

Entrées	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Baked Chicken w/ BBQ Lemon Honey Sauce (Get the Good Stuff)	110 grams	120	6	2	0	34	358	5	0	5	11	4	7	1	5
Bean Jambalaya (Get the Good Stuff)	147 mL	137	2	0	0	0	348	26	4	3	5	4	38	7	12
Bengal Style Tilapia (Get the Good Stuff)	115 grams	206	8	2	0	60	290	6	1	3	27	1	2	4	10
Breaded Sole Creole (Get the Good Stuff)	125 grams	319	15	2	0	124	553	22	1	6	26	11	45	8	12
Butter Chicken (Get the Good Stuff)	237 mL	267	9	3	0	121	318	7	2	3	41	11	8	7	17
Caribbean Jerk Chicken (Get the Good Stuff)	210 grams	260	16	4	0	86	178	0	0	0	27	3	0	1	11
Cauliflower & Red Lentil Curry (Get the Good Stuff)	147 mL	120	3	0	0	0	423	18	4	3	7	0	30	3	17
Chicken Mole (Get the Good Stuff)	168 grams	249	6	1	0	94	296	7	1	6	38	3	8	7	17
Chili Garlic Stir Fry w/ Tofu & Bok Choy (Get the Good Stuff)	155 grams	439	7	1	0	0	663	85	2	24	13	15	33	25	38
Fire Roasted Salmon w/ Mustard & Tarragon (Get the Good Stuff)	110 grams	159	6	1	0	41	583	4	0	3	22	0	20	2	4
Fresh Roll w/ Chicken (Get the Good Stuff)	208 grams	399	13	2	0	41	737	55	2	16	17	2	2	18	9
Fresh Roll w/ Shrimp (Get the Good Stuff)	208 grams	365	11	2	0	73	803	55	2	16	14	1	2	17	4
Grilled Lemon Salmon (Get the Good Stuff)	97 grams	162	7	1	0	50	294	1	0	0	22	4	2	1	3
Grilled Salmon w/ Montreal Spices (Get the Good Stuff)	92 grams	161	7	1	0	50	354	0	0	0	22	4	0	1	3
Homestyle Beef Stew (Get the Good Stuff)	177 mL	177	6	2	0	52	508	11	2	4	19	32	10	4	15
Mandarin Cranberry Salad (Get the Good Stuff)	246 grams	230	6	1	0	0	121	46	6	31	4	85	77	7	22
Maple Glazed Salmon (Get the Good Stuff)	111 grams	168	5	1	0	50	399	7	0	6	22	4	0	2	3
Miso Crusted Cod Loin (Get the Good Stuff)	91 grams	102	1	0	0	45	514	2	0	1	20	2	2	3	4
Orchard Salad w/ Spiced Cashews (Get the Good Stuff)	268 grams	267	11	3	0	10	301	38	9	13	10	97	117	14	32
Panko Breaded Sole Fillet (Get the Good Stuff)	70 grams	284	12	1	0	78	410	27	1	1	26	1	2	4	6
Roasted Beef (Get the Good Stuff)	128 grams	212	4	2	0	90	537	0	0	0	42	0	0	1	27
Roasted Turkey (Get the Good Stuff)	140 grams	260	14	3	0	139	457	0	0	0	43	0	0	1	7
Salmon Cake (Get the Good Stuff)	107 grams	159	7	1	0	46	544	2	1	0	23	5	10	2	6
Salmon w/ Mustard & Tarragon (Get the Good Stuff)	102 grams	174	8	1	0	52	361	1	0	0	22	4	0	1	3
Seared Salmon w/ Cauliflower Colcannon (Get the Good Stuff)	240 grams	244	8	1	0	51	695	18	3	2	25	15	92	6	10
Spinach, Fruit & Almond Salad (35 oz) (Get the Good Stuff)	156 grams	141	8	1	0	0	134	15	6	5	8	80	108	19	37
Spinach, Pomegranate & Feta Salad (35 oz) (Get the Good Stuff)	155 grams	439	38	4	0	9	594	22	6	13	10	85	95	19	38
Stir Fried Beef with Teriyaki Sauce (Get the Good Stuff)	243 grams	247	6	2	0	44	691	27	2	16	20	6	148	2	18
Stir Fried Tofu & Vegetables w/ Sweet & Sour Sauce (Get the Good Stuff)	203 grams	134	5	0	0	0	132	21	3	12	5	26	75	10	15
Stir Fried Tofu w/ Pineapple & Sweet & Sour (Get the Good Stuff)	273 grams	275	6	1	0	0	341	49	4	36	12	4	90	21	37
Superfood Energy Salad w/ Balsamic Dressing 35 oz (Get the Good Stuff)	309 grams	258	5	0	0	0	38	40	10	6	16	84	93	11	35
Sweet & Sour Harvest Lentils (Get the Good Stuff)	147 mL	138	2	0	0	0	219	24	4	6	7	11	60	3	15
Sweet Potato & Chickpea Cakes w Salsa (Get the Good Stuff)	220 grams	275	11	2	0	53	460	40	8	7	11	39	87	10	23
Vegan Shepherd's Pie (Get the Good Stuff)	256 grams	188	4	0	0	0	477	29	7	6	12	47	97	7	25
Vegetable Jambalaya (Get the Good Stuff)	237 mL	239	10	1	0	0	451	33	3	5	6	22	152	10	19
Vegetarian Loaf with Carrot Chutney (Get the Good Stuff)	182 grams	355	5	1	0	16	469	66	11	17	15	105	12	9	38
Baked Basa with Bombay Sauce	160 grams	167	8	5	0	68	282	5	1	3	17	7	5	6	6
Baked Basa with Tomato Zucchini & Feta	136 grams	138	6	3	0	60	335	3	1	2	18	4	13	3	3
Baked BBQ Chicken RET	188 grams	364	18	5	0	100	644	18	1	16	32	7	10	2	15
Baked Honey Garlic Chicken	188 grams	350	17	5	0	97	737	16	0	14	31	6	5	2	14
Battered Fried Fish	130 grams	190	8	1	0	50	205	12	1	0	16	1	0	1	6
BBQ Ranch Chopped Chicken Salad (35 oz)	400 grams	377	20	5	0	39	760	34	8	10	18	32	38	16	24
Beef and Beans Chimichangas	265 grams	486	24	10	0	57	1210	44	5	3	23	10	20	17	32
Beef Asian Noodle Express	923 grams	386	6	2	0	32	3592	60	3	11	24	13	33	9	31
Beef Cannelloni w/ Smoked Mushroom Cream Sauce	155 grams	320	18	8	0	59	496	30	1	6	13	11	5	15	15
Beef Goulash	237 mL	472	20	6	0	144	1473	19	3	7	51	61	112	3	41

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Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Beef Kafta w/ Harissa Yogurt Sauce	128 grams	329	19	7	0	80	419	5	1	2	32	8	18	6	29
Beef Stroganoff	264 grams	517	29	10	0	144	1859	15	2	7	46	10	8	5	36
Beef Vindaloo	237 mL	325	16	4	0	79	614	14	2	6	29	6	17	10	31
Beef, Prime Rib, Roasted	229 grams	668	40	18	1	166	1361	1	0	0	68	0	0	3	40
Black Bean Enchiladas	440 grams	725	15	4	0	16	2158	120	14	8	27	28	170	23	54
Black Forest Mini Cake	108 grams	291	9	2	0	0	189	50	2	33	3	1	2	1	10
Blackened Chicken Caesar Salad	278 grams	396	14	7	0	120	1467	21	5	5	45	70	75	21	31
Blackened Chicken Salad w/ Balsamic Dressing 35oz	242 grams	298	11	6	0	70	1296	24	7	10	28	92	67	19	25
Breaded Panko Haddock	69 grams	119	4	0	0	73	152	7	0	0	13	2	0	3	9
Breaded Sole w/ Rice Stir Fried Vegetables	465 grams	854	44	2	0	0	1327	91	5	21	24	26	70	8	13
Breaded Sole w/ Rice Stir Fried Vegetables 2	465 grams	838	44	2	0	0	1302	88	5	18	24	27	75	8	13
Broccoli & Bacon Mac & Cheese	244 grams	492	21	11	1	57	780	58	3	7	19	17	70	25	20
Buffalo Chicken Wings	600 grams	1430	113	34	2	417	1681	10	2	7	81	107	8	30	38
Butter Chicken w/ Rice	508 mL	544	7	3	0	96	669	79	1	4	39	5	25	17	33
Butternut Squash Mac & Cheese	250 grams	535	25	15	1	84	534	62	3	6	18	64	27	24	20
Chicken Asian Noodle Express	925 grams	354	2	1	0	36	3836	62	3	11	21	13	33	9	34
Chicken Cobb Salad 35 oz	435 grams	320	16	6	0	201	771	11	4	5	32	51	50	11	31
Chicken Souvlaki w/ Pita	320 grams	422	15	2	0	39	1068	51	3	8	23	2	13	10	22
Chicken Stir Fry	365 grams	464	9	2	0	60	1722	73	5	30	27	43	137	8	44
Chipotle Mac & Cheese w/ Cheddar	237 mL	592	23	14	1	64	869	71	3	11	25	18	2	46	22
Chipotle Macaroni & Cheese w/ Cheddar	312 grams	730	29	17	1	80	975	86	3	12	31	23	2	55	27
Chocolate Brownie Parfait	122 grams	383	23	8	0	36	168	43	3	33	4	21	20	3	22
Classic Mac & Cheese	343 grams	747	35	21	1	102	1029	78	3	8	30	27	0	50	24
Cocoa Ancho Beef Chili w/ Black Beans	275 grams	382	17	6	1	54	658	35	5	18	23	13	57	14	30
Coconut Crusted Tofu w/ Peach Lemongrass Salsa	135 grams	214	15	5	0	0	103	15	3	4	14	2	3	24	46
Coconut Curry Baked Cod w/ Rice	488 grams	579	15	12	0	90	109	77	1	3	33	3	10	15	28
Coconut Shrimp w/ Cilantro & Jalapeno Sauce	93 grams	408	28	15	0	166	523	24	4	4	18	2	5	3	16
Cowboy Beef & Bean Chili w/ Mushrooms	276 grams	402	25	9	1	78	951	16	4	3	29	6	8	5	28
Cranberry & Walnut Country Salad (24 oz)	146 grams	193	13	3	0	9	174	19	4	10	7	120	53	11	25
Cranberry Glazed Pork Roast	85 grams	243	13	5	0	70	226	8	1	7	23	0	5	2	6
Cranberry Turkey Harvest Salad	447 grams	476	22	7	0	50	694	53	9	38	22	59	57	26	17
Curried Seasonal Vegetables w/ Rice	440 grams	512	3	0	0	0	637	105	5	7	15	7	57	18	40
Fresh Roll w/ Pork	208 grams	456	18	5	0	42	718	55	2	16	20	1	3	18	8
Fried Rice w/ Beef	395 grams	533	15	5	0	189	1624	60	4	12	39	46	135	16	46
Fried Rice w/ Chicken	395 grams	565	20	5	0	207	1730	64	4	13	32	49	142	17	42
Fried Rice w/ Pork	395 grams	585	22	7	0	188	1675	64	4	13	33	47	142	18	38
Fried Rice w/ Shrimp	395 grams	520	16	5	0	303	1975	64	4	13	31	47	142	16	33
Fried Rice w/ Tofu	395 grams	501	20	5	0	130	1717	63	5	11	23	46	135	37	68
Gardenburger Taco	284 grams	535	22	7	0	27	1454	60	7	5	26	53	18	26	37
Garlic Butter Perogies	370 grams	830	33	4	0	12	1730	116	5	7	19	1	7	1	1
General Tso's Chicken w/ Noodles	436 grams	646	20	2	0	27	1722	102	5	29	18	5	200	8	23
General Tso's Chicken w/ Rice	436 grams	684	17	2	0	27	1640	112	4	29	21	5	200	20	42
Grilled Chicken Salad w/ Spicy Sesame Vinaigrette	242 grams	286	14	2	0	49	790	19	5	9	21	82	117	7	32
Grilled Flank Steak w/ Mushrooms & Onions	147 grams	264	12	4	0	58	373	7	1	1	30	1	10	1	21
Indian Chicken Souvlaki w/ Pita	148 grams	349	14	2	0	57	1314	35	2	8	25	1	20	12	29
Indian Garlic Chicken	88 grams	138	2	1	0	69	782	8	0	4	24	1	7	3	6
Korean Beef w/ Noodles	490 grams	654	24	3	0	42	1858	90	5	36	22	21	77	11	42

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Korean Beef w/ Rice	490 grams	748	20	3	0	32	1746	120	4	35	23	21	77	21	42
Lamb Bourguignon	237 mL	688	51	22	0	144	1690	15	2	6	38	6	17	6	30
Lamb Tagine w/ Honey & Dates	140 grams	512	34	14	0	93	505	26	4	18	28	0	8	7	20
Lobster Macaroni & Cheese	307 grams	611	37	21	1	115	788	52	2	11	25	32	5	35	17
Mango Chipotle Chicken	210 grams	300	20	5	0	86	253	1	0	1	27	4	2	1	11
Maryland Crab Cakes	160 grams	433	22	2	0	26	1674	49	4	11	15	3	53	5	16
Meat Lasagna RET	205 grams	512	25	13	1	139	543	32	3	10	39	28	33	52	29
Nutella Greek Yogurt Parfait	202 grams	344	12	4	0	10	148	45	1	35	15	2	0	10	11
Oven Roasted Jerk Pork	120 grams	460	31	11	0	147	711	2	1	1	42	0	2	3	19
Pad Thai Chicken w/ Vegetables & Noodles	476 grams	752	33	8	0	192	3390	85	6	16	30	25	60	12	39
Pad Thai w/ Tofu on Noodles	419 grams	971	39	9	0	182	3594	131	7	13	32	9	18	36	64
Panko Breaded Pork Tonkatsu	141 grams	349	21	6	0	111	838	20	1	4	25	2	2	3	12
Peanut Chicken w/ Shanghai Noodles	360 grams	748	25	4	0	64	1228	97	5	19	35	15	32	23	53
Pulled Pork Chili	283 grams	253	5	2	0	24	1034	38	6	17	15	17	20	22	26
Quebec Shepherd Pie	357 grams	677	43	20	1	113	1135	36	5	7	37	50	73	54	36
Roasted Pork Loin, Herbed	114 grams	341	20	7	0	111	80	1	0	0	37	0	2	3	11
Roasted Stuffed Pork Loin w/ Orange Marmalade	150 grams	230	6	2	0	74	414	15	1	10	31	2	17	3	12
Roasted Stuffed Pork Loin w/ Spinach	130 grams	375	25	7	0	104	305	2	1	1	35	8	15	4	14
Saag Lamb Curry	237 mL	664	48	21	0	148	947	14	5	5	45	96	53	27	41
Salad Bar - Asian Spinach Salad	1.32 kilograms	527	10	1		0	793	89	34	40	41	524	850	93	195
Salad Bar - Chickpea, Cucumber, Tomato Salad	1.02 kilograms	1032	66	4	0	0	1478	91	21	25	28	204	177	30	100
Salad Bar - Citrus Asparagus Quinoa Salad	2.15 kilograms	3299	148	11	1	0	4545	426	47	13	89	24	90	54	448
Salad Bar - Kale & Brussel Sprout Salad	1.02 kilograms	2802	247	40	1	48	2981	109	37	25	74	225	928	141	114
Shepherds Pie	320 grams	567	33	13	1	134	885	33	4	6	35	36	52	9	33
Shrimp Asian Noodle Express	925 grams	329	2	0	0	100	3693	60	3	11	19	13	33	9	22
Southwest Cobb Salad (35oz)	415 grams	272	14	5	0	228	768	17	5	8	22	59	62	10	19
Spaghetti Primavera with Meatballs	490 grams	990	46	21	1	101	2007	79	5	13	61	18	30	16	78
Spinach Salad w/ Bacon, Egg & Mushroom 35 oz	280 grams	162	10	3	0	137	268	7	3	3	13	56	58	11	26
Stir Fried Tofu w/ Pineapple & Sweet & Sour 2	273 grams	446	6	1	0	0	875	93	4	75	12	6	102	22	39
Stir Fry Vegetables & Tofu w/ Rice Noodles	295 mL	542	18	2	0	0	931	86	4	10	10	18	70	9	15
Stir Fry Vegetables & Tofu w/ White Rice	383 mL	543	15	2	0	0	840	89	2	11	13	26	75	21	34
Strawberry Shortcake Parfait	91 grams	253	13	6	0	50	214	31	1	22	2	8	10	4	6
Stuffed Cabbage Rolls - BDS	250 grams	281	16	6	1	78	655	15	2	4	19	10	22	9	23
Sweet & Sour Meatballs w/ Shanghai Noodles	425 grams	884	33	12	1	72	1325	105	3	25	40	3	62	10	66
Sweet & Sour Meatballs w/ Shanghai Noodles 2	425 grams	911	33	12	1	72	1469	113	3	34	40	4	65	10	67
Sweet & Sour Pork	278 grams	519	22	6	0	79	458	57	3	44	24	23	135	4	14
Sweet & Sour Pork 2	278 grams	565	22	6	0	79	698	70	3	59	24	25	140	4	14
Sweet & Spicy Chicken	256 grams	560	21	5	0	136	643	46	3	29	46	38	155	6	23
Sweet & Spicy Chicken 2	256 grams	548	20	5	0	136	594	44	3	27	46	36	155	6	23
Tofu Asian Noodle Express	857 grams	362	6	1	0	0	3954	65	5	11	21	14	35	31	62
Tortellini with Four Tomato & Basil	392 grams	780	32	5	0	31	1043	100	10	18	24	28	33	26	47
Tri-Colour Bean & Tofu Ragout	237 mL	200	4	0	0	0	926	33	8	7	10	6	15	13	27
Tuna Casserole	200 grams	430	15	7	0	47	323	44	2	4	29	7	3	23	21
Turkey Meat Loaf	218 grams	365	15	4	0	219	825	19	4	2	36	59	48	16	23
Tuxedo Cake Parfait	91 grams	322	20	10	0	65	234	32	1	24	4	10	0	6	8
Vegan Black Bean Enchilada	440 grams	718	16	2	0	0	2099	120	17	7	24	22	182	17	57
Vegetable Lasagna RET	337 grams	356	13	6	0	20	860	47	6	12	21	51	95	27	16
Vegetarian Three Bean Chili	237 mL	199	5	1	0	0	830	32	8	7	10	24	72	7	19
Vietnamese Chicken Stir Fry w/ Noodles	460 grams	563	19	2	0	37	1503	79	4	27	20	24	88	10	41
Vietnamese Chicken Stir Fry w/ Rice	484 grams	657	16	1	0	27	1391	109	3	26	21	24	88	20	41

Please Note: The nutritional information provided is for the serving size listed, based on adherence to the recipe, as developed and tested by our culinary team. Any changes from the recipe, such as changes to meet local taste preferences, product, ingredient, and/or supplier substitutions, season of the year, or serving size modifications will change the nutrient content of an item and render the information inaccurate. "+" indicates some vitamin A information is represented in different units of measure based on differences in representing this information in national nutrient databases.