

NUTRITION MENU

Taste on Tenth at BC Cancer Agency

morrison
healthcare



The information in this guide is effective as of March 2021 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.



BRITISH
COLUMBIA

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 | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| Culinary Items | | | | | | | | | | | | | | | |
| Chicken Stir-Fry-B | 173 | 182 | 5 | 0.7 | 0 | 35 | 424 | 20 | 2 | 15 | 15 | 3 | 51 | 3 | 6 |
| Szechuan Chicken Stir-Fry | 294 | 341 | 8 | 2 | 0 | 116 | 1464 | 40 | 3 | 32 | 26 | 5 | 72 | 4 | 11 |
| Butter Chicken - Thigh Meat | 156 | 166 | 9 | 3 | 0.1 | 99 | 204 | 4 | 1 | 2 | 18 | 0 | 4 | 3 | 12 |
| Tandoori Chicken with Mango Slaw-B | 151 | 230 | 8 | 2 | 0 | 73 | 358 | 22 | 2 | 6 | 16 | 1 | 38 | 4 | 14 |
| Argentinian Chicken (Thigh) | 232 | 405 | 34 | 18 | 1 | 155 | 425 | 9 | 0 | 7 | 17 | 4 | 32 | 2 | 6 |
| Fettuccine Salmon Diablo | 269 | 425 | 8 | 1 | 0 | 31 | 528 | 66 | 5 | 10 | 23 | 0 | 28 | 4 | 27 |
| Asian Salmon | 147 | 241 | 10 | 2 | 0 | 63 | 301 | 12 | 1 | 11 | 24 | 0 | 0 | 2 | 9 |
| Classic Beef Stroganoff-B | 229 | 249 | 13 | 6 | 0.1 | 76 | 233 | 7 | 1 | 3 | 26 | 1 | 6 | 3 | 19 |
| Roast Beef-B (MWG) | 85 | 204 | 9 | 3 | 0 | 76 | 38 | 0 | 0 | 0 | 29 | 0 | 0 | 1 | 20 |
| Pasta Primavera with Roasted Vegetable | 280 | 332 | 2 | 0.7 | 0.2 | 2 | 252 | 65 | 5 | 6 | 14 | 3 | 80 | 12 | 22 |
| Red Curry Tofu and Vegetables | 140 | 141 | 10 | 4 | 0 | 0 | 215 | 8 | 2 | 4 | 6 | 2 | 31 | 12 | 9 |
| Curry Tofu Vegetables with Rice | 263 | 252 | 9 | 0.9 | 0 | 0 | 446 | 33 | 4 | 2 | 13 | 2 | 37 | 39 | 31 |
| Mushroom and Swiss Quiche Individual | 224 | 458 | 30 | 10 | 0.3 | 257 | 717 | 30 | 1 | 6 | 17 | 1 | 2 | 22 | 22 |
| Spinach Spanakopita | 163 | 270 | 14 | 8 | 0.2 | 70 | 1260 | 22 | 2 | 2 | 11 | 0 | 2 | 18 | 26 |
| Italian Style Meat Lasagna | 225 | 260 | 8 | 4 | 0.3 | 20 | 560 | 33 | 2 | 7 | 13 | 0 | 9 | 17 | 10 |
| Meat Lasagna | 225 | 300 | 12 | 6 | 0.5 | 15 | 730 | 32 | 2 | 8 | 17 | 17 | 19 | 22 | 16 |
| Vegetable Lasagna | 167 | 211 | 49 | 1 | 5 | 10 | 430 | 28 | 2 | 6 | 13 | 19 | 0 | 17 | 24 |
| Grilled Cheese Sandwich (WW) | 102 | 289 | 14 | 3 | 0.1 | 13 | 716 | 31 | 3 | 4 | 6 | 0 | 0 | 12 | 8 |
| Club House Sandwich | 271 | 531 | 25 | 6 | 0.1 | 64 | 892 | 47 | 6 | 6 | 31 | 1 | 15 | 9 | 17 |

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|--------------------------------------|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| Culinary Items | | | | | | | | | | | | | | | |
| Sides | | | | | | | | | | | | | | | |
| Basmati Rice-B,V | 117 | 139 | 1 | 0.2 | 0 | 0 | 14 | 28 | 1 | 0 | 3 | 0 | 0 | 1 | 11 |
| Brown Rice-B,V | 88 | 120 | 2 | 0.3 | 0 | 0 | 14 | 23 | 1 | 0 | 2 | 0 | 0 | 1 | 3 |
| Dainty Jasmine Rice-B | 146 | 183 | 1 | 0.2 | 0 | 0 | 13 | 38 | 1 | 0 | 3 | 0 | 0 | 0 | 14 |
| Egg Noodles | 113 | 156 | 2 | 0.5 | 0 | 33 | 6 | 28 | 1 | 1 | 5 | 0 | 0 | 1 | 5 |
| Steamed Vegetable Medley-B,V | 132 | 35 | 0.4 | 0.1 | 0 | 0 | 28 | 7 | 2 | 4 | 2 | 3 | 110 | 3 | 4 |
| Herbed Roasted Potatoes-B,V | 120 | 147 | 5 | 0.7 | 0 | 0 | 159 | 25 | 2 | 2 | 2 | 0 | 25 | 1 | 4 |
| Oven Roasted Potatoes-V | 152 | 183 | 7 | 0.5 | 0 | 0 | 487 | 29 | 3 | 1 | 3 | 0 | 19 | 1 | 5 |
| Garden Salad (Side) | 116 | 14 | 0.2 | 0 | 0 | 0 | 11 | 3 | 1 | 1 | 1 | 5 | 7 | 2 | 4 |
| Caesar Salad w/ Light Dressing(Side) | 81 | 80 | 4 | 0.7 | 0.1 | 3 | 314 | 10 | 1 | 1 | 2 | 5 | 4 | 3 | 6 |
| Premium Greek Salad-OTG (MWG) | 233 | 430 | 41 | 9 | 0.6 | 29 | 956 | 9 | 2 | 3 | 6 | 1 | 30 | 9 | 7 |

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|---|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| <i>Soups & Chili</i> | | | | | | | | | | | | | | | |
| Autumn Butternut Squash Soup | 240 mL | 207 | 11 | 7 | 0 | 33 | 1068 | 26 | 2 | 2 | 10 | 0 | 2 | 6 | 9 |
| Autumn Vegetable Soup | 240 mL | 36 | 1 | 0.1 | 0 | 0 | 858 | 7 | 1 | 3 | 1 | 2 | 2 | 2 | 3 |
| Chicken Coconut Curry Soup | 240 mL | 221 | 14 | 7 | 0.3 | 43 | 817 | 17 | 2 | 6 | 7 | 0 | 29 | 5 | 7 |
| Chicken Noodle Soup | 240 mL | 62 | 1 | 0.3 | 0 | 13 | 667 | 9 | 1 | 2 | 4 | 1 | 3 | 2 | 3 |
| Chicken Noodle Classic Soup | 240 mL | 169 | 4 | 2 | 0.3 | 37 | 921 | 23 | 1 | 2 | 10 | 0 | 3 | 2 | 11 |
| Chicken Noodle (Reduced Sodium) | 240 ml | 100 | 2 | 0 | 0 | 25 | 410 | 17 | 1 | 2 | 5 | 15 | 4 | 2 | 6 |
| Clam Chowder Soup | 240 mL | 202 | 12 | 5 | 0.3 | 28 | 698 | 18 | 1 | 5 | 7 | 0 | 8 | 13 | 17 |
| Cream of Mushroom Soup | 240 mL | 96 | 6 | 1 | 0.1 | 0 | 945 | 9 | 0 | 0 | 2 | 0 | 0 | 1 | 1 |
| Cream of Potato Cream Cheese Soup | 240 mL | 167 | 10 | 7 | 0.5 | 32 | 852 | 15 | 1 | 2 | 5 | 0 | 6 | 7 | 2 |
| Creamy Broccoli Cheddar Soup | 240 mL | 199 | 13 | 6 | 0.4 | 34 | 459 | 14 | 2 | 5 | 7 | 0 | 38 | 15 | 4 |
| Creamy Old Fashioned Tomato Soup | 240 mL | 130 | 6 | 2 | 0.5 | 9 | 982 | 17 | 0 | 9 | 3 | 0 | 19 | 7 | 5 |
| Creole Chicken Gumbo Soup | 240 mL | 171 | 8 | 3 | 0.2 | 34 | 1751 | 19 | 3 | 3 | 7 | 0 | 3 | 6 | 7 |
| Fire Roasted Vegetable (Reduced Sodium) | 240 mL | 70 | 0 | 0 | 0 | 0 | 410 | 14 | 3 | 5 | 3 | 30 | 60 | 2 | 6 |
| Garden Vegetable Soup | 240 mL | 53 | 1 | 0.2 | 0 | 0 | 717 | 9 | 2 | 3 | 2 | 0 | 23 | 3 | 4 |

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| Menu Item | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
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| <i>Soups & Chili</i> | | | | | | | | | | | | | | | |
| Lemon Chicken Orzo (Reduced Sodium) | 240 mL | 80 | 1 | 0 | 0 | 10 | 410 | 13 | 1 | 1 | 5 | 15 | 10 | 4 | 4 |
| Masala Tomato Lentil (Reduced Sodium) | 240 mL | 130 | 1 | 0 | 0 | 0 | 410 | 24 | 6 | 4 | 8 | 20 | 10 | 8 | 15 |
| Minestrone Soup | 240 mL | 90 | 1 | 0.2 | 0 | 0 | 810 | 16 | 3 | 2 | 4 | 0 | 10 | 4 | 10 |
| Roasted Red Pepper Soup | 240 mL | 269 | 20 | 13 | 1 | 72 | 904 | 18 | 3 | 8 | 4 | 0 | 106 | 7 | 7 |
| Southwest Style Black Bean (Reduced Sodium) | 240 mL | 210 | 1 | 0 | 0 | 0 | 410 | 40 | 11 | 7 | 10 | 10 | 45 | 6 | 20 |
| Tomato Basil (Reduced Sodium) | 240 mL | 140 | 2 | 2 | 0 | 10 | 410 | 25 | 3 | 15 | 4 | 30 | 45 | 4 | 10 |
| Roasted Tomato Garlic Soup | 240 mL | 213 | 16 | 8 | 0 | 42 | 593 | 15 | 2 | 4 | 4 | 4 | 9 | 8 | 5 |
| Santa Fe Tortilla Soup (MWG) | 240 mL | 130 | 7 | 2 | 0.5 | 9 | 1111 | 15 | 3 | 3 | 3 | 0 | 14 | 3 | 7 |
| Split Peawith Ham Soup | 240 mL | 257 | 3 | 0.9 | 0 | 9 | 1822 | 43 | 5 | 7 | 15 | 0 | 3 | 3 | 14 |
| Tomato Florentine Soup | 240 mL | 42 | 1 | 0 | 0 | 0 | 489 | 8 | 1 | 3 | 1 | 0 | 4 | 3 | 2 |
| Vegetarian Vegetable Soup | 240 mL | 74 | 0 | 0 | 0 | 0 | 931 | 16 | 3 | 3 | 4 | 0 | 23 | 4 | 6 |
| Fireside Chili | 240 mL | 210 | 10 | 4 | 0.5 | 30 | 800 | 19 | 4 | 6 | 10 | 0 | 57 | 5 | 16 |
| Vegetarian Chili | 240 mL | 135 | 0 | 0 | 0 | 0 | 548 | 26 | 8 | 7 | 7 | 1 | 5 | 7 | 17 |
| Vegetarian Chili (Reduced Sodium) | 240 mL | 180 | 2 | 0 | 0 | 0 | 410 | 34 | 11 | 5 | 8 | 30 | 20 | 8 | 20 |

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| Menu Item | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|---|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| <i>Soups & Chili</i> | | | | | | | | | | | | | | | |
| Autumn Butternut Squash Soup | 360 mL | 311 | 16 | 10 | 0 | 49 | 1602 | 39 | 3 | 3 | 15 | 0 | 3 | 9 | 14 |
| Autumn Vegetable Soup | 360 mL | 54 | 1 | 0.1 | 0 | 0 | 1266 | 10 | 1 | 4 | 2 | 3 | 4 | 3 | 4 |
| Chicken Coconut Curry Soup | 360 mL | 326 | 21 | 10 | 0.4 | 64 | 1205 | 26 | 3 | 9 | 10 | 0 | 43 | 8 | 11 |
| Chicken Noodle Soup | 360 mL | 93 | 2 | 0.4 | 0 | 20 | 1000 | 14 | 1 | 4 | 6 | 2 | 5 | 3 | 4 |
| Chicken Noodle Classic Soup | 360 mL | 249 | 6 | 2 | 0.5 | 54 | 1358 | 34 | 2 | 3 | 14 | 0 | 5 | 3 | 16 |
| Chicken Noodle (Reduce Sodium) | 360 mL | 150 | 2 | 0 | 0 | 38 | 615 | 26 | 2 | 3 | 8 | 23 | 6 | 3 | 9 |
| Clam Chowder Soup | 360 mL | 298 | 17 | 7 | 0.4 | 42 | 1030 | 26 | 1 | 8 | 10 | 0 | 11 | 19 | 26 |
| Cream of Mushroom Soup | 360 mL | 142 | 9 | 2 | 0.1 | 0 | 1393 | 13 | 0 | 0 | 3 | 0 | 0 | 2 | 3 |
| Cream of Potato Cream Cheese Soup | 360 mL | 246 | 15 | 10 | 0.7 | 48 | 1257 | 22 | 1 | 3 | 7 | 0 | 8 | 10 | 4 |
| Creamy Broccoli Cheddar Soup | 360 mL | 294 | 19 | 9 | 0.5 | 50 | 678 | 21 | 3 | 7 | 10 | 0 | 55 | 23 | 5 |
| Creamy Old Fashioned Tomato Soup | 360 mL | 191 | 8 | 3 | 0.7 | 14 | 1448 | 25 | 0 | 14 | 4 | 0 | 27 | 10 | 7 |
| Creole Chicken Gumbo Soup | 360 mL | 253 | 11 | 4 | 0.3 | 51 | 2582 | 28 | 5 | 5 | 10 | 0 | 4 | 9 | 11 |
| Fire Roasted Vegetable (Reduced Sodium) | 360 mL | 105 | 0 | 0 | 0.0 | 0 | 615 | 21 | 5 | 8 | 5 | 45 | 90 | 3 | 9 |
| Garden Vegetable Soup | 360 mL | 78 | 2 | 0.2 | 0 | 0 | 1058 | 13 | 3 | 4 | 3 | 0 | 34 | 5 | 6 |
| Lemon Chicken Orzo (Reduced Sodium) | 360 mL | 120 | 2 | 0 | 0 | 15 | 615 | 20 | 2 | 2 | 8 | 23 | 15 | 6 | 6 |
| Masala Tomato Lentil (Reduced Sodium) | 360 mL | 195 | 2 | 0 | 0 | 0 | 615 | 36 | 9 | 6 | 12 | 30 | 15 | 12 | 23 |
| Minestrone Soup | 360 mL | 133 | 2 | 0.3 | 0 | 0 | 1195 | 24 | 4 | 3 | 6 | 0 | 15 | 5 | 15 |
| Roasted Red Pepper Soup | 360 mL | 397 | 30 | 18 | 1 | 106 | 1333 | 27 | 4 | 11 | 6 | 0 | 156 | 10 | 11 |

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| <i>Soups & Chili</i> | | | | | | | | | | | | | | | |
| Roasted Tomato Garlic Soup | 360 mL | 314 | 23 | 12 | 0 | 62 | 874 | 22 | 3 | 6 | 6 | 5 | 14 | 12 | 7 |
| Santa Fe Tortilla Soup (MWG) | 360 mL | 191 | 10 | 3 | 0.7 | 14 | 1639 | 22 | 4 | 4 | 4 | 0 | 21 | 5 | 11 |
| Southwest Style Black Bean (Reduced Sodium) | 360 mL | 315 | 2 | 0 | 0 | 0 | 615 | 60 | 17 | 11 | 15 | 15 | 68 | 9 | 30 |
| Split Pea with Ham Soup | 360 mL | 379 | 4 | 1 | 0 | 13 | 2687 | 63 | 8 | 10 | 23 | 0 | 4 | 5 | 20 |
| Tomato Basil (Reduced Sodium) | 360 mL | 210 | 3 | 2 | 0 | 15 | 615 | 38 | 5 | 23 | 6 | 45 | 68 | 6 | 15 |
| Tomato Florentine Soup | 360 mL | 62 | 0.7 | 0 | 0 | 0 | 733 | 13 | 1 | 4 | 2 | 0 | 6 | 4 | 4 |
| Vegetarian Vegetable Soup | 360 mL | 109 | 0.6 | 0 | 0 | 0 | 1374 | 23 | 5 | 5 | 6 | 0 | 34 | 6 | 10 |
| Fireside Chili | 360 mL | 315 | 15 | 5 | 0.7 | 45 | 1200 | 29 | 6 | 9 | 15 | 0 | 86 | 8 | 25 |
| Vegetarian Chili | 360 mL | 202 | 0.6 | 0 | 0 | 0 | 821 | 39 | 13 | 10 | 10 | 2 | 8 | 10 | 26 |
| Vegetarian Chili (Reduced Sodium) | 360 mL | 270 | 2.3 | 0 | 0 | 0 | 615 | 51 | 17 | 8 | 12 | 45 | 30 | 12 | 30 |
| <i>Soup/Chili Accompaniment</i> | | | | | | | | | | | | | | | |
| Cornmeal Muffins | 1 ea | 385 | 17 | 1 | 0 | 0 | 520 | 53 | 2 | 20 | 6 | 0 | 0 | 3 | 11 |
| Cracker, Melba, Toast, 2Ct | 1 pkg | 40 | 0.5 | 0 | 0 | 0 | 95 | 9 | 1 | 1 | 2 | 0 | 0 | 0 | 4 |
| Crackers, Saltine, 2 Ct | 1 pkg | 24 | 0.5 | 0.1 | 0 | 0 | 54 | 4 | 0 | 0 | 1 | 0 | 0 | 0 | 2 |
| Dinner Roll Sourdough | 1 ea | 100 | 0.5 | 0 | 0 | 0 | 200 | 20 | 1 | 1 | 4 | 0 | 2 | 2 | 10 |
| Dinner Roll Wholewheat | 1 ea | 110 | 1 | 0 | 0 | 0 | 210 | 20 | 2 | 1 | 4 | 0 | 4 | 2 | 6 |
| Dinner Roll French | 1 ea | 100 | 0.5 | 0 | 0 | 0 | 135 | 19 | 1 | 1 | 3 | 0 | 15 | 2 | 6 |
| Dinner Roll Multigrain | 1 ea | 130 | 3 | 0 | 0 | 0 | 250 | 23 | 2 | 1 | 5 | 0 | 4 | 2 | 10 |

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|-----------------------------------|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| Baked Goods | | | | | | | | | | | | | | | |
| Carrot Muffins | 113 | 354 | 13 | 1 | 0 | 0 | 262 | 54 | 3 | 28 | 5 | 20 | 3 | 3 | 12 |
| Banana Muffins | 113 | 375 | 15 | 1 | 0 | 0 | 355 | 55 | 2 | 31 | 5 | 0 | 0 | 1 | 11 |
| Blueberry Muffins | 113 | 350 | 14 | 0 | 0 | 0 | 302 | 52 | 2 | 25 | 5 | 0 | 0 | 1 | 12 |
| Cornmeal Muffins | 113 | 385 | 17 | 1 | 0 | 0 | 520 | 53 | 2 | 20 | 6 | 0 | 0 | 3 | 11 |
| Apple Bran Muffins | 135 | 377 | 10 | 1 | 0 | 29 | 567 | 63 | 7 | 30 | 8 | 0 | 1 | 9 | 19 |
| Banana Chocolate Chunk Muffins | 113 | 359 | 12 | 2 | 0 | 0 | 422 | 58 | 3 | 32 | 5 | 0 | 0 | 2 | 14 |
| Caramel Coffee Cake Swirl Muffins | 113 | 363 | 13 | 1 | 0 | 1 | 281 | 57 | 2 | 28 | 5 | 0 | 0 | 2 | 12 |
| Cranberry Lemon Muffins | 113 | 345 | 14 | 2 | 0.1 | 0 | 246 | 48 | 2 | 21 | 6 | 0 | 0 | 0 | 0 |
| Morning Glory Muffins | 118 | 373 | 15 | 2 | 0 | 0 | 373 | 55 | 3 | 31 | 5 | 0 | 3 | 3 | 14 |
| Oatmeal 'N' Apple Muffins | 113 | 330 | 6 | 0.9 | 0 | 0 | 333 | 63 | 3 | 33 | 6 | 0 | 0 | 3 | 13 |
| Raisin Bran Muffins | 113 | 334 | 13 | 1 | 0 | 1 | 279 | 49 | 8 | 25 | 6 | 0 | 1 | 4 | 18 |
| Summer Berry Muffins | 113 | 370 | 14 | 2 | 0 | 0 | 368 | 57 | 2 | 29 | 5 | 0 | 1 | 2 | 12 |
| Raspberry Yogurt Muffins | 113 | 356 | 12 | 2 | 0 | 1 | 298 | 56 | 2 | 27 | 6 | 0 | 1 | 0 | 13 |
| Cranberry Scone | 82 | 214 | 8 | 3 | 0.1 | 0 | 571 | 31 | 1 | 4 | 5 | 0 | 1 | 3 | 14 |
| Dried Cranberry Scone | 82 | 227 | 8 | 3 | 0.1 | 0 | 571 | 35 | 1 | 8 | 5 | 0 | 0 | 3 | 14 |
| Blueberry Scone | 82 | 214 | 8 | 3 | 0.1 | 0.1 | 571 | 31 | 1 | 5 | 5 | 0 | 0 | 3 | 14 |
| Raspberry Scone | 82 | 217 | 8 | 3 | 0.1 | 0 | 571 | 32 | 1 | 5 | 5 | 0 | 1 | 3 | 14 |
| Raisin Scone | 82 | 227 | 8 | 3 | 0.1 | 0 | 572 | 35 | 1 | 7 | 5 | 0 | 0 | 3 | 15 |
| Plain Scone | 77 | 211 | 8 | 3 | 0.1 | 0 | 571 | 31 | 1 | 4 | 5 | 0 | 0 | 3 | 14 |
| Cheddar Scone (PHSA) | 85 | 253 | 11 | 4 | 0.2 | 11 | 637 | 31 | 1 | 4 | 7 | 5 | 0 | 9 | 14 |

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| Baked Goods | | | | | | | | | | | | | | | |
| Blueberry Bagel | 113 | 317 | 4 | 0.8 | 0.2 | 0 | 515 | 58 | 2 | 4 | 10 | 0 | 0 | 4 | 20 |
| Cheese Bagel | 113 | 314 | 6 | 2 | 1 | 7 | 628 | 50 | 2 | 3 | 11 | 0 | 0 | 9 | 19 |
| Everything Bagel | 113 | 297 | 3 | 0.6 | 0 | 0 | 594 | 59 | 2 | 4 | 10 | 0 | 0 | 8 | 30 |
| Multigrain Bagel | 113 | 317 | 5 | 0.6 | 0 | 0 | 714 | 60 | 4 | 4 | 10 | 0 | 0 | 4 | 30 |
| Sugar Cookie | 28 | 123 | 5 | 2 | 0 | 7 | 104 | 18 | 0 | 10 | 1 | 0 | 0 | 0 | 4 |
| Ranger Cookie | 28 | 116 | 4 | 0 | 0 | 5 | 95 | 16 | 1 | 7 | 1 | 0 | 0 | 0 | 6 |
| Trail Mix Bar | 85 | 340 | 17 | 6 | 0 | 25 | 240 | 44 | 5 | 21 | 8 | 0 | 0 | 4 | 13 |
| Small Biscotti, Cioccolaita | 24 | 110 | 4 | 2 | 0.1 | 20 | 70 | 17 | 0 | 9 | 2 | 0 | 0 | 2 | 6 |
| Small Biscotti, Original | 20 | 90 | 3 | 1 | 0.1 | 20 | 65 | 14 | 0 | 7 | 2 | 0 | 0 | 0 | 2 |
| Small Biscotti, Decadence | 24 | 100 | 4 | 2 | 0.1 | 20 | 70 | 16 | 1 | 9 | 2 | 0 | 0 | 2 | 8 |
| Biscotti Amaretto | 53 | 250 | 11 | 5 | 0 | 30 | 200 | 34 | 1 | 18 | 4 | 6 | 0 | 2 | 6 |
| Biscotti Rasp/Pepper | 53 | 240 | 10 | 4 | 0 | 30 | 190 | 33 | 1 | 17 | 4 | 6 | 0 | 2 | 6 |
| Biscotti Hazelnut with Cho Chunks | 53 | 220 | 8 | 3 | 0 | 30 | 200 | 33 | 1 | 16 | 4 | 8 | 0 | 2 | 6 |
| Loaf Cranberry Date Multigrain | 110 | 470 | 27 | 3 | 0 | 90 | 410 | 52 | 4 | 28 | 7 | 0 | 2 | 4 | 10 |
| Loaf Banana | 110 | 390 | 13 | 2 | 0 | 50 | 370 | 60 | 1 | 32 | 7 | 4 | 8 | 2 | 10 |
| Loaf Lemon | 110 | 460 | 19 | 3 | 0 | 115 | 590 | 65 | 1 | 41 | 6 | 2 | 0 | 6 | 10 |
| GF - Berry Medley with Chia Seed Muffin | 78 | 130 | 3 | 1 | 0 | 0 | 220 | 18 | 4 | 8 | 9 | 15 | 6 | 4 | 4 |
| GF - Orange Cinnamon with Mango Muffin | 78 | 130 | 3 | 1 | 0 | 0 | 230 | 18 | 4 | 8 | 9 | 15 | 6 | 4 | 6 |
| GF - Belgian Chocolate with Banana Muffin | 78 | 140 | 4 | 2 | 0 | 0 | 180 | 20 | 4 | 9 | 9 | 10 | 2 | 4 | 8 |
| GF - Apple Cinnamon with Chia Muffin | 78 | 130 | 3 | 1 | 0 | 0 | 240 | 20 | 5 | 8 | 9 | 10 | 2 | 4 | 4 |
| GF - Chocolate Soft-Baked Cookie | 55 | 80 | 2 | 1 | 0 | 0 | 110 | 11 | 3 | 5 | 5 | 0 | 2 | 2 | 4 |

GF – Gluten-free

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|--|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| OnTheGo Items | | | | | | | | | | | | | | | |
| Yogurt (Vanilla) and Frozen Berries | | 227 | 3 | 2 | 0.1 | 11 | 86 | 32 | 1.4 | 28 | 6 | 5 | 2 | 16 | 2 |
| Yogurt (Vanilla) and Fresh Berries | | 227 | 3 | 2 | 0.1 | 11 | 86 | 32 | 1.2 | 28 | 6 | 5 | 4 | 16 | 1 |
| Yogurt (Strawberry) and Fresh Berries | | 227 | 0.2 | 0 | 0 | 0 | 86 | 15 | 1.2 | 11 | 6 | 7 | 4 | 16 | 1 |
| Spiced Pumpkin and Quinoa Yogurt Parfait | | 301 | 7 | 2 | 0.1 | 8 | 222 | 59 | 4.7 | 34 | 9 | 205 | 1 | 15 | 18 |
| Breakfast Yogurt Parfait-B,OTG | | 249 | 4 | 2 | 0.1 | 11 | 182 | 50 | 2.6 | 35 | 8 | 5 | 2 | 17 | 4 |
| Bugs Bunny Parfait-B,V,OTG (MWG) | | 120 | 5 | 0.9 | 0.1 | 3 | 341 | 12 | 2.8 | 6 | 1 | 248 | 1 | 4 | 6 |
| Chicken Salad on Whole Wheat-B | | 137 | 6 | 1 | 0 | 34 | 380 | 30 | 3.6 | 3 | 17 | 23 | 0 | 6 | 12 |
| Chunky Chicken Salad Sandwich-OTG,B | | 177 | 8 | 1 | 0 | 34 | 601 | 49 | 4.7 | 0 | 19 | 27 | 2 | 1 | 31 |
| Ham and Swiss on Whole Wheat | | 108 | 6 | 3 | 0 | 24 | 721 | 30 | 3.1 | 3 | 15 | 2 | 0 | 16 | 10 |
| Shaved Ham and Cheese Sandwich (WW) | | 128 | 7 | 4 | 0.2 | 26 | 830 | 32 | 3.5 | 4 | 15 | 22 | 0 | 17 | 10 |
| Fruit Cup-B,V,OTG (MWG) | | 326 | 0.6 | 0.1 | 0 | 0 | 17 | 39 | 4.2 | 32 | 2 | 60 | 22 | 4 | 7 |
| Fruit Jelly Low Calorie (Cherry) | | 129 | 0 | 0 | 0 | 0 | 9 | 1 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Fruit Jelly Low Calorie (Strawberry) | | 129 | 0 | 0 | 0 | 0 | 34 | 3 | 0 | 0 | 0.5 | 0 | 0 | 0 | 0 |
| Country Garden Salad (Small)-V | | 161 | 15 | 2 | 0.2 | 0.1 | 281 | 11 | 2.1 | 7 | 2 | 116 | 2 | 4 | 6 |
| Julienne Salad (Big Salad)-OTG | | 479 | 20 | 6 | 0.2 | 131 | 1280 | 18 | 4.3 | 9 | 23 | 129 | 3 | 28 | 25 |

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 | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|-------------------------------------|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| Snacks | | | | | | | | | | | | | | | |
| Dark Chocolate Covered Goji Berries | 40 | 205 | 11 | 6 | 0 | 0 | 50 | 224 | 2 | 18 | 3 | 0 | 6 | 2 | 10 |
| Chili Club | 35 | 132 | 3 | 0.5 | 0 | 0 | 175 | 24 | 1 | 3 | 4 | 0 | 0 | 0 | 5 |
| Oriental Delight Mix | 35 | 184 | 11 | 2 | 0 | 0 | 184 | 16 | 3 | 1 | 6 | 0 | 0 | 4 | 5 |
| Crunchy Peanut Snack Mix | 35 | 164 | 8 | 2 | 0 | 0 | 140 | 18 | 3 | 5 | 5 | 0 | 0 | 5 | 7 |
| Natural Whole Almond | 30 | 170 | 14 | 1 | 0 | 0 | 0 | 6 | 4 | 1 | 6 | 0 | 0 | 8 | 8 |
| Tropical Mix | 30 | 110 | 1 | 1 | 0 | 0 | 60 | 24 | 0 | 19 | 0 | 4 | 2 | 2 | 0 |
| Organic Rice Cake (per 1 cake) | 19 | 60 | 1 | 0 | 0 | 0 | 2 | 14 | 1 | 0 | 1 | 0 | 0 | 0 | 2 |

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| Menu Item | Serving Size (g) | Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) |
|--|-------------------------|------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|--------------------------|--------------------------|-------------------|--------------------|------------------------|------------------------|----------------------|-------------------|
| Van Houtte Drinks | | | | | | | | | | | | | | | |
| Coffees | | | | | | | | | | | | | | | |
| Brewed Regular Coffee | 8 fl. oz | 2 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0.3 | 0 | 0 | 0 | 0 |
| Brewed Decaf coffee | 8 fl. oz | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0.2 | 0 | 0 | 0 | 0 |
| Brewed Flavour Coffee | 8 fl. oz | 2 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0.3 | 0 | 0 | 0 | 0 |
| Hot Beverage Powders | | | | | | | | | | | | | | | |
| Distinction - HotChocolate Powder | 20 | 90 | 3 | 3 | 0 | 0 | 80 | 14 | 0 | 12 | 2 | 0 | 0 | 10 | 0 |
| Distinction- French Vanilla Capuccino | 20 | 90 | 3 | 2 | 0 | 0 | 80 | 14 | 0 | 12 | 2 | 0 | 0 | 10 | 0 |
| Distinction - Chai | 20 | 90 | 3 | 2 | 0 | 0 | 80 | 14 | 0 | 12 | 2 | 0 | 0 | 10 | 0 |
| Hot Chocolate Powder CarnationEnvelope | 30 | 130 | 1 | 1 | 0 | 0 | 160 | 26 | 0 | 21 | 1 | 0 | 0 | 3 | 6 |