

Informed Dining

The Informed Dining program is a nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

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NUTRITION MENU

Courtyard Cafe Kelowna General Hospital



Interior Health
Every person matters

The information in this guide is effective as of September 28 2015 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by FoodWorks, Heart & Stroke Foundation, and information provided by our suppliers.

REVIEWED: April 2018



HealthyFamiliesBC 

NUTRITION MENU

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 ITEMS	Serving Size	Calories (Kcal)	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)
Beverages															
Coffee - Black	286ml (10 oz)	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Coffee - 1 cream, 1 sugar	286ml (10 oz)	70	3.5	2	0.1	15	20	9	0	9	1	2	0	4	0
Tea - Black	286ml (10 oz)	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Tea - 1 milk, 1 sugar	286ml (10 oz)	40	0.4	0.3	0	0	10	8	0	8	1	0	0	2	0
Hot Chocolate	286ml (10 oz)	240	6	5	0.2	0	320	45	2	38	2	0	0	2	15
Café Mocha	286ml (10 oz)	190	8	7	0.3	0	170	29	1	24	1	0	0	0	10
Latte	286ml (10 oz)	80	0.2	0.1	0	5	125	12	0	12	8	0	4	25	0
French Vanilla	286ml (10 oz)	250	8	7	0.1	5	210	41	1	31	4	0	0	10	2
Espresso	56ml (2oz)	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Breads															
Toast, Whole Wheat	2 slices	150	1.5	0.4	0	0	240	29	3	2	6	0	0	4	8
Toast, White	2 slices	150	1.5	0.4	0	0	240	30	1	2	5	0	0	4	15
Toast, Cinnamon Raisin	1 slice	140	2.5	1	0	0	170	26	1	8	4	0	0	4	8
Bread, Light Rye	1 slice	70	0.25	0	0	0	160	14	1.5	0.5	3	0	0	2	5
Bread, 7 Grain	1 slice	80	1	0.2	0	0	170	15	1	1.5	4	0	0	2	7.5
Bagel, Raisin Cinnamon	½ slice	159	1.25	0.5	0	0	199	30	1.5	6	5.5	0	0	4	15
Bagel, Twelve Grain	½ slice	169	3	0.5	0	0	179	28	3.5	4	8.5	0	0	4	10
Bagel, Whole Wheat Sesame	½ slice	159	2.5	0.5	0	0	230	27.5	3.5	4	8.5	0	0	4	10
English Muffin	½ slice	70	0.5	0.1	0	0	90	14	1	1	3	0	0	7.5	5
Pita Bread	100gr	231	2	0	0	0	569	45	2	2	8	5	0	7	21
Multi Grain Dinner Roll	1 bun	80	1	0	0	0	190	16	1	0	3	0	0	0	8

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MENU ITEMS	Serving Size	Calories (Kcal)	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)
Gluten Free Whole Grain Bread	2 slices	230	7	2	0	0	380	39	6	5	6	0	0	6	15
Gluten Free White Bread	2 slices	190	3	1	0	0	350	38	3	4	4	0	0	6	10
Pastries															
Cinnamon Bun	198gr	760	19	7	0.2	0	440	115	4	56	10	0	20	8	30
Banana Chocolate Chip Loaf	90gr	370	17	3.5	0	50	430	51	2	24	4	2	2	10	15
Blueberry Yogurt Loaf	90gr	290	12	1.5	0	45	310	46	1	25	4	2	0	8	10
Lemon Poppyseed Loaf	90gr	360	19	2	0	45	480	46	1	22	4	2	0	15	15
Raspberry Quinoa Muffins	106gr	216	7	1.1	0	26	259	35	4	8	5	8	11	10	13
Muesli Muffins	106gr	264	10	1.4	0	23	224	39	4	16	6	1	1	16	11
Apple Spice Bran Muffins	106gr	220	8	0.9	0	25	246	38	6	18	5	1	3	12	14
Tropical Fruit Muffins	106gr	210	6	2.4	0	15	289	35	3	15	4	5	7	9	8
Peach Coconut Muffins	106gr	228	14	4.7	0	16	304	37	2	14	5	6	1	17	8
Lemon Craisin Poppyseed Muffins	106gr	361	17	1.5	0	56	302	51	2	24	5	0	5	9	9
Carrot Pineapple Muffins	106gr	310	17	1.4	0	56	325	40	2	19	5	3	4	9	8
White Chocolate Raspberry Muffins	106gr	346	19	2	0	53	337	44	2	21	5	2	3	9	8
Morning Glory Muffin (wrapped)	99gr	335	15	1.9	0.1	36	293	45	2	24	5	0	5	5	12
Raisin Bran Muffin (wrapped)	99gr	290	13	1.5	0.1	30	320	42	7	22	6	2	0	6	20
Blueberry Muffin (wrapped)	99gr	300	11	1	0.1	30	280	46	1	23	4	2	0	6	10
Oatmeal Raisin Cookie	85gr	340	13	4.5	0.1	25	250	51	3	26	6	15	0	2	10
Chocolate Chip Cookie	85gr	360	17	7	0	20	270	51	2	31	5	15	0	2	15
Double Chocolate Cookie	85gr	370	18	8	0	20	300	50	2	31	4	15	0	2	20
White Chocolate Macadamia Cookie	85gr	380	19	8	0	20	280	49	1	31	5	15	0	4	10
Peanut Butter Cookie	85gr	410	24	7	0	20	300	41	2	23	7	20	0	2	10
Apple Turnover	115gr	300	14	6	0.1	0	190	40	2	5	4	0	0	2	10
Blueberry Cream Cheese Stick	57gr	260	11	4.5	0.1	0	180	50	1	14	4	0	0	2	10
Greek Yogurt Cherry Danish	100gr	350	18	11	0.5	75	300	40	4	16	7	15	0	6	15

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Soups															
Cream of Vegetable	250ml	170	8	4.5	0.1	20	800	21	2	6	4	20	30	10	4
Vegetable Florentine	250ml	90	1	0.5	0	5	590	17	2	5	3	20	45	4	6
Cream of Tomato and Red Pepper	250ml	100	2	1	0	5	590	18	2	10	4	15	35	10	4
Clam Chowder	250ml	180	6	5	0	10	660	26	1	5	5	0	6	8	4
Broccoli Cheddar	250ml	140	5	3.5	0	5	670	18	1	6	4	2	15	10	2
Cream of Mushroom	250ml	130	4	3	0	5	610	19	1	5	4	0	2	8	4
Cauliflower Cheese	250ml	140	7	4.5	0	20	740	16	1	5	3	4	25	10	2
Minestrone	250ml	90	1	0	0	0	570	17	2	4	3	15	25	4	6
Cream of Chicken	250ml	150	7	2.5	0	15	850	18	0	7	6	20	4	10	4
Lentil Garlic	250ml	170	2	0	0	0	630	29	7	3	9	10	6	4	20
Cream of Potato Leek	250ml	160	4	3	0	5	580	27	1	6	5	0	8	10	4
Harvest Vegetable	250ml	70	0	0	0	0	470	14	3	4	2	20	25	4	4
Chicken Noodle	250ml	80	2	0.4	0	5	660	13	1	2	4	10	2	2	4
Chicken Rice	250ml	80	2	0.5	0	5	740	14	1	1	3	25	10	2	4
Turkey Wild Rice	250ml	70	1	0.3	0	5	620	13	0	1	3	8	8	2	6
Vegetable Beef Barley	250ml	80	1	0.4	0	5	680	15	2	2	3	8	10	2	6
Italian Wedding	250ml	120	4	1	0	10	680	17	1	1	6	4	2	2	8
Chicken Noodle with a Twist	250ml	80	2	0.4	0	5	660	13	1	2	4	10	2	2	4
French Onion	250ml	70	2	0.5	0	0	660	14	2	4	2	0	8	4	4
Cream of Broccoli	250ml	130	4	3	0	5	480	19	1	6	4	2	10	8	2
Cream of Carrot	250ml	130	4	1.5	0	5	480	22	2	9	4	50	15	6	4
Butternut Squash	250ml	150	4	3	0	5	480	27	2	6	3	50	18	4	2
French Canadian Pea	250ml	160	2	1	0	0	480	27	6	2	10	15	2	4	10
Thai Chicken Curry	250ml	150	6	5	0	5	470	20	1	3	4	6	20	4	4
Chicken Corn Chowder	250ml	160	4	2	0	10	750	26	2	4	6	0	2	4	4

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Classic Chicken Noodle	250ml	80	1.5	0.5	0	15	890	15	1	1	6	2	2	2	4
Cream of Potato with Bacon	250ml	180	4.5	3	0.1	20	860	23	1	5	5	4	2	10	4
Creamy Garden Broccoli	250ml	130	6	2	0	15	810	14	2	6	5	10	15	15	4
Creamy Garden Cauliflower	250ml	120	6	2.5	0	10	690	13	2	5	4	2	15	8	2
Hearty Vegetable and Beef	250ml	80	1	0.3	0	5	780	14	3	1	5	15	2	2	4
North Atlantic Clam Chowder	250ml	110	2	0.4	0	5	910	20	1	1	4	0	0	4	8
Split Pea with Ham	250ml	160	1	0.3	0	5	870	27	7	3	10	10	4	2	10
Tomato Tortellini	250ml	110	1	0.4	0	0	720	21	2	7	4	4	4	4	6
Tomato	250ml	100	0	0	0	0	480	22	2	13	2	4	8	2	4
Moroccan Style Nine Vegetable	250ml	180	3.5	0.5	0	0	750	32	10	10	5	30	2	6	10
Chicken Coconut Curry	250ml	120	6	3.5	0	15	570	15	3	3	2	35	50	4	8
Borscht, White Russian	250ml	220	14	7	0	45	820	17	2	6	7	60	30	8	4
Borscht, Traditional, Home Made	250ml	100	6	3.3	0.2	19	332	11	2	5	2	21	20	4	5
Sandwiches & Wraps															
Roast Beef & Lettuce Sandwich (W.W.)	1 whole	306	8.6	2.7	0	87	312	24	4	1	33	0	1	6	22
Roast Beef, Cheese & Lettuce Sandwich (W.W.)	1 whole	419	17.9	8.6	0	117	486	25	4	1	40	8	1	26	23
Roast Turkey & Lettuce Sandwich (W.W.)	1 whole	265	3	0.7	0	82	328	24	4	1	35	0	1	7	18
Ham, Cheese & Lettuce Sandwich (W.W.)	1 whole	366	14	7.6	0	52	1346	32	4	1	30	8	2	27	13
Ham (LS), Cheese & Lettuce Sandwich (W.W.)	1 whole	371	16.1	8.2	0	84	994	27	4	1	30	8	1	26	10
Chicken Salad & Lettuce Sandwich (W.W.)	1 whole	329	15.6	3.9	0	30	651	32	4	1	17	0	3	7	13
Salmon Salad & Lettuce Sandwich (W.W.)	1 whole	323	16.4	3.2	0	100	666	27	5	2	18	0	4	18	14
Tuna Salad & Lettuce Sandwich (W.W.)	1 whole	316	11.4	2	0	13	676	34	4	1	21	3	5	7	15
Egg Salad & Lettuce Sandwich (W.W.)	1 whole	447	23.6	6.2	0	308	636	26	4	2	14	0	1	9	14
Cheese, Cucumber, Tomato & Lettuce Sandwich (W.W.)	1 whole	267	11.8	6.5	0	30	458	30	5	4	13	14	21	28	12
Cucumber, Tomato & Lettuce Sandwich (W.W.)	1 whole	153	2.4	0.5	0	0	282	29	5	4	6	6	21	7	11
Tomato, Bacon & Lettuce Sandwich (W.W.)	1 whole	232	9.1	2.7	0	18	650	28	5	3	12	5	18	7	12

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Cajun pile-ups with pepper sauce	1 whole	235	8	1.6	0	21	475	26	3	3	14	14	47	18	10
Curried chicken pita	½ pita	275	8	1.5	0	64	479	27	5	10	25	49	174	4	13
Satay Chicken Wrap	½ wrap	398	20	4	0	12	857	42	3	9	15	5	19	6	12
Sweet Thai Chicken Wrap	½ wrap	203	4.3	1.1	0	12	490	31	2	3	10	17	12	5	9
Chicken Pineapple Salad Wrap	½ wrap	301	13.3	2.5	0	87	789	32	3	4	14	4	5	9	13
Hummus & Veggie Wrap	½ wrap	274	9.4	1.7	0	0	431	40	5	3	8	28	33	9	15
Curried Chicken Wraps	1 wrap	296	6	1.5	0	37	796	39	6	7	22	93	17	20	22
Greek veggie, chicken and cheese wrap	1 pita	294	6	2.3	0	67	609	31	4	4	30	3	16	14	15
Salads															
Tossed Salad	125ml	18	0.1	0.1	0	0	23	4	1	2	1	63	17	2	2
Fruit Salad Cup with Muesli	250ml	134	0.9	0.1	0	0	127	27	7	10	8	15	32	18	8
Chickpea "tuna" salad	160ml	197	7	1	0	95	339	25	4	3	10	5	8	6	17
Fusilli salad with salsa and feta	430gr	400	8	4.1	0	22	777	64	4	3	21	2	94	18	22
Greek lentil salad	100gr	108	7	1.1	0	5	106	9	3	1	4	3	57	5	9
Herb-marinated grilled chicken salad	375gr	270	8	2.1	0	78	157	12	3	3	35	46	115	23	13
Japanese sesame slaw	150gr	101	7	0.5	0	0	54	10	3	4	2	0	89	6	6
Toasted orange and quinoa salad	250ml	266	4	0	0	0	272	51	9	14	10	51	172	7	10
Desserts															
Triple Chocolate Chunk Brownie	59gr	260	15	7	0	30	115	28	1	22	3	15	0	4	10
Maple Chocolate Mania Cake	55gr	200	10	4	0	30	230	25	0	17	2	6	0	4	6
Orange & Cream Shortcake	82gr	270	14	6	0	70	200	32	0	25	3	8	0	4	6
Lemon & Cream Shortcake	82gr	270	14	6	0	70	200	32	0	24	3	8	0	4	6
Tuxedo Truffle Mousse Cake	82gr	300	20	9	0	65	220	29	1	21	4	8	0	6	8
Pecan Streussel Cake	55gr	220	12	4	0	20	150	29	1	19	2	10	0	2	6
Tiramisu Layer Cake	77gr	250	15	7	0	70	220	24	0	16	3	8	0	4	4
Haystack Brownie	59gr	250	14	7	0	25	130	30	3	20	3	8	0	2	10

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Tiger Brownie	58gr	260	15	7	0	30	115	28	1	22	3	15	0	2	10
Strawberry Shortcake	82gr	230	12	5	0	50	210	28	1	20	2	8	10	4	6
Silk Chocolate Truffle Bar	90gr	410	29	10	0	55	170	32	4	23	5	20	0	2	30
Triple Chocolate Fudge Cake	55gr	200	11	5	0	25	230	23	1	17	2	8	0	2	10
Country Carrot Cake	59gr	220	13	2	0	25	200	25	1	17	2	4	2	2	2
Date Square	85gr	300	12	4	0	0	120	46	3	24	4	15	4	2	45
Lemon Crunch Bar	51gr	213	11	6	0	12	85	27	1	16	2	10	2	2	6
Apple Brown Betty	81gr	235	9	3.2	0.1	0	208	36	2	20	8	2	2	1	8
Black Forest Cake (GF)	97gr	260	14	2	0	65	250	31	1	19	4	2	0	4	4
Apple Pie	110gr	240	9	2	0	0	180	37	2	19	3	0	0	0	8
Bumbleberry Pie	110gr	240	9	2	0	0	200	37	2	18	4	0	0	2	8
Lemon Meringue Pie	110gr	250	7	2	0	30	135	46	1	31	3	0	0	0	6
Pecan Pie	117gr	510	24	36	0	50	260	68	2	35	6	0	0	2	15
Peach Pie	133gr	370	22	9	0	0	320	43	2	18	3	4	20	0	8
Sides															
Rice, White, Plain	250ml	205	0.4	0.1	0	0	2	45	1	0	4	0	0	2	2
Rice Pilaf	250ml	260	6.8	1.3	0	0	805	44	1	1	4	0	2	2	13
Pasta Noodles	250ml	220	1.3	0.2	0	0	325	43	3	1	8	0	0	1	10
Pasta Noodles, Whole Wheat	250ml	172	0.8	0.1	0	0	328	37	4	1	7	0	0	2	8
Egg Noodles	250ml	219	3.3	0.7	0	46	378	40	2	1	7	0	0	2	13
Tortellini, Cheese	100gm	290	5	1.5	0	30	310	51	2	4	10	2	0	10	8
Mashed Potato	180ml	90	1	0	0	0	130	20	2	1	2	0	70	1	2
Scalloped Potato	180ml	140	1.3	0	0	0	460	23	2	4	2	2	15	4	2
Potato Diced, Savory	100gr	156	5	0	0	0	420	24	2	0	2	0	2	0	5
Potato Diced, Country Style	100gr	131	3	0	0	0	36	23	2	0	2	0	7	7	5
Perogies, Potato Cheddar	120gr (4 pcs)	220	2	0	0	0	420	43	2	1	6	0	4	2	15

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MENU ITEMS	Serving Size	Calories (Kcal)	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)
Perogies, Potato Cheddar with Fried Onions	120gr (4 pcs)	221	2.1	0	0	0	423	43	2	1	6	0	4	4	4
French Fries, Crinkle Cut	100gr	164	5.8	1.5	0.1	0	325	26	2	0	3	0	7	1	3
French Fries, Straight Cut	100gr	160	5.8	1.5	0.1	0	325	24	2	0	3	0	12	2	6
French Fries, Seasoned Wedge	100gr	160	7.1	1.8	0.1	0	333	21	2	0	3	0	10	1	6
French Fries, Sweet Potato	100gr	162	4.8	0.4	0.1	0	155	29	4	8	1	114	17	2	2
Carrots, Steamed	250ml	65	0.3	0	0	0	4	15	5	0	2	356	6	5	5
Peas, Steamed	250ml	134	0.4	0.1	0	0	3	25	5	0	9	10	38	4	14
Peas & Carrots, Steamed	250ml	76	0.7	0.1	0	0	3	16	6	0	5	123	21	4	8
Green Beans, Steamed	250ml	47	0.4	0.1	0	0	3	11	2	0	3	9	22	6	10
Waxed Beans, Steamed	250ml	44	0.3	0.1	0	0	3	10	2	0	2	1	20	6	9
Kernel Corn, Steamed	250ml	176	2.1	0.3	0	0	3	41	6	0	5	4	17	0	6
Creamed Corn, Canned	250ml	184	1.1	0.2	0	0	730	46	3	8	4	3	20	1	5
Broccolli, Steamed	250ml	50	0	0	0	0	40	10	6	2	6	16	100	4	4
Cauliflower, Steamed	250ml	40	0	0	0	0	30	6	4	4	2	0	90	0	4
Mixed Vegetables	250ml	90	0	0	0	0	70	18	6	6	4	100	12	4	8
Italian Mix	250ml	50	0	0	0	0	40	12	4	4	2	90	30	4	8
California Mix	166ml	25	0	0	0	0	30	5	3	2	2	50	35	2	4
Prince Edward Mix	250ml	50	0	0	0	0	30	10	4	2	2	20	8	8	8
Fusion Mix	250ml	180	4	0	0	0	6	28	8	8	10	0	2	2	6
Fall Medley Mix	250ml	50	0	0	0	0	50	16	4	4	2	100	12	4	4
Romanesco Mix	250ml	50	0	0	0	0	60	12	4	4	2	100	30	4	4
Montego Mix	250ml	50	0	0	0	0	60	10	4	4	2	24	40	4	4
Sauerkraut	30ml	5	0	0	0	0	250	1	0	0	0	0	4	0	0

NUTRITION MENU

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 ITEMS	Serving Size	Calories (Kcal)	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)
Breakfast															
Plain Omelet	100gr	154	11	3	0	348	357	4	0	1	10	9	0	6	7
Cheese Omelet	100gr	194	14	6	0	322	336	4	0	1	12	17	0	12	7
Western Omelet	99gr	170	11	4	0	220	450	4	0	2	11	10	6	8	6
Boiled Egg	1 egg	70	4.5	1.5	0	170	60	1	0	0	5	8	0	2	4
Scrambled Egg	250ml	120	5	3	0.2	20	70	9	0	8	12	15	0	35	2
Bagel Scrambler	60gr	161	8	3	0	41	352	16	0	2	6	3	0	7	9
Hashbrowns Country Style Diced	100gr	131	3	0	0	0	36	23	2	0	2	0	7	7	5
Hashbrowns Shredded	22gr	240	0	0	0	0	197	18	2	0	2	0	9	1	2
Pompom Potatoes	100gr	177	8	1	0	0	500	25	2	0	1	0	4	3	4
Pancakes	78gr (2pcs)	190	6	1	0	10	390	30	1	8	4	0	0	6	10
French Toast	42gr (1pc)	170	4	1	0	70	410	6	1	4	6	0	0	8	15
Bacon	54gr (2 slices)	220	22	9	0	35	230	0	0	0	6	2	0	0	4
Breakfast Sausage	50gr (2pcs)	190	17	6	0	35	280	2	0	1	7	0	0	0	2
Ham	55gr	70	2.5	1	0	30	280	1	0	0	10	0	2	0	4
Rolled Oats	250ml	166	3.6	0.7	0	0	9	28	4	1	6	0	0	2	12
Cheese Portion	28gr	113	9	6	0	29	174	0	0	0	7	6	0	20	1
Beef Entrees															
Beef and Black Bean Burgers	1 burger	172	6	2	0	54	158	12	3	1	18	1	3	3	18
Beef and Broccoli Stirfry	295ml	253	8	3	0	41	531	24	4	7	23	60	55	4	20
Hamburger and Noodle Skillet Supper	285mL	294	10	4	0	72	308	29	5	6	22	14	80	5	30
Honey Mustard Meatball Dinner Sub Sandwich	1 sub	451	19	6.1	0	52	693	50	7	14	23	1	16	13	26

NUTRITION MENU

MENU ITEMS	Serving Size	Calories (Kcal)	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)
Moroccan Beef Tagine with Apricots	180mL	264	10	3	0	63	230	12	2	7	31	120	23	4	26
Persian Spiced Beef Kebabs	2 pcs	226	9	4	0	60	142	8	1	2	26	3	9	3	22
Slow-Roasted Beef and Ratatouille	270gr	324	16	4.7	0	102	313	7	2	3	37	9	70	4	22
Strip Steak, Chile and Onion Tacos	2 tacos	316	10	2.3	0	50	286	34	6	5	23	4	47	8	19
Tangy Beef Stew	300gr	293	8	2.7	0	69	264	28	2	10	26	5	28	4	20
Thai Beef Curry	200mL	232	10	4	0	55	412	8	2	3	27	14	121	3	28
Zesty Beef Stir-Fry Over Brown Rice	280gr	296	9	2.2	0	50	585	32	4	10	21	17	96	5	16
Moroccan Beef Tagine With Apricots	180mL	264	10	3	0	63	230	12	2	7	31	120	23	4	26
Best Ever Lean Burgers	1 patty	192	13	5.1	0	76	103	3	0	1	15	2	5	2	10
Philly Steak Sandwiches	1 whole	257	8	2.4	0	38	319	28	5	8	20	5	64	13	17
Simple Slow-Cooked Lasagna	300gr	281	12	6	0	43	355	27	4	1	20	26	24	30	18
Beef Noodle Florentine	208gr	267	9	4	0	50	425	28	2	4	14	16	5	15	12
Hearty Beef Stew	195gr	207	12	4.6	0	44	470	12	2	2	13	42	12	2	12
Swedish Meatballs	170gr	213	13	5.5	0.1	62	378	12	0	2	13	3	8	4	14
Meatloaf	80gr	143	8	3.1	0.5	55	285	6	0	1	11	1	3	2	12
Relaxed Cabbage Rolls	180gr	154	7	2.6	0.4	29	290	15	2	5	10	1	41	4	13
Shepherd's Pie	166gr	204	10	3.6	0.6	41	266	16	1	1	13	16	39	3	12
Beef & Squash Stew	180gr	189	11	4.4	0	42	388	10	2	3	13	58	13	3	17
Beef & Vegetable Pie	137gr	353	22	8.5	0.7	45	438	15	1	2	13	23	3	2	14
Country Beef Pie	175gr	231	13	5.3	0.6	159	288	10	1	2	17	38	15	4	13
Sweet and Sour Meatballs	163gr	253	12	4.9	0	61	421	24	1	15	13	0	3	4	15
Swiss Steak	208gr	159	5	1.8	0.1	56	379	7	1	4	21	0	6	1	17
Texas Chili	155gr	148	7	2.7	0	24	305	12	3	3	10	4	10	2	10
Roast Beef	100gr	198	8.3	2.8	0	78	66	0	0	0	29	0	0	0	17
Beef Sausage Rolls	1 roll	380	24	9	2	20	590	37	2	1	9	2	2	2	20
Steak & Vegetable Pot Pie	175gr	450	26	9	0.3	15	850	44	2	3	10	8	2	4	20

NUTRITION MENU

MENU ITEMS	Serving Size	Calories (Kcal)	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)
Cabbage Roll, Traditional	165gr (1pc)	140	4	1.5	0.1	10	490	20	2	5	6	6	25	6	8
Chicken Entrees															
Baked Almond Chicken	260gr	393	16	2.1	0	73	160	27	3	12	35	6	9	19	11
Cheesy Chicken	1 pc	238	6	2	0	104	275	9	0	1	36	5	3	14	9
Chicken Burgers	2 patties	188	8	2	0	77	563	3	0	0	24	4	3	2	12
Chicken Noodle Bowl	560gr	417	5	1.5	0	59	534	59	2	7	35	3	14	17	15
Chicken Tikka	175mL	140	2	0	0	59	231	5	0	3	25	1	4	8	5
Chicken with Lime, Garlic and Cashews	200gr	173	7	1.1	0	29	252	13	13	4	15	48	204	5	12
Citrus Chicken with Tarragon and Mustard	150gr	204	5	0.6	0	68	131	9	1	3	28	2	10	2	7
Crock-Pot Hungarian Chicken	375mL	167	5	1	0	56	303	15	3	6	17	24	63	8	18
Grilled Rosemary Chicken Thighs	2 thighs	199	10	2	0	94	88	1	0	0	25	2	7	2	10
Quick Moroccan-Spiced Chicken	360gr	317	6	1.6	0	79	139	32	3	21	35	13	65	21	10
Roasted BBQ Chicken with Sweet Potato Mash	290gr	317	6	0.9	0	68	414	36	5	10	30	326	9	6	10
Chicken and Zucchini Fingers	5 pc ea	273	8	3.4	0	145	438	20	3	4	30	9	30	23	17
Chicken Souvlaki with Dill Tzatziki	190gr	182	2	0.8	0	75	109	8	1	6	31	2	16	10	8
Crispy Herbed Chicken	185gr	215	7	1.7	0	138	144	4	0	0	33	4	0	3	13
Chicken Ala King	155gr	137	4	2	0	42	297	10	1	6	15	29	9	9	5
Chicken & Vegetable Pie	125gr	283	16	6.3	0.1	32.6	298	14	1	3	10	21	5	4	6
Chicken Vegetable Pasta	175gr	200	4	2	0	40	400	21	2	2	17	33	10	12	10
Oriental Chicken	195gr	137	1	0.1	0	22	505	23	2	14	10	58	42	3	3
Chicken Stir Fry	155gr	80	1	0.2	0	24	527	7	1	2	10	30	25	1	2
Chicken Breast, Grilled	90gr	110	2	0.5	0	85	100	0	0	0	25	0	2	0	0
Chicken Breast, Breaded	100gr	202	8.4	0.7	0.1	26	590	181	1	5	13	0	0	1	7
Chicken Fingers	2 pcs	203	8	0.7	0	31	430	18	1	1	15	0	0	0	0
Samosa, Chicken	140gr	350	16	3	0.1	35	740	39	4	5	13	15	15	4	25
Chicken Pot Pie	175gr	460	26	9	0.3	15	850	44	2	3	10	8	2	4	20

NUTRITION MENU

MENU ITEMS	Serving Size	Calories (Kcal)	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)
Fish Entrees															
Arugula Fish Patties	1 patty	180	7	2	0	38	284	14	1	1	14	3	7	11	6
Honey Grilled Salmon & Asparagus	1 pc	302	17	3	0	77	188	7	1	5	28	5	19	3	8
Orange-Glazed Salmon over Sautéed Spinach	175gr	150	6	0.7	0	41	252	8	1	5	18	40	46	6	9
Salmon Steaks with Dilly Yogurt Sauce	1 pc	238	15	3	0	61	195	4	0	2	21	2	16	4	4
Tuna Noodle Casserole	195gr	182	4	2.4	0.1	14	455	23	2	2	13	7	7	4	20
Haddock Loin, Natural	85gr	70	0	0	0	45	135	0	0	0	15	2	0	2	6
Salmon Loin, Natural	85gr	100	4	0	0	35	150	0	0	0	17	2	0	0	2
Breaded Pollock Fillets	85gr (1fillet)	180	8	0.5	0	35	310	17	1	0	11	0	2	0	8
Lemon Pepper Sole	76gr	50	2	0	0	25	390	2	0	0	6	0	0	2	0
Salmon with Dill Sauce	142gr	160	6	1.5	0	45	510	0	0	2	25	0	0	2	2
Breaded Lemon Pepper Cod	89gr	170	6	0.5	0	20	330	17	1	1	11	0	0	2	8
Pasta & Pizza															
Bruschetta Ravioli	125gr	271	10	4	0	31	314	36	4	9	11	14	33	13	13
Buffalo Chicken Pasta	250mL	241	3	1	0	32	74	36	4	5	19	3	24	7	18
Lemon roasted vegetable and salmon pasta	375mL	287	10	2	0	40	88	30	4	4	20	42	141	5	17
Mediterranean Tomato and Ricotta Pasta	315mL	204	5	2	0	6	223	32	5	9	11	37	47	12	21
Pasta with peas and ricotta	250mL	278	5	2	0	6	126	44	4	5	13	14	10	8	19
Pasta With Skillet Cauliflower	500mL	404	7	2	0	17	276	68	5	4	18	2	86	8	26
Speedy Flatbread Pizza	1 pc 1/1	216	9	4.4	0	23	489	20	2	2	13	12	45	25	8
Grilled Mexican chicken pizza	1 pc 1/1	335	8	2.5	0	23	722	51	7	3	18	16	68	18	18
Fresh tomato pizza	1 pc 1/4	318	11	4	0	22	513	41	6	5	17	14	35	25	20
Cheese Pizza	1 pc 1/8	340	12	6	0	30	720	44	2	4	15	2	4	20	20
Ham & Pineapple Pizza	1 pc 1/8	350	11	5	0	35	840	46	2	6	17	4	15	15	20
Pepperoni Pizza	1 pc 1/8	370	15	7	0	35	890	43	2	5	15	4	4	15	20
Meat Lovers Pizza	1 pc 1/8	390	16	7	0	35	980	44	2	5	17	4	4	15	25

NUTRITION MENU

MENU ITEMS	Serving Size	Calories (Kcal)	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)
Pork Entrees															
Caribbean Grilled Pork with Tropical Salsa	1 chop	238	8	2	0	82	65	11	2	8	29	2	68	4	8
Fennel Stuffed Pork Roast	125gr	218	10	3	0	84	156	6	1	1	25	6	33	4	44
Herbed Pork Chops with Mustard Sauce	1 chop	219	9	1.8	0	84	176	4	0	1	29	1	1	4	6
Pork & Pasta Stir-fry	200gr	218	7	1.2	0	25	285	25	3	3	14	10	62	4	9
Pork Almandine	1 pc	146	5	1	0	42	75	1	0	0	21	1	4	2	6
Pork & Pineapple Skillet Supper	375mL	223	6	2	0	48	115	20	2	14	22	13	112	3	14
Pork and Sweet Peppers on Noodles	480gr	571	14	4.6	0	138	179	65	5	10	44	43	90	26	24
Thai Pork Stir-fry	275gr	291	11	3.3	0	77	304	16	1	7	30	18	109	11	9
Pasta Bleu	195gr	240	7	3.6	0.1	23	600	32	2	4	13	9	3	15	8
Pork Cutlet with Onion Gravy	208gr	186	5	1.8	0	41	467	16	1	6	18	0	4	3	9
Quiche Lorraine	150gr	343	21	8.3	0.2	149	586	23	1	2	15	12	11	6	7
Sweet & Sour Pineapple Pork	195gr	173	4	1.5	0	45	266	19	1	16	15	38	26	3	9
Roast Pork	100gr	209	9.6	3.5	0	81	58	0	0	0	29	0	1	2	6
Baked Ham	55gr	70	2.5	1	0	30	280	1	0	0	10	0	2	0	4
Pork Loin Chops	100gm	120	5	2	0	45	350	0	0	0	19	1	0	2	4
Egg Roll, Pork & Vegetable	1 pc	170	8	2.5	0.1	15	490	19	2	3	7	4	8	4	15
Bavarian Smokies	100gm	290	23	8	0.4	60	570	530	570	0	16	0	0	2	0
BBQ Pork Ribber	85gr	180	10	3.5	0	35	250	9	2	6	16	0	2	6	8
Sauce & Gravy															
Cranberry Glazing Sauce	45mL	36	0	0	0	0	4	9	0	6	0	0	0	0	0
Butter Chicken Sauce	45mL	65	5	2.8	0	15	81	5	1	2	1	8	13	3	10
Herb Sauce	60mL	65	4	2.6	0	15	165	5	0	3	1	1	1	4	1
Lemon Dill Sauce	60mL	67	4	3	0	16	161	6	0	3	1	1	1	4	2
Mushroom Sauce	60mL	49	3	2.1	0	10	107	4	0	1	1	0	1	0	1
Meat Sauce	125mL	98	5	1.8	0	20	348	8	1	3	7	1	10	2	11

NUTRITION MENU

MENU ITEMS	Serving Size	Calories (Kcal)	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)
Pineapple Sauce	45mL	32	0	0	0	0	4	8	0	6	0	0	7	1	1
Chicken Gravy	60ml	25	1	0.3	0	0	330	3	0	0	1	0	0	0	2
Turkey Gravy	60ml	30	1	0.5	0	0	290	4	0	1	1	0	0	2	0
Beef Gravy	60ml	20	1	0.4	0.1	0	450	3	0	0	1	0	0	0	0
Beef Au Jus	125ml	42	0	0	0	0	1208	8	0	0	0	0	0	0	0
Turkey Entrees															
Easy Jambalaya	500gr	370	6	2.1	0	26	308	63	5	11	17	19	103	27	23
Ginger Turkey Stir-fry	230gr	149	3	0.4	0	52	146	9	2	3	20	19	95	10	10
Mango-Balsamic Turkey Quesadillas	1 pc	277	11	4	0	25	733	32	2	2	13	0	5	10	13
Quick Curried Turkey-Mushroom Stew	360gr	315	5	0.8	0	104	361	24	4	9	43	4	155	13	21
Spaghetti Pie	1 wedge	274	8	2	0	29	365	34	5	7	18	13	46	12	19
Turkey and Bean Tacos or Bowls	1 taco	281	9	2.2	0	44	245	34	6	5	18	43	13	10	12
Roast Turkey	100gr	189	7.4	2.1	0	74	63	0	0	0	29	0	0	2	8
Turkey Pot Pie	125gr	360	22	8	0.1	35	410	32	2	3	9	6	0	2	15
Vegetarian Entrees															
Broccoli Cashew Stir-Fry	375mL	210	10	2	0	0	204	26	7	7	10	32	222	12	30
Cheesy Mushroom Asparagus Bake	300gr	271	9	3.1	0	10	481	35	4	5	15	3	6	21	12
Curried Vegetable Lentil Stew	310gr	218	4	0.5	0	0	464	37	11	4	10	16	71	5	24
Italian Vegetable Bake with Lentils and Pine Nuts	250mL	221	6	1	0	3	116	33	8	9	13	27	89	14	43
Kale and Mushroom Frittata	¼ frittata	192	10	2	0	100	504	12	2	2	15	16	52	9	15
Lentil Burritos	1 burrito	293	5	1.1	0	5	313	46	13	3	17	6	39	15	25
Maritime Hodgepodge	400gr	271	5	0.9	0	5	134	49	7	11	10	95	119	18	14
Mexican Bean Burrito Casserole	1 pc	389	9	3	0	8	599	58	13	7	19	16	68	19	38
Oven Roasted Falafel	½ pita	150	5	0.4	0	0	270	23	4	1	5	1	5	7	9
Quick Quinoa and Veggie Casserole	250mL	234	7	3	0	11	302	32	5	5	11	23	86	21	16
Tofu Hummus Tortillas	1 tortilla	337	10	2	0	0	434	47	6	4	13	2	10	5	25

NUTRITION MENU

MENU ITEMS	Serving Size	Calories (Kcal)	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)
Tuscan Squash and Herb Farfalle	280gr	236	5	2	0	11	369	39	3	6	10	55	27	23	9
Vegetable Paella	250mL	247	6	1	0	124	398	40	5	9	10	31	153	10	22
Vegetarian Chili Bake	345gr	390	12	3	0	68	629	37	10	4	27	40	19	22	25
White Bean Pasta Pot with Tomatoes and Herbs	250mL	511	7	2	0	5	136	93	17	5	25	8	38	19	42
Vegetarian Coconut Chili	310gr	267	9	5	0	0	282	35	9	7	13	42	16	14	25
Quiche-Broccoli and Cheese	150gr	290	18	7	0	111	470	23	1	2	10	13	33	7	2
Three Bean Chili	155gr	137	2	0	0	0	442	26	7	4	7	14	25	10	33
Curry Garbanzo Tofu	195gr	196	3	1	0	0	535	29	5	3	9	3	19	6	16
Lentil Barley Stew	195gr	157	1	0	0	0	355	29	9	5	8	11	6	3	16
Macaroni and Cheese	180gr	250	9	5	0	23	405	30	1	6	12	6	0	12	7
Mexican Rice and Bean Casserole	170gr	151	4	2	0	14	406	20	4	3	8	1	10	10	11
Perogy Casserole	191gr	255	8	4	0	21	417	30	2	5	16	7	14	8	9
Red Lentil Curry	195gr	170	3	0	0	0	165	28	8	8	9	26	20	10	42
Tomato Vegetable Lasagna	145gr	153	6	3	0	20	388	16	2	4	10	31	9	15	8
Tortilla Bean Casserole	200gr	276	12	4	0	14	598	32	6	4	11	13	30	8	15
Samosa, Vegetable	140gr	290	13	2	0	0	620	33	3	4	5	15	35	4	20
Veggie Burger Patty	110gr	210	7	2	0	5	330	25	5	1	10	4	0	10	8