato Wedges	1 each	210.6	276.6	10.5	3.2	0	11.2	389.1	37	4.6	1	10.6	8%	42%	11%	18%
Vegetarian Chili	180 mL	232.4	156	2.6	0.3	0	0	55.4	27.7	8.6	4	8.2	4%	29%	6%	22%
Spiced Potato Wedges	113 g	113	297.5	17.1	2.1	0.2	0	40.5	34.4	2.7	0.3	3.1	0%	40%	1%	6%
Roasted Root Vegetable Marinara Sauce w ith Rigatoni	1 serving(s)	519.4	436	5.9	0.6	0	0	654	86	11.5	19.2	13.1	81%	73%	10%	21%

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DELI STATION																
Egg Salad on Whole Wheat	1 each	134	241	8	2	0	129	584	31	4	3	11	2%	4%	7%	12%
Shaved Ham and Cheese Sandw ich (White)	1 each	128	251	7	4	0.2	26	827	33	2	4	14	2%	3%	17%	15%
Shaved Ham and Cheese Sandw ich Whole Wheat	1 each	128	251	7	4	0.2	26	830	32	4	4	15	2%	3%	17%	10%
Tuna Salad on Whole Grain	1 each	200	403	11	2	0	26	943	50	5	7	24	1%	4%	2%	23%
Roast Turkey and Sw iss Kaiser	1 each	195	371	10	4	0	40	1283	47	3	3	24	2%	3%	18%	4%
Egg Salad Wrap	1 each	230	427	19	3	0	193	1231	50	6	1	16	3%	6%	9%	26%
Tuna Salad Wrap	1 each	215	401	13	1	0	26	1288	49	6	1	22	4%	4%	7%	25%
Classic Turkey Wrap	1 each	262	425	12	0.9	0	21	1256	63	7	15	20	3%	5%	7%	25%
Chicken Salad Wrap	1 each	251	435	15	2	0.1	51	928	50	6	2	26	2%	13%	7%	26%
Veggie Cream Cheese Wrap	1 each	211	405	13	6	0.2	23	806	61	4	6	13	8%	14%	20%	26%
Grilled Cheese Sandw ich	1 each	102	289	14	3	0.1	13	716	31	3	4	6	0%	0%	12%	8%
Turkey Cranberry Sandw ich	1 each	271	531	25	6	0.1	64	892	47	6	6	31	1%	15%	9%	17%

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HOT BOWLS																
Tomato Florentine Soup	8 fl oz	237 mL	41	0.5	0	0	0	482.5	8.2	0.5	2.7	1.4	0%	4%	3%	2%
Tomato Florentine Soup	10 fl oz	300 mL	51.9	0.6	0	0	0	610.7	10.4	0.6	3.5	1.7	0%	5%	4%	3%
Tomato Florentine Soup	12 fl oz	355 mL	61.5	0.7	0	0	0	722.7	12.3	0.7	4.1	2	0%	6%	4%	4%
Tomato Florentine Soup	16 fl oz	480 mL	83.1	0.9	0	0	0	977.2	16.6	0.9	5.5	2.8	0%	7%	6%	5%
Creamy Old Fashioned Tomato Soup	8 fl oz	237 mL	142.4	5.7	2.4	0.5	9.5	854.3	19	0	10.4	3.8	0%	19%	5%	12%
Creamy Old Fashioned Tomato Soup	10 fl oz	300 mL	180.2	7.2	3	0.6	12	1,081.4	24	0	13.2	4.8	0%	24%	7%	16%
Creamy Old Fashioned Tomato Soup	12 fl oz	355 mL	213.3	8.5	3.6	0.7	14.2	1,279.6	28.4	0	15.6	5.7	0%	29%	8%	19%
Creamy Old Fashioned Tomato Soup	16 fl oz	480 mL	288.4	11.5	4.8	1	19.2	1,730.2	38.4	0	21.1	7.7	0%	39%	10%	25%
Fireside Chili	8 fl oz	237 mL	207.4	9.9	3.5	0.5	29.6	790	18.8	3.9	5.9	9.9	0%	57%	5%	16%
Fireside Chili	10 fl oz	300 mL	262.5	12.5	4.4	0.6	37.5	1,000	23.7	5	7.5	12.5	0%	72%	6%	21%
Fireside Chili	12 fl oz	355 mL	310.6	14.8	5.2	0.7	44.4	1,183.3	28.1	5.9	8.9	14.8	0%	85%	8%	25%
Fireside Chili	16 fl oz	480 mL	420	20	7	1	60	1,600	38	8	12	20	0%	115%	10%	34%
Italian Style Wedding Soup	8 fl oz	237 mL	186.2	6.8	3.4	0.2	16.9	1,815.1	22	1.7	1.7	10.2	0%	5%	4%	11%
Italian Style Wedding Soup	10 fl oz	300 mL	235.7	8.6	4.3	0.2	21.4	2,297.6	27.9	2.1	2.1	12.9	0%	7%	5%	14%
Italian Style Wedding Soup	12 fl oz	355 mL	278.9	10.1	5.1	0.3	25.4	2,718.9	33	2.5	2.5	15.2	0%	8%	6%	16%
Italian Style Wedding Soup	16 fl oz	480 mL	377.2	13.7	6.9	0.3	34.3	3,676.2	44.6	3.4	3.4	20.6	0%	10%	8%	22%
Autumn Butternut Squash Soup	8 fl oz	327 mL	297.1	14.9	8.9	0.4	44.6	1,143.7	37.1	3	13.4	4.5	0%	30%	8%	15%
Autumn Butternut Squash Soup	10 fl oz	300 mL	272.5	13.6	8.2	0.4	40.9	1,049.3	34.1	2.7	12.3	4.1	0%	27%	7%	14%
Autumn Butternut Squash Soup	12 fl oz	355 mL	322.5	16.1	9.7	0.5	48.4	1,241.6	40.3	3.2	14.5	4.8	0%	32%	9%	16%
Autumn Butternut Squash Soup	16 fl oz	480 mL	436.1	21.8	13.1	0.7	65.4	1,678.8	54.5	4.4	19.6	6.5	0%	44%	12%	22%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (ml)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
HOT BOWLS																
Chicken Stew	8 fl oz	237 mL	172.5	4.6	2	0	46.4	663.5	14.6	2.7	4	18.6	24%	20%	3%	7%
Chicken Stew	10 fl oz	300 mL	218.4	5.9	2.5	0	58.8	839.9	18.5	3.4	5	23.5	30%	25%	4%	9%
Chicken Stew	12 fl oz	355 mL	258.4	7	3	0	69.6	993.9	21.9	4	6	27.8	36%	30%	5%	10%
Chicken Stew	16 fl oz	480 mL	349.4	9.4	4	0	94.1	1,343.8	29.6	5.4	8.1	37.6	48%	40%	6%	14%
Smoked Turkey and Wild Rice Soup	8 fl oz	237 mL	68.2	1	0.3	0	4.9	611.5	12.7	0	0.7	2.9	0%	8%	2%	8%
Smoked Turkey and Wild Rice Soup	10 fl oz	300 mL	86.4	1.2	0.4	0	6.2	774	16	0	0.9	3.7	0%	10%	3%	9%
Smoked Turkey and Wild Rice Soup	12 fl oz	355 mL	102.2	1.5	0.4	0	7.3	915.9	19	0	1	4.4	0%	12%	4%	11%
Smoked Turkey and Wild Rice Soup	16 fl oz	480 mL	138.2	2	0.6	0	9.9	1,238.4	25.7	0	1.4	5.9	0%	16%	5%	15%
Roasted Red Pepper Gouda	8 fl oz	237 mL	296	23.3	12.6	0.4	62.8	780.4	19.7	0.9	12.6	3.6	0%	31%	8%	4%
Roasted Red Pepper Gouda	10 fl oz	300 mL	374.7	29.5	15.9	0.6	79.5	987.8	25	1.1	15.9	4.5	0%	40%	10%	6%
Roasted Red Pepper Gouda	12 fl oz	355 mL	443.4	34.9	18.8	0.7	94	1,168.9	29.6	1.3	18.8	5.4	0%	47%	12%	7%
Roasted Red Pepper Gouda	16 fl oz	480 mL	599.5	47.2	25.4	0.9	127.2	1,580.5	40	1.8	25.4	7.3	0%	64%	17%	9%
Vegetarian Chili	8 fl oz	237 mL	171.7	5.4	0.4	0	0	772.8	21.5	6.4	2.1	12.9	14%	23%	10%	33%
Vegetarian Chili	10 fl oz	300 mL	217.4	6.8	0.5	0	0	978.3	27.2	8.2	2.7	16.3	17%	29%	13%	42%
Vegetarian Chili	12 fl oz	355 mL	257.2	8	0.6	0	0	1,157.6	32.2	9.6	3.2	19.3	20%	34%	15%	49%
Vegetarian Chili	16 fl oz	480 mL	347.8	10.9	0.9	0	0	1,565.2	43.5	13	4.3	26.1	27%	46%	21%	67%
Chicken Noodle Classic Soup	8 fl oz	237 mL	166.5	4.2	1.6	0.3	36.4	909.2	22.9	1	2.1	9.4	0%	3%	2%	11%
Chicken Noodle Classic Soup	10 fl oz	300 mL	210.8	5.3	2	0.4	46.1	1,150.9	29	1.3	2.6	11.9	0%	4%	3%	14%
Chicken Noodle Classic Soup	12 fl oz	355 mL	249.5	6.2	2.3	0.5	54.6	1,362	34.3	1.6	3.1	14	0%	5%	3%	16%
Chicken Noodle Classic Soup	16 fl oz	480 mL	337.3	8.4	3.2	0.6	73.8	1,841.5	46.4	2.1	4.2	19	0%	6%	5%	21%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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HOT BOWLS																
Cream of Potato Cream Cheese Soup	8 fl oz	237 mL	164.6	10.1	6.4	0.4	32	841.3	14.6	0.9	1.8	4.6	0%	6%	7%	2%
Cream of Potato Cream Cheese Soup	10 fl oz	300 mL	208.4	12.7	8.1	0.6	40.5	1,064.9	18.5	1.2	2.3	5.8	0%	7%	8%	3%
Cream of Potato Cream Cheese Soup	12 fl oz	355 mL	246.6	15.1	9.6	0.7	48	1,260.2	21.9	1.4	2.8	6.8	0%	8%	10%	4%
Cream of Potato Cream Cheese Soup	16 fl oz	480 mL	333.4	20.4	13	0.9	64.8	1,703.9	29.6	1.9	3.7	9.3	0%	11%	13%	5%
Beef Stew	8 fl oz	237 mL	122.4	3.9	0	0	11.1	1,023.7	15.6	2.2	3.3	6.7	10%	13%	5%	11%
Beef Stew	10 fl oz	300 mL	154.9	4.9	0	0	14.1	1,295.8	19.7	2.8	4.2	8.5	13%	17%	7%	14%
Beef Stew	12 fl oz	355 mL	183.3	5.8	0	0	16.7	1,533.4	23.3	3.3	5	10	15%	20%	8%	17%
Beef Stew	16 fl oz	480 mL	247.9	7.9	0	0	22.5	2,073.3	31.6	4.5	6.8	13.5	20%	27%	11%	23%
Minestrone Soup	8 fl oz	237 mL	85.4	0.9	0.2	0	0	721	15.2	2.8	2.8	2.8	0%	10%	3%	10%
Minestrone Soup	10 fl oz	300 mL	108.1	1.2	0.3	0	0	912.7	19.2	3.6	3.6	3.6	0%	13%	4%	13%
Minestrone Soup	12 fl oz	355 mL	127.9	1.4	0.3	0	0	1,080	22.7	4.3	4.3	4.3	0%	15%	5%	15%
Minestrone Soup	16 fl oz	480 mL	172.9	1.9	0.4	0	0	1,460.3	30.7	5.8	5.8	5.8	0%	20%	7%	21%
Chicken Coconut Curry Soup	8 fl oz	237 mL	218.2	14.2	6.6	0.3	42.7	806.4	17.1	1.9	5.7	6.6	0%	29%	5%	7%
Chicken Coconut Curry Soup	10 fl oz	300 mL	276.2	18	8.4	0.4	54	1,020.7	21.6	2.4	7.2	8.4	0%	36%	7%	9%
Chicken Coconut Curry Soup	12 fl oz	355 mL	326.8	21.3	9.9	0.4	63.9	1,207.9	25.6	2.8	8.5	9.9	0%	43%	8%	11%
Chicken Coconut Curry Soup	16 fl oz	480 mL	441.9	28.8	13.4	0.6	86.5	1,633.2	34.6	3.8	11.5	13.4	0%	58%	10%	15%
Homestyle Vegetable Beef Barley Soup	8 fl oz	237 mL	176.4	6.2	2.6	0.4	17.6	2,014.9	24.7	0	3.5	8.8	0%	0%	4%	9%
Homestyle Vegetable Beef Barley Soup	10 fl oz	300 mL	223.3	7.8	3.3	0.4	22.3	2,550.5	31.3	0	4.5	11.2	0%	0%	4%	11%
Homestyle Vegetable Beef Barley Soup	12 fl oz	355 mL	264.3	9.2	4	0.5	26.4	3,018.1	37	0	5.3	13.2	0%	0%	5%	14%
Homestyle Vegetable Beef Barley Soup	16 fl oz	480 mL	357.3	12.5	5.4	0.7	35.7	4,080.8	50	0	7.1	17.9	0%	0%	7%	19%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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MENU ITEM	DESCRIPTION	Serving Size (ml)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
HOT BOWLS																
Ravioli Soup	8 fl oz	237 mL	189.7	4.7	1.9	0.2	19	1,104.2	30.4	1.9	7.6	7.6	0%	8%	11%	14%
Ravioli Soup	10 fl oz	300 mL	240.2	6	2.4	0.2	24	1,397.7	38.4	2.4	9.6	9.6	0%	10%	14%	19%
Ravioli Soup	12 fl oz	355 mL	284.2	7.1	2.8	0.3	28.4	1,654	45.5	2.8	11.4	11.4	0%	11%	16%	22%
Ravioli Soup	16 fl oz	480 mL	384.3	9.6	3.8	0.4	38.4	2,236.3	61.5	3.8	15.4	15.4	0%	15%	22%	30%
Clam Chow der Soup	8 fl oz	237 mL	190.4	11.3	6.1	0.3	38.9	856.7	16.4	0.9	1.7	6.9	0%	13%	3%	39%
Clam Chow der Soup	10 fl oz	300 mL	241	14.2	7.7	0.4	49.3	1,084.5	20.8	1.1	2.2	8.8	0%	17%	4%	49%
Clam Chow der Soup	12 fl oz	355 mL	285.2	16.9	9.1	0.5	58.3	1,283.3	24.6	1.3	2.6	10.4	0%	20%	5%	59%
Clam Chow der Soup	16 fl oz	480 mL	385.6	22.8	12.3	0.7	78.9	1,735.2	33.3	1.8	3.5	14	0%	26%	6%	79%
Lemon Chicken Orzo Soup (Low Sodium)	8 fl oz	237 mL	70.3	0.9	0.3	0	8.8	360.2	11.4	0.9	0.9	4.4	0%	9%	3%	6%
Lemon Chicken Orzo Soup (Low Sodium)	10 fl oz	300 mL	89	1.1	0.3	0	11.1	456	14.5	1.1	1.1	5.6	0%	11%	4%	9%
Lemon Chicken Orzo Soup (Low Sodium)	12 fl oz	355 mL	105.3	1.3	0.4	0	13.2	539.6	17.1	1.3	1.3	6.6	0%	13%	5%	10%
Lemon Chicken Orzo Soup (Low Sodium)	16 fl oz	480 mL	142.4	1.8	0.5	0	17.8	729.6	23.1	1.8	1.8	8.9	0%	18%	6%	14%
Creole Chicken Gumbo Soup	8 fl oz	237 mL	169.1	7.6	2.5	0.2	33.8	1,728.9	18.6	3.4	3.4	6.8	0%	3%	6%	7%
Creole Chicken Gumbo Soup	10 fl oz	300 mL	214.1	9.6	3.2	0.2	42.8	2,188.5	23.6	4.3	4.3	8.6	0%	3%	8%	9%
Creole Chicken Gumbo Soup	12 fl oz	355 mL	253.3	11.4	3.8	0.3	50.7	2,589.7	27.9	5.1	5.1	10.1	0%	4%	9%	11%
Creole Chicken Gumbo Soup	16 fl oz	480 mL	342.6	15.4	5.1	0.3	68.5	3,501.6	37.7	6.9	6.9	13.7	0%	5%	12%	15%

NUTRITION INFORMATION

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HOT BOWLS																
Autumn Pumpkin Soup	8 fl oz	237 mL	155.8	9.5	6.1	0.2	30.3	839.4	14.7	2.6	0.9	4.3	0%	4%	3%	4%
Autumn Pumpkin Soup	10 fl oz	300 mL	197.2	12	7.7	0.2	38.3	1,062.6	18.6	3.3	1.1	5.5	0%	4%	4%	6%
Autumn Pumpkin Soup	12 fl oz	355 mL	233.3	14.3	9.1	0.3	45.4	1,257.4	22	3.9	1.3	6.5	0%	5%	5%	6%
Autumn Pumpkin Soup	16 fl oz	480 mL	315.5	19.3	12.3	0.4	61.3	1,700.1	29.8	5.3	1.8	8.8	0%	7%	6%	9%
Split Pea w ith Ham Soup	8 fl oz	237 mL	254	2.5	0.8	0	8.5	1,798.8	42.3	5.1	6.8	15.2	0%	3%	3%	14%
Split Pea w ith Ham Soup	10 fl oz	300 mL	321.5	3.2	1.1	0	10.7	2,276.9	53.6	6.4	8.6	19.3	0%	4%	4%	16%
Split Pea w ith Ham Soup	12 fl oz	355 mL	380.5	3.8	1.3	0	12.7	2,694.4	63.4	7.6	10.1	22.8	0%	4%	5%	20%
Split Pea w ith Ham Soup	16 fl oz	480 mL	514.5	5.1	1.7	0	17.1	3,643.1	85.7	10.3	13.7	30.9	0%	6%	7%	27%
SOUP Accompaniments																
Assorted Dinner Rolls	1 each	30	82.4	0.7	0.1	0	0	119.9	15	0.7	0.7	3	0%	0%	1%	9%
Parmesan Cheese	10 g	10	33.6	0.3	0.3	0	3.4	181.6	6.7	0	6.1	1.3	0%	0%	5%	0%
Seasoned Croutons	15 g	15	65.4	1.9	0.2	0	0.1	226.2	10.3	0.4	0.6	1.6	0%	0%	1%	4%
Fresh Chiffonade Cut Green Onions	15 mL	3	1	0	0	0	0	0.5	0.2	0.1	0.1	0.1	0%	1%	0%	0%
Hot Sauce	5 mL	1.4	0.1	0	0	0	0	47	0	0	0	0	0%	0%	0%	0%
Crackers, Soda, Unsalted, Premium Plus, 2 Ct	1 each	6	26	0.7	0.2	0&	0	46	4.3	0.2	0	0.6	0%	0%	1%	2%
Crackers, Melba, Toast, 2 Ct	1 each	10.5	40	0.5	0	0	0	95	8.5	0.5	0.5	1.5	0%	0%	0%	4%
Crackers, Breadsticks, Plain, 2 Ct	1 each	9	31.5	0.5	0.1	0	0	42.8	6.3	0.5	0.5	0.9	0%	0%	0%	4%
Butter, Whipped, Pots, 4.5 g	1 each	4.5	31.2	3.5	2.4	0.1	10.4	31.2	0	0	0	0	0%	0%	0%	0%
Margarine, Cups, 6.5 g	1 each	6.5	46.7	5.2	1.1	0	0	61.3	0.1	0	0	0.1	5%	0%	0%	0%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

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BAKED GOODS																
Cranberry Orange Low Fat Muffins	1 each	115	310.5	8.1	1.2	0	0.2	254.2	56.4	2.3	29.9	5.8	1%	6%	4%	12%
Blueberry Muffins	1 each	115	355.4	13.7	1.7	0	0	276	53.1	2.3	24.8	5.1	0%	0%	2%	15%
Banana Muffins	1 each	115	380.7	15.3	1.4	0	0	402.5	55.9	2.4	31.5	4.9	0%	0%	2%	15%
Raisin Bran Muffins	1 each	115	333.5	12.7	1.2	0	0	287.5	49.5	8.1	24.2	6.9	0%	0%	4%	29%
Butter Croissant	1 each	89.9	369.7	20	12	0.5	55	469.6	39	2	5	7	18%	9%	1%	16%
Almondine Butter Croissant	1 each	99.2	350.8	19	10	0	55.1	300.7	39.1	1	11	6	5%	2%	2%	13%
Cherry Greek Yogurt Danish	1 each	112.9	395.1	20.3	12.4	0.6	79	406.4	46.3	1.1	16.9	7.9	15%	7%	3%	11%
Chocolate Chip Cookie	1 each	56.7	248.7	10.9	6	0	14.9	179	34.8	1	21.9	3	8%	0%	0%	10%
White Chocolate Macadamia Nut Gourmet Cookie	1 each	56.7	258.6	12.9	6	0	19.9	189	32.8	1	20.9	3	8%	0%	2%	6%
Squares-Caramel Rage	1 each	60.4	258.6	13.9	6.9	0	24.7	162.4	32.3	0	23.2	2.1	0%	0%	2%	6%
Mini French Cruellers	1 each	45	190	15	6	0.4	50	160	11	0	0	2	0%	0%	2%	3%
Vanilla Topped Chocolate Cake Donut Ring	1 each	80.8	335.6	18.4	8.2	0.3	25	381.3	37.9	1	19.7	4	0%	0%	5%	19%
Cinnamon Rolls	1 each	113.4	300	7	1.5	0.1	0	300	53	3	10	9	0%	0%	8%	21%
Reduced Fat Banana Loaf	1 each	107.7	253.7	5.1	0.9	0	20.7	304	49	2.7	24.8	4.8	2%	7%	2%	10%
Rice Krispie Square	1 each	30.2	126	2.7	0.4	0	0	106	24.3	0	5.8	1	8%	0%	0%	5%
Cornmeal Muffins	1 each	92	312.8	13.6	1.1	0	0.3	422.3	42.9	1.7	16.2	4.9	0%	0%	2%	9%
Summer Berry Muffins	1 each	115	374.9	13.8	1.6	0	0.2	373.8	57.6	1.8	29	5.3	0%	1%	2%	12%
Cranberry Lemon Muffins	1 each	115	350	14	1.5	0.1	0	250	49	2	21	6	0%	0%	0%	0%
Morning Glory Muffins	1 each	115	356.5	11.5	1.2	0	0	218.5	58.7	3.5	31.1	5.8	0%	2%	4%	22%
Raspberry Yogurt Muffins	1 each	61.6	184.7	6.8	1	0	0	154	28.9	0.6	14.2	3.1	0%	0%	1%	8%
Lemon Loaf	1 each	104.4	337.6	14.4	2.1	0	42.1	367.9	47.5	1.7	23.4	6.5	3%	7%	16%	15%

NUTRITION INFORMATION

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BAKED GOODS																
Apple Cinnamon Muffin	1 each	113.4	441.6	23.1	4.5	0.2	65.2	391.4	52.2	3	24.1	7	2%	30%	12%	19%
Chocolate Chunk Muffin	1 each	113.4	470	26.1	6	0.2	70.2	341.2	54.2	2	26.1	7	2%	0%	7%	26%
Banana Nut Muffin	1 each	113.4	470	28	4	0.2	60.2	391.4	51	2	24	7	2%	0%	7%	19%
Caramel Coffee Cake Swirl Muffins	1 each	115	368	12.9	1.2	0	0.7	285.2	57.5	1.8	28.5	5.5	0%	0%	2%	12%
Chocolate Filled Croissant	1 each	80.1	363.1	20	12.5	0.5	62.6	350.6	41.3	2.5	12.5	7.5	11%	6%	3%	23%
Maple Butter Pecan Danish	1 each	90.7	369.6	19	9	0.4	56	280	42.6	1.1	19	5.6	0%	9%	2%	14%
Triple Chocolate Cookies	1 each	56.7	248.7	11.9	6	0	14.9	159.2	34.8	1	20.9	3	0%	0%	2%	10%
Brownie, Two Bite, Bag, 4 Ct, 70 g, Frozen, CDN	1 each	70	331.6	18.4	7.4	0	46.1	221.1	36.8	1.8	23.9	3.7	0%	0%	4%	24%
Cinnamon Roll with Cream Cheese Icing	1 each	133.4	386.5	10.8	3.2	0.2	5.7	333.2	65.6	3	22	9.3	0%	0%	8%	21%
Assorted Tarts	1 each	84.9	349.7	16	0.1	0	40	219.8	49	0	24	3	4%	0%	2%	10%
Cinnamon Roll with Icing	1 each	126.5	347.5	7.6	1.8	0.1	0	301.7	63.6	3	20.3	9	0%	0%	8%	21%
Chocolate Chunk Gourmet Cookie	1 each	56.7	248.7	11.9	6	0	14.9	198.9	33.8	1	20.9	3	8%	0%	2%	10%
Carrot Spice Cake	1 each	51.6	197.7	8.8	2.2	0	16.5	131.8	28.6	1.1	17.6	2.2	0%	0%	2%	9%

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. [Source: Health Canada]

MENU ITEM	DESCRIPTION	Serving Size (g)	Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SAVOURY PASTRIES																
Vegetarian Samosas	1 each	42	84.3	3.5	0.3	0	0	172.5	11	1.4	1	2.3	0%	0%	1%	8%
Butter Spinach Feta Pastry	1 each	95	320	18	11	0.5	60	490	32	1	5	7	0%	0%	4%	11%
Butter Leek Parmesan Pastry	1 each	95	330	19	11	0.5	60	500	33	1	5	8	0%	0%	8%	10%
Beef Sausage Rolls	1 each	100	320	20	8	0	12	480	27	2	0	8	0%	0%	2%	16%
BREAKFAST ITEMS																
Sausage Breakfast Muffin	1 each	172	424	21	9	0.3	213	1044	34	1	5	21	10%	0%	18%	26%
Ham Breakfast Muffin	1 each	150	295	11	5	0.3	203	949	30	1	4	19	9%	0%	18%	23%
Bacon and Egg Sunrise Sandwich (WWW)	1 each	126.6	288.4	12.9	5.3	0.1	202.5	466.7	26.9	1	2.4	16.5	12%	0%	15%	19%
Veggie Breakfast Muffin	1 each	115	226	8	3	0.2	170	499	28	1	3	11	9%	0%	10%	19%
Hard Boiled Egg	1 each	1	63	4	1	0	164	124	0	0	0	6	1%	0%	3%	6%
Oatmeal	1 each	273	124	2	0.4	0	0	105	22	3	0	4	0%	0%	2%	10%
Yogurt Parfait	1 each	249	255	4	2	0.1	11	182	50	3	40	35	8%	1%	12%	186%
Fruit Cup	240 mL	170	56	0.2	0	0	0	16	14	1	12	1	26%	22%	11%	0%
Bagel Plain	1 each	113	300	3	0	0	0	659	60	2	4	10	0%	0%	5%	26%
Bagel Cream Cheese	1 each	141	365	8	3	0.2	20	802	62	2	5	13	0%	0%	8%	26%
Toast, Butter, and Jam	2 each	114.9	339.1	9	5.4	0.3	20.8	305.7	59.9	3.5	23.4	7.2	0%	6%	5%	11%