

## 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](http://www.InformedDining.ca) or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information has been supplied by Island Health Food Services utilizing CBORD Foodservice Suite nutritional analysis software. Such nutrition information has not been independently researched, written or verified by the Government of British Columbia. The Government of British Columbia assumes no responsibility for liability arising from any errors or omission of information, or from the use of any information contained within the nutrition information supplied by the restaurant.

“Please be advised that all items contained in the Informed Dining Binder may not be available at this particular Island Health location.”

# NUTRITION MENU

## NRGH Cafeteria



The information in this guide is effective as of August 26, 2020 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by Island Health CBORD system and information provided by our suppliers.



## 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)

CAFETERIA 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)
<b>BAKED GOODS</b>															
Apricot Muffin	160g	360	12	1	0	20	700	63	6	31	6	6	4	4	15
Apple Cinnamon Muffin	160g	350	12	1	0	20	700	61	6	27	6	4	0	4	15
Blueberry Muffin	160g	350	12	1	0	20	690	61	6	28	6	4	0	4	15
Bran Muffin	70g	200	8	0.5	0	5	160	30	4	0	4	0	0	0	0
Banana Bran Muffin	160g	360	12	1	0	20	690	63	6	29	6	4	4	4	15
Banana Chocolate Muffin	115g	410	13	2	0	5	470	65	3	35	7	0	0	2	15
Caramel Coffee Muffin	120g	390	14	1	0	5	290	60	2	29	6	0	0	2	10
Carrot Pineapple Muffin	160g	370	12	1	0	20	710	66	7	33	6	20	8	4	15
Carrot Spice Muffin	115g	390	13	1.5	0	45	400	61	4	30	8	100	6	6	15
Chocolate Raspberry Muffin	160g	380	13	2	0	20	700	67	10	28	8	4	6	4	30
Cranberry Muffin	160g	350	12	1	0	20	690	61	7	28	6	4	6	4	15
Cranberry Lemon Muffin	160g	350	12	1	0	20	690	61	7	28	6	4	6	4	15
Cranberry Orange Scone	70g	160	5	0.5	0	5	360	26	3	1	4	0	4	0	0
Cheese Scone	70g	190	8	2.0	0	10	400	25	2	0	6	2	0	6	0


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<b>BAKED GOODS Cont'd</b>															
Cheese Scone (NRGH)	70g	190	8	2.5	0	10	400	25	2	0	6	2	0	6	0
Double Chocolate Muffin	160g	460	18	4.5	0	20	700	74	8	39	8	4	0	4	30
Fruit Extreme Muffin	125g	310	7	1.5	0	5	390	61	8	31	7	0	0	6	20
Golden Raisin Muffin	115g	380	14	1.5	0	5	330	56	9	27	8	0	0	6	25
Raisin Scone	140g	380	11	1.5	0	5	740	68	6	12	8	0	0	0	4
Parmesan Bread	55g	110	1.5	0.5	0	5	320	20	1	4	5	0	0	6	8
Parmesan Bread (NRGH)	55g	120	1.5	0.5	0	5	370	23	2	5	5	0	2	6	8
Oatmeal Apple Muffin	125g	400	7	1	0	5	400	75	4	39	7	0	0	2	10
Orange Date Muffin	160g	630	12	1	0	20	700	77	9	45	6	4	20	15	15
Peach Muffin	160g	350	12	1	0	20	700	62	6	31	6	4	2	4	15
Peach Ginger Muffin	160g	360	12	1	0	20	700	63	6	31	6	4	2	4	20
Pina Colada Muffin	160g	420	15	4.5	0	20	710	69	7	36	6	4	6	4	20
Raisin Muffin	160g	410	12	1	0	20	700	78	7	42	6	4	0	4	20
Raspberry Muffin	160g	350	12	1	0	20	690	60	6	28	6	4	6	4	15
Raspberry Yogurt Muffin	115g	400	15	2.5	0	45	380	61	1	29	8	4	6	6	15


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<b>BAKED GOODS Cont'd</b>															
Baking Powder Biscuit (NRGH)	65g	180	9	3	0	1.25	310	23	<1	1	4	0	0	15	20
Triple Berry Muffin	160g	350	12	1	0	20	690	61	7	27	6	4	4	4	15

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<b>BREAKFAST</b>															
Belgian Waffle	70g	140	6	1.5	0	15	260	20	1	5	3	0	0	0	6
Berry Blend Parfait	210g	260	3.5	1.5	0	5	200	49	5	31	6	4	8	15	30
Blueberry Parfait	210g	250	3.5	1.5	0	5	200	49	3	36	6	4	4	15	30
Breakfast Burrito	350g	600	36	8	0	175	1490	41	3	5	26	20	35	35	25
Breakfast Sandwich (NRGH)	190g	530	31	12	0	200	1350	33	5	3	33	15	0	35	25
Eggs Benny	195g	310	20	9	0	15	800	22	1	1	12	25	0	8	8
Egg and Bacon Breakfast Sandwich	140g	340	16	7	0	165	870	31	1	2	18	10	0	25	25
Egg and Cheese Breakfast Sandwich	135g	280	11	5	0	150	720	31	1	2	14	10	0	25	25
Egg and Ham	150g	300	12	6	1	180	870	32	1	3	18	10	0	25	25
Egg and Sausage Breakfast Sandwich	185g	430	15	10	0	170	1160	36	2	3	21	10	0	25	25
Hard Boiled Egg	50g	70	5	1.5	0	185	65	1	0	0	6	10	0	2	6
Oatmeal	180mL	110	2	0	0	5	0	20	3	0	4	0	0	0	8


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<b>BREAKFAST</b>															
Pancakes	80g	230	3.5	0.5	0	10	610	47	6	8	5	2	0	6	20
Raspberry Parfait	210g	240	3	1.5	0	5	200	47	2	34	6	4	20	15	30
Scrambled Eggs	170g	100	6	2	0	5	90	2	0	1	8	15	0	6	6
Strawberry Parfait	210g	240	3	1.5	0	5	200	47	2	34	6	4	40	15	30
West Coast Breakfast Calzone (NRGH)	150g	480	19	5	0	140	720	54	3	6	19	6	4	25	40
Yogurt Parfait	140g	130	1.5	0.5	0	5	65	24	4	14	3	0	10	8	10


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<b>DESSERTS</b>															
Apple Pie	125g	330	15	8	0	5	280	44	2	17	3	0	0	0	10
Apple Blueberry Loaf	45g	90	1.5	0	0	5	125	15	1	6	2	0	2	4	6
Apple Blueberry Loaf (NRGH)	50g	90	1.5	0	0	5	160	15	1	5	2	0	0	4	6
Banana Loaf	50g	110	3	0	0	5	150	17	1	6	3	0	2	4	6
Butter Tart Square	60g	330	10	4	0	50	150	33	1	27	2	6	0	2	8
Carrot Cake	90g	330	20	3	0	40	300	38	2	26	3	6	4	4	6
Carrot Cake (NRGH)	60g	240	13	2	0	5	260	28	1	20	3	20	2	6	6
Chocolate Chip Cookie	55g	240	11	5	0	15	180	34	1	20	3	10	0	2	10
Chocolate Cake	55g	190	9	2.5	0	15	130	26	1	18	2	6	0	2	6
Chocolate Cake (NRGH)	55g	190	9	2.5	0	5	160	25	1	14	3	8	0	4	6
Date Square	60g	210	9	3	0	55	140	32	2	67	3	6	0	2	15
Double Chocolate Cookie	55g	240	12	5	0	15	200	33	1	21	3	10	0	2	15

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<b>DESSERTS Cont'd</b>															
Banana Loaf	50g	110	3	0	0	5	150	17	1	6	3	0	2	4	6
Blueberry Pie	100g	260	12	7	0	5	220	38	2	21	2	0	0	0	4
Brownie (NRGH)	45g	170	11	1	0	5	45	18	1	11	2	2	0	2	6
Brownie	45g	170	11	1	0	5	45	18	1	11	2	2	0	2	6
Cheese Cake	225g	610	40	24	1.5	200	500	52	2	38	11	35	25	10	10
Cranberry Orange Loaf	60g	120	3.5	1	0	5	135	19	1	6	3	4	4	4	6
Caramel Vanilla Swirl Cake	40g	150	7	2	0	50	180	20	0	42	2	0	0	2	4
Lemon Cream Cake	110g	360	19	8	0	95	270	43	0	32	4	4	0	6	8
Lemon Pie	170g	390	12	6	0	5	300	68	1	46	3	0	0	0	0




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<b>DESSERTS Cont'd</b>															
Oatmeal Raisin Cookie	55g	230	9	9	0	15	160	33	2	17	4	10	0	2	8
Orange Citrus Cake	50g	170	7	2	0	30	190	22	0	14	3	4	4	2	4
Pumpkin Pie	215g	530	21	9	0	60	580	79	2	30	8	15	0	15	15
Pumpkin Spice Loaf	40g	150	8	0.5	0	5	150	18	1	7	3	0	0	4	6
Nanaimo Bar	60g	160	9	4.5	0	5	120	20	1	15	1	6	0	0	6
Strawberry Cream Cake	90g	160	8	3.5	0	30	125	21	0	15	2	8	4	4	4
Strawberry Rhubarb Pie	200g	550	25	12	0	5	570	80	3	33	3	0	15	10	15
Rocky Road Brownie	60g	230	9	1.5	0	10	110	37	1	27	2	0	0	0	10
Triple Chocolate Fudge Cake	50g	190	10	4.5	0	25	220	22	1	16	2	8	0	2	10
Triple Chocolate Chunk Brownie	60g	260	15	7	0	20	115	28	1	13	3	15	0	4	10
White Chocolate Macadamia Cookie	55g	260	13	5	0	15	190	33	1	21	3	10	0	2	6


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<b>DESSERTS Cont'd</b>															
Apple Crisp (NRGH)	160g	160	3	1	0	5	25	33	3	13	1	4	20	2	4
Apple Crisp	145g	140	2.5	1	0	5	20	31	3	12	1	2	20	2	4
Blueberry Crisp (NRGH)	150g	160	3	1	0	5	25	33	4	21	2	4	15	2	4
Blueberry Crisp	145g	140	2.5	1	0	5	20	30	4	20	1	2	20	2	4
Mixed Berry Crisp (NRGH)	140g	160	3	1	0	5	25	32	6	11	2	4	20	4	6
Mixed Berry Crisp	145g	150	2.5	1	0	5	20	31	6	12	2	2	30	4	6
Rhubarb Strawberry Crisp (NRGH)	125g	140	2.5	1	0	5	25	29	2	16	2	4	40	10	6
Rhubarb Strawberry Crisp	145g	120	2	1	0	5	20	25	2	15	1	2	45	10	6
Jellied Mandarins (NRGH)	150g	90	0	0	0	5	70	21	1	20	2	6	50	0	2
Jellied Mandarins	150g	70	0	0	0	5	55	18	1	16	2	6	50	0	2


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<b>DESSERTS Cont'd</b>															
Lemon Jell-O & Peaches (NRGH)	150g	80	0	0	0	5	55	20	1	19	1	2	6	0	2
Lemon Jell-O & Peaches	150g	90	0	0	0	5	70	23	1	22	2	2	6	0	2
Lemon Jell-O	120mL	80	0	0	0	5	95	18	0	17	2	0	0	0	0
Lime Jell-O	120mL	80	0	0	0	5	95	18	0	17	2	0	0	0	0
Orange Jell-O	120mL	80	0	0	0	5	95	18	0	17	2	0	0	0	0
Peach Jell-O	120mL	80	0	0	0	5	95	18	0	17	2	0	0	0	0
Wild Cherry Jell-O	120mL	80	0	0	0	5	95	18	0	17	2	0	0	0	0
Baked Custard	170g	170	7	2	0	5	120	16	0	15	11	20	0	15	6
Baked Custard (NRGH)	170g	170	7	2	0	5	125	17	0	16	11	20	0	15	8
Baked Pumpkin Custard	135g	110	3.5	1	0	5	60	15	1	8	6	8	6	6	4
Baked Pumpkin Custard (NRGH)	135g	130	3.5	1	0	5	60	18	1	11	6	8	6	6	6

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	<b>DESSERTS Cont'd</b>														
Banana Pudding	120mL	270	2.5	1	0	10	670	53	0	12	8	15	0	25	0
Butterscotch Pudding	120mL	130	1	0	0	5	390	27	0	6	4	8	0	15	0
Chocolate Pudding	120mL	130	1.5	0.5	0	5	340	25	0	6	4	8	0	15	0
Lemon Pudding	120mL	130	1	0	0	5	330	27	0	6	4	8	0	15	0
Rice Pudding	120mL	160	1.5	0	0	5	95	31	1	17	6	8	0	15	2
Tapioca Pudding	120mL	110	1	0	0	5	115	22	0	6	4	8	0	15	0
Vanilla Pudding	120mL	130	1	0	0	5	330	27	0	6	4	8	0	15	0

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<b>ENTREES</b>															
<b>BEEF</b>															
Baron of Beef Au Jus	315g	380	8	3	0	75	1640	34	1	63	38	0	20	8	40
Beef & Vegetable Stew (NRGH)	335g	300	6	1.5	0	55	250	28	4	5	31	35	20	6	30
Beef & Vegetable Stew	330g	300	6	1.5	0	70	190	24	4	1	35	25	25	6	30
Braised Beef	195g	160	4	1	0	50	150	7	1	2	23	2	6	2	20
Beef Cabbage Roll Casserole	200g	210	8	3	0	45	60	17	3	2	19	4	25	6	20
Beef Cabbage Rolls	225g	190	6	2	0	5	500	27	3	1	7	0	0	8	0
Beef Goulash	210g	180	3.5	1.5	0	50	120	12	2	3	24	10	20	4	25
Beef Tomato Casserole	295g	390	14	6	0	70	270	35	5	5	31	10	25	15	40
Beef Stroganoff	205g	220	6	3	0	65	150	12	1	2	28	8	8	6	25
Ginger Beef	220g	520	18	2.5	0	60	1470	70	1	42	19	0	0	4	20
Hot Beef Sandwich	75g	180	4.5	1.5	0	40	170	12	2	0	21	0	0	4	20
Hot Dog	155g	180	3	0.5	0	15	740	28	3	1	11	0	0	6	15

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<b>island health</b>															
<b>ENTREES Cont'd</b>															
<b>BEEF</b>															
Lasagna (CDH)	225g	270	8	4.5	0	35	740	35	3	9	16	6	2	20	10
Loaded Cheese Burger	325g	730	44	16	1	90	910	50	6	7	37	8	10	25	35
Loaded Hamburger	305g	660	38	12	1	70	790	50	6	7	32	8	10	10	35
Meatloaf	100g	210	10	4	0	55	170	8	1	2	20	4	4	4	15
Roast Beef	75g	170	6	2	0	60	45	0	0	0	27	0	0	0	20
Salisbury Steak	85g	140	8	3	0	55	160	4	0	0	14	0	0	4	15
Shepherd's Pie (NRGH)	200g	280	13	5	0	55	120	19	2	2	21	15	15	4	25
Shepherd's Pie	200g	300	14	5	0	60	170	20	2	2	23	15	15	4	20
Swedish Meatballs	135g	250	12	4.5	0	65	115	11	0	3	24	4	2	2	20
Swedish Meatballs (NRGH)	135g	240	12	4.5	0	65	115	9	0	3	23	4	2	2	20
Tourtiere Pie	210g	390	22	7	0	70	240	20	1	2	26	0	4	4	20

## 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)

CAFETERIA 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)
<b>island health</b>															
<b>ENTREES Cont'd</b>															
<b>SEAFOOD</b>															
Asian Glazed Salmon	100g	100	2.5	0	0	25	230	4	0	1	15	2	0	0	4
Pub House Battered Cod (NGRH)	70g	110	4.5	0	0	40	310	11	0	0	7	0	0	2	4
Breaded Cod	115g	190	9	1	0	0	270	13	0	0	13	0	0	8	6
Mediterranean Glazed Haddock	100g	90	1.5	0	0	60	130	2	0	0	16	0	0	0	2
Salmon Fillet	80g	140	4.5	1	0	85	60	0	0	0	23	4	0	0	4
Tuna Melt on a Bun	250g	420	16	6	0	20	910	26	1	1	43	8	8	15	20
<b>PASTA</b>															
Macaroni & Cheese (NRGH)	375g	650	32	16	0	80	680	58	2	11	33	35	0	70	20
Macaroni & Cheese	365g	690	35	17	0	75	690	61	2	8	33	40	0	65	20
Cheese Cannelloni	235g	290	14	7	0	55	620	29	2	8	14	20	40	20	15
<b>PORK</b>															
BBQ Pulled Pork SW (NRGH)	235g	500	16	5	0	45	1270	62	4	23	24	4	55	8	30
Pork Cutlet Mushroom Gravy	150g	170	5	1.5	0	60	190	6	1	1	23	4	4	0	10

## 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)

CAFETERIA 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)
<b>island health</b>															
<b>ENTREES Cont'd</b>															
<b>PORK</b>															
Pork Cutlet Onion Gravy	150g	160	5	1.5	0	60	75	4	0	0	23	2	0	0	8
Roast Pork	75g	140	5	1.5	0	65	40	0	0	0	22	0	0	0	4
Sweet & Sour Pork	260g	510	22	3	0	40	1930	49	3	20	29	2	60	8	20
Bratwurst Sausage	100g	340	30	10	0	70	830	2	0	1	14	0	0	4	6
<b>POULTRY</b>															
BBQ Chicken wings	100g	210	14	4	0	115	660	1	0	1	20	2	0	0	6
Butter Chicken	310g	520	12	9	3	215	1200	19	0	9	49	10	20	6	25
Chicken Strips	100g	220	10	1	0	45	670	19	1	0	13	0	0	0	10
Chicken Cacciatore	155g	140	2.5	0.5	0	55	80	6	1	1	23	2	8	4	10
Chicken Chow Mein	250g	480	25	3.5	0	30	550	45	5	4	17	6	35	15	30
Chicken Penne	225g	170	3.5	1.5	0	36	590	21	3	<1	14	6	2	15	8
Chicken Pot Pie	130g	400	24	6	0	20	340	34	1	2	10	4	2	2	15



## Daily Calorie and Sodium Requirements

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CAFETERIA 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)
<b>island health</b>															
<b>ENTREES Cont'd</b>															
<b>POULTRY</b>															
Chicken Cordon Bleu	110g	200	7	3.5	0	55	460	11	1	1	22	0	0	0	0
Chicken Crème Brie	195g	440	25	8	0	45	1050	28	1	6	26	10	4	20	8
Chicken Schnitzel	115g	270	12	2	0	55	840	23	1	1	17	0	0	0	6
Chicken Souvlaki Skewer	100g	4	1	0	0	70	50	3	0	1	14	2	4	4	6
Crispy Baked Chicken	90g	140	2	0.5	0	50	150	7	1	1	22	2	0	4	10
Grilled Chicken Taco	380g	490	17	4	0	100	1490	47	7	6	37	20	40	15	20
Chicken Pie	125g	350	21	8	0	25	330	30	3	2	11	0	0	4	15
Chicken Stew	270g	280	10	2	0	85	210	17	1	2	31	15	6	4	15
Honey Garlic Wings	100g	190	12	4	0	90	540	2	0	2	18	2	0	8	6
Hot Turkey Sandwich	180g	260	4.5	0.5	0	5	320	17	2	0	36	0	0	4	8
Roast Turkey	75g	120	2	0	0	5	35	0	0	0	24	0	0	0	0
Rosemary Roast Chicken	75g	130	4	0.5	0	55	40	1	0	0	23	0	0	0	6
Turkey Roulade	175g	260	9	2.5	0	90	310	21	3	2	24	6	4	10	15


## 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)

CAFETERIA 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)
<b>island health</b>															
<b>ENTREES Cont'd</b>															
<b>VEGETARIAN</b>															
Bean and Cheese Burrito	275g	410	15	5	0	15	960	53	7	7	13	8	25	20	15
Bean and Cheese Burrito (Large)	420g	720	25	8	0	20	1420	95	11	7	23	10	30	30	30
Loaded Veggie Burger	300g	510	18	1.5	0	0	700	56	10	6	30	8	15	25	100
Vegetarian Baked Pasta	190g	210	7	3	0	15	360	25	4	4	15	10	25	15	15
Vegetarian Frittata	140g	170	11	4.5	0	10	170	5	1	2	13	20	15	10	10
Spinach Quiche	140g	340	23	10	0	30	480	22	1	2	10	20	10	20	15
Vegetarian Chili	310g	180	3.5	0	0	5	390	36	9	6	7	10	40	10	30
Vegetarian Chili (NRGH)	310g	190	3.5	0	0	5	810	34	7	10	7	35	85	6	20
Veggie Pizza	190g	410	17	9	0	35	860	47	2	5	19	8	15	30	20
Vegetarian Samosas	170g	390	12	1.5	0	5	1230	62	3	19	7	30	20	6	20
Vegetarian Lasagna	325g	500	27	12	3	55	1310	41	5	6	23	6	0	40	10


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CAFETERIA 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)
<b>ENTREES Cont'd</b>															
<b>OTHER ENTREES</b>															
Potato Bar	290g	480	27	14	1	70	440	47	5	4	15	15	50	10	20
Chicken Cheese Tornadoes	180g	250	11	3.5	0	25	820	31	2	5	8	6	15	8	15
Chicken Quesadilla	475g	980	49	22	1	170	1920	74	5	7	56	35	95	65	40
Quesadilla	320g	640	39	20	1	105	1400	43	4	7	29	35	95	65	20
Potato Cheese Perogies	35g	70	1.5	0	0	10	125	11	1	0	2	0	0	4	0
Spanakopita	175g	310	16	9	0	30	960	25	2	1	13	2	4	20	20
Warm Taco Salad	280g	330	15	4.5	0	15	330	41	8	5	10	45	55	20	25
Meat Lovers Pizza	195g	490	23	11	0	65	1070	46	2	3	26	8	4	30	35
Spring Roll	45g	100	4	0.5	0	5	105	13	2	2	2	0	0	0	4
<b>ENTREE TOPPING</b>															
Salsa	65g	20	0	0	0	0	340	4	1	3	1	2	15	2	2

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CAFETERIA 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)
<b>GRAVY &amp; SAUCES</b>															
Beef Gravy	60mL	30	0.5	0	0	5	135	5	0	0	1	0	0	0	0
Brown Gravy	60mL	30	0	0	0	5	135	6	0	0	1	0	0	0	0
Hollandaise Sauce	65mL	170	16	7	0	5	310	6	0	0	2	20	0	0	0
Poultry Gravy	60mL	30	1	0.5	0	5	135	5	0	0	1	0	0	0	0
Beef Au Jus	60mL	20	0	0	0	5	580	4	0	0	0	0	0	0	0
Citrus Sauce	60mL	35	0	0	0	5	5	9	0	6	0	0	25	0	0
Homemade Beef Gravy	60mL	30	1.5	0	0	5	45	4	0	0	0	2	0	0	2
Homemade Poultry Gravy	60mL	30	1.5	0	0	5	35	4	0	0	0	0	0	0	0
Mushroom Gravy	60mL	45	2	0	0	5	140	6	1	1	1	4	4	0	4
Onion Gravy	60mL	35	2	0	0	5	30	4	0	0	0	2	0	0	2
Pork Gravy	60mL	30	1.5	0	0	5	55	4	0	0	0	0	0	0	0

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CAFETERIA 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)
<b>SALADS</b>															
Asian Broccoli Salad	290g	200	13	2	0	5	460	20	3	7	5	6	45	0	6
Green Bean & Pepper Salad	110g	45	0.5	0	0	5	80	7	3	2	2	4	15	4	6
Bean Salad	100g	100	6	0	0	5	115	9	2	2	3	0	8	2	8
Beef Salad	560g	270	7	2.5	0	70	140	43	5	11	34	55	150	45	30
BLT Macaroni Salad	175g	290	9	2	0	5	220	44	2	6	9	2	8	0	10
Broccoli Salad	175g	220	15	3	0	10	320	16	3	8	7	4	100	4	6
Brown Rice & Walnut Salad	150g	250	12	1.5	0	5	160	31	3	7	4	4	60	4	8
Caesar Salad	135g	170	13	3	0	10	330	9	3	4	5	45	40	45	6
Caesar Salad with Shrimp	225g	500	19	4	0	10	690	67	7	32	19	35	30	40	40
Cheese and Egg Salad	535g	330	19	9	0	390	370	45	5	12	22	80	150	65	15
Chef's Salad	305g	280	13	5	0	240	460	8	2	4	34	25	70	15	20
Chicken Caesar Salad	195g	230	14	3.5	0	45	530	11	3	4	17	45	40	45	8
Chicken Salad	535g	300	14	3	0	55	340	46	5	11	23	55	150	50	15

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CAFETERIA 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)
<b>SALADS Cont'd</b>															
Coleslaw	85g	70	3	0.5	0	5	270	10	2	6	1	4	65	4	4
Cottage Cheese & Fruit Plate	410g	210	1.5	1	0	5	520	36	3	30	17	10	145	10	6
Couscous Salad	175g	280	19	1.5	0	5	40	23	2	1	4	2	15	2	6
Cucumber Citrus Salad	75g	30	1.5	0	0	5	0	4	1	2	1	0	15	0	0
Cucumber Honeydew Salad	175g	130	8	2	0	10	200	15	2	12	3	2	40	8	6
Edamame Salad	150g	260	12	1.5	0	5	230	32	7	5	14	10	105	15	25
Egg Salad	535g	240	13	3.5	0	320	270	46	5	11	15	70	150	50	15
Fresh Fruit Plate	255g	100	0	0	0	5	0	27	2	22	2	4	70	2	4
Fruit Salad	200g	90	0	0	0	5	20	24	2	20	1	6	90	2	2
Greek Salad	300g	240	18	6	0	25	780	15	3	9	7	10	90	20	75
Hard Boiled Eggs	110g	140	10	3	0	365	125	3	0	1	12	20	4	4	10
Honey Curry Fusilli Salad	200g	230	6	1	0	5	105	40	2	16	5	6	65	2	10
Humus & Pita	195g	350	11	1	0	5	580	54	5	3	12	10	10	15	25


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CAFETERIA 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)
<b>SALADS Cont'd</b>															
Ichiban Salad	175g	320	20	3	0	5	910	30	4	10	7	6	50	6	10
Med. Barley Rice Salad	175g	240	12	3.5	0	15	230	30	3	2	5	8	20	10	10
Pasta Salad	225g	430	20	9	1.5	80	870	38	3	4	23	15	10	25	15
Salmon Salad	560g	250	11	2	0	5	530	45	5	11	24	55	150	45	10
Sliced Chicken Salad	560g	250	3	1	0	85	150	43	5	11	38	55	150	50	15
Small Beef Salad	265g	120	3	1	0	25	65	21	3	5	14	25	70	25	15
Small Cheese and Egg Salad	290g	210	14	7	0	210	270	23	3	6	14	40	70	40	10
Small Chicken Salad	265g	150	7	1.5	0	30	170	23	3	5	12	25	70	25	6
Small Egg Salad	265g	120	6	1.5	0	160	135	23	3	6	7	35	70	25	8
Small Salmon Salad	265g	110	4.5	1	0	5	220	22	3	5	10	25	70	25	6
Small Sliced Chicken Salad	265g	110	1.5	0	0	35	70	21	3	5	16	25	70	25	6
Small Tuna Salad	265g	110	3	0.5	0	5	190	22	3	5	12	25	70	25	6
Small Turkey Salad	265g	120	1.5	0	0	5	70	21	3	5	18	25	70	25	4

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 <b>CAFETERIA MENU ITEMS</b>	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)
<b>SALADS Cont'd</b>															
Spinach Salad	175g	170	13	2.5	0	175	260	7	3	3	9	45	40	10	20
Spinach with Shrimp Salad	215g	100	3.5	2	0	10	380	9	2	3	10	30	155	20	10
Spinach Salad with Chicken	225g	120	4	2	0	25	320	10	3	3	13	30	155	15	15
Spinach Salad with Strawberry and Feta	230g	90	3.5	2.5	0	15	210	12	3	5	5	30	190	15	15
Spinach Salad with Egg and Mushroom	235g	90	4	1	0	130	85	10	3	4	7	35	155	8	15
Spinach Salad with Cranberry and Feta	215g	150	3.5	2.5	0	15	210	26	4	16	5	30	155	10	15
Tabouli Salad	155g	120	7	1	0	5	190	13	1	2	2	4	25	2	4
Thai Chow Mein Salad	250g	610	23	10	0	15	1010	87	4	19	15	10	135	6	40
Tomato Feta Salad	100g	80	6	1	0	5	80	6	1	5	1	4	20	4	4
Tomato Herb	105g	60	5	0	0	5	5	5	1	4	1	4	25	0	4




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CAFETERIA 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)
<b>SALADS Cont'd</b>															
Tossed Salad	210g	40	0	0	0	5	45	30	2	6	2	25	75	35	2
Tossed Salad with Chicken	230g	80	1	0	0	20	130	9	2	4	8	15	140	4	6
Tossed Salad w/ Egg	230g	90	4	1	0	130	60	9	2	4	6	20	135	4	10
Tossed Salad w/ Shrimp	220g	50	0.5	0	0	5	190	8	2	4	5	15	135	6	6
Tossed Salad w/ Strawberries & Feta	245g	90	3.5	2.5	0	15	180	11	3	6	4	15	170	10	6
Tossed Salad w/ Cranberry & Feta	230g	150	3.5	2.5	0	15	180	25	4	17	4	15	135	10	6
Tossed Ham & Cheese Salad	230g	130	8	4	1	35	240	9	2	4	9	45	145	15	8
Tuna Salad	560g	240	7	1	0	5	460	45	5	11	29	55	150	45	15
Turkey Salad	560g	290	4	0	0	5	150	43	5	11	44	55	150	45	10
Veggie & Dip	180g	70	2.5	0	0	5	180	12	3	4	2	20	160	4	6
Waldorf Salad	175g	200	11	4	0	5	45	27	2	23	2	0	10	4	4
Yoga Salad	210g	280	10	1	0	5	330	47	4	31	4	25	50	8	10


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CAFETERIA 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)
<b>SANDWICHES</b>															
<b>BREADS</b>															
12 Grain Bagel	85g	230	5	0.5	0	5	300	38	5	1	10	0	0	8	20
12 Grain Bread Slice	45g	120	2	0	0	5	160	20	3	3	4	0	0	2	8
Ancient Grain Bread Slice	45g	110	1.5	0	0	5	160	20	3	2	4	0	0	2	8
Double Flax Bread	45g	120	2.5	0	0	5	160	20	2	3	5	0	0	2	8
Focaccia Bread	85g	210	4	0	0	5	490	36	2	2	7	0	0	4	20
Hoagie Bun	60g	130	1.5	0	0	< 5	230	26	1	2	5	0	2	4	15
Kaiser Bun	90g	210	1.5	0	0	< 5	200	39	2	3	8	0	2	6	15
Light Rye Bread	35g	80	0	0	0	< 5	220	16	1	< 1	3	0	0	0	6
Marble Rye Bread Slice	30g	70	1	0	0	5	150	13	1	0	2	0	0	0	6
Oat and Honey Bread Slice	45g	120	2.5	0	0	5	200	21	1	16	4	0	0	0	10
Peasant Bread Slice	30g	90	1.5	0	0	5	150	15	3	1	3	0	0	2	8
Sourdough Bread Slice	30g	70	1	0	0	5	90	4	1	0	7	0	0	2	4


## 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)

CAFETERIA 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)
	<b>SANDWICHES Cont'd</b>														
<b>BREADS</b>															
White Bread 6 Mile Slice	30g	60	1.5	0	2.5	5	80	19	2	1	2	0	0	2	6
Whole Wheat Bread 6 Mile Slice	30g	70	0	0	0	5	85	14	1	1	2	0	2	2	6
White Sesame Bread	45g	110	1.5	0	0	5	230	20	1	1	4	0	0	2	10
Whole Wheat Bread	35g	90	1.5	0.5	0	5	110	16	2	2	3	0	0	2	6
Whole Wheat Dinner Roll	35g	100	1.5	0	0	< 5	190	19	3	3	3	0	0	4	6

## 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)

CAFETERIA 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)
<b>SANDWICHES Cont'd</b>															
<b>TOPPINGS</b>															
Cucumber 3 Slices	15g	5	0	0	0	5	0	1	0	0	0	0	0	0	0
Tomato 3 Slices	35g	5	0	0	0	5	0	1	0	1	0	0	8	0	0
<b>SANDWICHES PRE-MADE</b>															
BBQ Pulled Pork Sandwich	235g	470	17	6	0	45	1460	58	3	22	22	4	50	6	30
Beef Sandwich	165g	400	17	4	0	60	470	26	3	0	33	6	0	6	30
BLT Sandwich	200g	390	20	5	0	25	750	37	7	5	15	6	15	6	20
Cheddar Tomato Cucumber & Pepper Sandwich	300g	480	34	13	0	45	1170	18	4	4	27	30	55	30	15
Cheese Sandwich	155g	440	29	14	0	55	1240	25	3	1	19	25	0	35	10
Chicken Salad Sandwich	140g	300	12	2.5	0	40	460	27	3	0	20	0	0	6	15
Chipotle Chicken & Cheese Sandwich	240g	500	21	7	1	55	1740	49	3	34	30	15	55	10	25
Chipotle Chicken Veg Wrap	335g	680	31	16	0	110	1910	58	3	5	42	30	35	50	30

## 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)

CAFETERIA 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)
<b>SANDWICHES Cont'd</b>															
<b>SANDWICHES PRE-MADE</b>															
Chipotle Chicken Sandwich	160g	300	10	2	0	35	1260	29	3	0	23	6	0	6	15
Clubhouse Sandwich	265g	680	41	13	0	70	1340	28	4	3	48	15	10	20	15
Cucumber and Swiss cheese San	225g	310	19	3	0	5	420	13	3	1	15	15	4	6	10
Egg Salad Sandwich	150g	260	11	3	0	240	410	26	3	1	14	15	0	8	15
Feta & Veggie Wrap	265g	550	27	16	0	80	1570	55	3	6	23	20	35	50	30
Grilled Cheese Sandwich	100g	330	19	9	0	40	880	25	3	0	15	10	0	25	10
Ham & Cheese Sandwich	200g	450	26	11	2.5	115	1420	29	3	4	26	15	0	25	10
Ham & Cheese Sandwich ( NRGH)	200g	470	27	12	0.5	75	1410	29	3	2	29	10	2	30	15
Roast Beef & Veggie Sandwich	200g	370	11	3	0	30	450	43	7	5	23	10	45	6	30
Roast Beef & Cheese Sandwich	225g	460	24	8	0	60	780	29	4	2	30	20	10	15	25
Rueben Sandwich on Rye Bread	210g	270	6	1	0	35	1520	39	4	5	17	0	10	4	30
Salami Sandwich	245g	410	24	7	0	180	1130	30	4	2	17	15	10	8	20
Salami and Cheese Sandwich	250g	450	28	10	0	155	1260	30	4	2	19	20	10	15	15


## 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)

CAFETERIA 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)
<b>SANDWICHES Cont'd</b>															
<b>SANDWICHES PRE-MADE</b>															
Salmon Salad Sandwich	155g	260	9	1.5	0	5	590	26	3	0	20	2	0	6	15
Thai Noodle Wrap	445g	1190	49	14	0	25	1850	130	6	19	55	15	125	15	60
Tomato & Swiss Sandwich	260g	390	21	3	0	5	750	43	3	4	8	15	15	6	25
Tomato & Cheddar Sandwich	240g	540	35	13	0	45	1290	37	7	5	18	30	15	30	20
Tuna Salad Sandwich	140g	240	6	1	0	5	500	25	3	0	21	0	0	6	15
Turkey Sandwich	160g	340	12	2	0	5	450	26	3	0	30	6	0	6	10
Turkey & Cheese Sandwich	205g	430	20	7	0	25	810	26	3	0	34	10	0	20	10
Turkey & Cranberry Sandwich	195g	350	12	2	0	5	450	30	3	4	29	6	0	6	10
Veggie & Cheese Sandwich	250g	460	30	13	0	45	1190	30	4	3	18	25	15	30	15
Veggie on Rye Sandwich	190g	420	24	11	0.5	40	870	35	4	3	16	10	20	30	15
Veggie on Flax	245g	570	35	11	0	50	1250	47	6	9	20	15	45	25	20
Veggie Wrap	150g	310	8	2	0	5	570	51	3	3	10	10	35	10	25


## 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)

CAFETERIA 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)
		<b>SOUPS</b>														
Beef Barley Soup	180mL	120	3	1	0	15	240	17	1	1	7	20	10	4	15	
	250mL	170	4	1.5	0	15	330	24	2	2	9	30	15	6	20	
Beef Barley Soup (NRGH)	180mL	110	2.5	1	0	15	220	16	1	1	6	15	8	4	15	
	250mL	170	3.5	1.5	0	20	340	25	2	2	10	25	10	6	20	
Beef Cabbage Soup	180mL	100	2.5	1	0	10	230	13	2	1	6	6	15	2	10	
	250mL	160	4	1.5	0	20	370	21	3	2	10	8	25	4	15	
Beef Cabbage Soup (NRGH)	180mL	110	3	1	0	15	260	15	2	1	7	6	20	4	10	
	250mL	170	4.5	1.5	0	20	420	23	3	2	11	10	35	6	20	
Broccoli Cheddar Soup	180mL	120	7	4.5	0	30	690	9	1	0	6	0	8	15	3	
	250mL	170	10	6	0.5	40	960	13	2	0	8	2	10	20	4	
Cauliflower & Cheese Soup	180mL	210	9	4.5	0	10	1280	28	3	3	7	6	10	20	4	
	250mL	300	12	6	0	15	1780	40	4	4	10	8	10	30	4	
Chicken Gumbo Soup	180mL	90	1.5	0	0	5	130	14	2	2	4	4	15	4	10	
	250mL	120	2.5	0	0	10	180	20	3	2	6	6	25	6	10	

## 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)

CAFETERIA 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)
<b>SOUPS Cont'd</b>																
Chicken Gumbo Soup (NRGH)	180mL	90	1.5	0	0	10	140	16	2	1	4	4	25	4	10	
	250mL	130	2	0	0	10	190	22	3	2	6	6	30	6	10	
Chicken Noodle Soup	180mL	100	2.5	0.5	0	15	150	12	1	2	7	15	8	2	6	
	250mL	130	3.5	0.5	0	25	210	16	2	3	9	20	10	4	8	
Chicken Noodle Soup (NRGH)	180mL	100	2	0	0	10	190	15	1	2	5	15	10	4	6	
	250mL	130	2.5	0.5	0	15	260	21	2	3	7	25	15	4	8	
Clam Chowder	180mL	160	8	1	0	5	1000	17	1	1	5	0	0	0	6	
	250mL	220	10	1.5	0	5	1390	24	2	1	8	0	0	0	10	
Country Vegetable Soup	180mL	90	1.5	0	0	5	95	17	3	2	4	10	6	4	10	
	250mL	130	2	0	0	5	135	23	5	3	6	15	8	6	10	
Country Vegetable Soup (NRGH)	180mL	80	0	0	0	5	90	17	3	2	4	6	4	4	8	
	250mL	120	0	0	0	5	125	24	4	2	6	8	6	4	10	
Cream of Asparagus Soup	180mL	50	2	0.5	0	5	300	6	0	4	3	6	0	8	0	
	250mL	70	2.5	0.5	0	5	420	9	0	5	4	8	2	10	2	




## 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)

CAFETERIA 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)
<b>SOUPS Cont'd</b>																
Cream of Garden Broccoli Soup	180mL	180	8	2.5	0	10	1110	19	3	6	7	20	15	20	4	
	250mL	250	12	4	0	15	1150	27	4	9	10	30	20	30	4	
Cream of Celery Soup	180mL	50	2	0.5	0	5	290	6	0	4	3	6	0	10	0	
	250mL	70	3	1	0	10	400	8	0	5	4	8	0	10	2	
Cream of Chicken Soup	180mL	60	2.5	1	0	5	300	6	0	4	3	10	0	10	0	
	250mL	80	3.5	1	0	10	420	8	0	5	5	10	0	10	2	
Cream of Mushroom Soup	180mL	80	3.5	1	0	5	340	8	0	6	4	6	0	10	4	
	250mL	110	5	1.5	0	5	470	11	0	8	5	10	0	15	6	
Cream of Tomato Soup	180mL	100	1.5	0	0	5	560	17	1	13	5	8	4	10	8	
	250mL	130	2	0.5	0	5	770	24	1	17	7	10	4	15	10	
French Onion Soup	180mL	50	0.5	0	0	5	1040	9	1	6	3	0	6	4	4	
	250mL	60	1	0.5	0	5	1290	11	2	7	3	0	6	4	4	


### 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)

CAFETERIA 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)
		<b>SOUPS Cont'd</b>														
		180mL	70	0.5	0	0	5	70	15	2	2	1	8	10	2	4
Ginger Parsnip Soup		250mL	100	1	0	0	5	95	21	3	3	2	10	15	4	6
Ginger Parsnip Soup (NRGH)		180mL	80	1	0	0	5	80	17	2	2	1	8	10	2	4
		250mL	110	1	0	0	5	110	23	3	3	2	10	15	4	6
Green Lentil Soup		180mL	120	1	0	0	5	90	22	4	3	6	10	10	4	20
		250mL	160	1.5	0	0	5	120	29	6	4	9	15	15	6	30
Green Lentil Soup (NRGH)		180mL	120	1	0	0	5	90	22	4	3	6	10	10	4	20
		250mL	170	1.5	0	0	5	125	30	6	4	9	15	15	6	30
Italian Wedding Soup		180mL	180	6	1	0	5	1030	24	3	1	8	0	4	4	15
		250mL	250	9	3	0	10	1440	33	4	2	12	0	4	4	20
Loaded Baked Potato Soup		180mL	220	15	7	0	15	750	16	1	0	6	0	2	15	4
		250mL	270	17	8	0	15	890	19	1	0	7	0	2	15	4


## 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)

CAFETERIA 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)
		<b>SOUPS Cont'd</b>														
Mexicali Tortilla Soup	180mL	140	2.5	0.5	0	5	1150	23	4	3	4	4	4	4	4	8
	250mL	190	3.5	1	0	5	1590	32	6	4	6	4	4	4	4	10
Mulligatawny Soup	180mL	130	3.5	0.5	0	15	135	18	2	4	7	2	10	2	8	
	250mL	180	5	1	0	25	190	25	2	6	10	2	15	4	10	
Mulligatawny Soup (NRGH)	180mL	110	2	0	0	10	210	18	2	3	5	2	10	2	6	
	250mL	150	2.5	0.5	0	15	300	25	2	5	7	2	15	4	10	
Pepper Pot Soup	180mL	70	2.5	0	0	5	85	12	1	2	1	2	15	4	4	
	250mL	100	3.5	0	0	5	120	16	2	2	2	4	20	4	6	
Pepper Pot Soup (NRGH)	180mL	70	1	0	0	5	90	14	1	1	1	2	20	4	6	
	250mL	100	1.5	0	0	5	125	20	2	2	2	4	25	6	6	
Roasted Yam & Apple Soup	180mL	100	1.5	0	0	5	80	19	2	2	1	0	10	2	4	
	250mL	130	2	0	0	5	105	27	3	3	2	0	15	4	6	


## 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)

CAFETERIA 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)
		<b>SOUPS Cont'd</b>														
Roasted Yam & Apple Soup (NRGH)	180mL	90	1.5	0	0	5	80	18	2	2	1	0	10	2	4	
	250mL	120	2	0	0	5	115	25	3	2	1	0	15	2	4	
Tomato Basil Soup	180mL	70	1.5	0	0	5	75	12	2	2	2	0	8	4	6	
	250mL	90	2	0	0	5	100	17	2	3	2	2	10	6	8	
Tomato Basil Soup (NRGH)	180mL	70	1.5	0	0	5	90	13	2	2	1	0	8	4	4	
	250mL	100	2	0	0	5	125	18	2	3	2	2	10	6	6	
Tomato Rice Soup	180mL	80	1	0	0	5	75	16	3	1	3	4	10	6	10	
	250mL	120	1	0	0	5	105	22	4	2	4	4	15	8	15	
Tomato Rice Soup (NRGH)	180mL	80	1	0	0	5	65	15	2	1	2	0	15	6	8	
	250mL	120	1.5	0	0	5	105	24	3	2	3	2	20	10	10	
Tomato Vegetable Soup	180mL	90	1	0	0	5	105	18	3	2	3	10	10	4	10	
	250mL	120	1	0	0	5	150	25	4	3	4	15	15	6	10	


## 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)

CAFETERIA 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)
		<b>SOUPS Cont'd</b>														
Tomato Vegetable Chowder Soup (NRGH)	180mL	70	0	0	0	5	90	15	2	2	2	10	10	6	6	
	250mL	100	0	0	0	5	125	21	3	2	2	15	15	8	10	
Squash Soup	180mL	60	1	0	0	5	80	11	1	1	1	20	6	2	4	
	250mL	80	1	0	0	5	110	16	2	1	2	25	8	4	6	
Squash Soup (NRGH)	180mL	70	1	0	0	5	95	15	2	1	1	25	6	4	4	
	250mL	100	1.5	0	0	5	130	20	2	2	2	35	10	4	6	
Wicked Thai Soup	180mL	230	16	7	0	5	1060	13	2	1	8	2	2	6	6	
	250mL	320	22	9	0.5	5	1470	18	2	1	12	2	2	8	10	


## 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)

CAFETERIA 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)
															
<b>STARCH</b>															
Garlic Mashed Potatoes	125g	120	3.5	1.5	0	5	40	19	2	1	2	6	15	2	2
Garlic Toast	40g	120	4	0.5	0	5	230	18	1	1	3	0	0	2	8
French Fries	100g	180	6	0.5	0	5	200	29	2	0	2	0	6	0	6
Fusilli Pasta	140g	190	1	0	0	5	0	37	1	1	7	0	0	0	10
Herbed Brown Rice	155g	160	1.5	0	0	5	65	32	2	1	4	0	4	2	6
Mashed Potatoes	105g	110	2.5	1	0	5	30	19	2	1	2	4	10	2	2
Mashed Yams	120g	160	2	0	0	5	30	34	5	1	2	4	35	4	6
Moroccan Spice Loaf	80g	160	6	0.5	0	5	180	22	2	4	4	0	2	8	8
O'Brien Potatoes (NRGH)	80g	70	1	0	0	5	0	15	2	1	2	3	15	0	4
O'Brien Potatoes	80g	90	3	0	0	5	0	16	2	1	2	2	20	0	4
Onion Rings	100g	240	12	2	0	5	530	28	2	4	4	0	0	2	10
Oven Roasted Potatoes	120g	110	2	0	0	5	10	20	2	1	2	0	20	0	6
Rosemary Roast Potatoes	105g	120	2	0	0	5	55	23	2	2	3	0	25	0	6


## 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)

CAFETERIA 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)
	<b>STARCH</b>														
Scalloped Potatoes	130g	170	7	7	3.5	15	150	20	2	3	7	8	10	15	4
Schwartie Potato	130g	140	6	3.5	0	20	135	16	1	1	5	6	10	10	4
Steamed Rice	185g	230	0.5	0	0	5	0	48	2	0	5	0	0	4	4
Stuffing	70g	80	2	0	0	5	160	14	2	1	3	0	2	4	6
Vegetable Rice Pilaf	200g	160	2	0	0	5	80	33	2	1	4	4	8	2	8
Yorkshire Pudding	15g	35	0.5	0	0	10	40	4	1	0	1	0	0	0	4

## 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)

CAFETERIA 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)
	<b>VEGETABLES</b>														
Broccoli	75g	20	0	0	0	5	10	4	2	1	2	4	50	2	4
Brussel Sprouts	80g	30	0	0	0	5	10	6	3	2	3	4	60	2	4
Cauliflower	90g	10	0	0	0	5	10	2	2	1	1	0	30	0	0
Diced Carrots	80g	30	0.5	0	0	5	45	6	2	3	1	65	4	4	4
Diced Squash	125g	35	0	0	0	5	0	10	1	2	1	30	4	2	4
Fried Onions	60g	80	7	1	0	5	5	5	1	3	1	0	2	0	0
Green & Wax Beans	70g	20	0	0	0	5	0	4	2	1	1	2	6	4	4
Green Beans	70g	20	0	0	0	5	0	4	2	1	1	2	6	4	4
Italian Mix	80g	30	0	0	0	5	20	6	2	3	2	35	55	2	4
Peas	80g	60	0	0	0	5	60	12	4	4	4	10	15	2	10
Peas & Red Pepper	90g	60	0	0	0	5	60	12	4	4	4	10	25	2	10
PEI Mix	90g	30	0	0	0	5	10	6	2	4	2	35	15	4	4