

Entrees	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)
Alfredo Farfalle & Sausage Casserole (Get the Good Stuff)	242 grams	275	13	6	0	32	485	26	2	6	13	10	8	22	11
Asian Greens Mixed Salad (Get the Good Stuff)	237 mL	61	4	1	0	0	159	5	1	3	1	16	57	3	6
Asian Noodles (Get the Good Stuff)	147 mL	283	9	1	0	0	533	46	2	7	4	24	43	2	4
Asian Tofu Stuffed Lettuce Tacos (Get the Good Stuff)	83 grams	146	7	1	0	0	319	18	2	10	6	2	10	14	14
Baked Basa Bengal Style (Get the Good Stuff)	65 grams	86	5	1	0	29	86	2	0	1	9	1	0	2	4
Baked BBQ Chicken (Get the Good Stuff)	94 grams	178	9	2	0	48	321	9	0	8	16	4	5	1	7
Baked Cheese Tortellini w/ Tomato Sauce (Get the Good Stuff)	160 grams	318	9	4	0	26	640	46	3	5	16	8	15	21	16
Baked Chicken w/ Honey Lemon Sauce (Get the Good Stuff)	99 grams	161	9	2	0	48	229	5	0	5	15	3	3	1	6
Baked Chicken (Get the Good Stuff)	91 grams	168	11	3	0	48	246	1	0	1	15	2	7	1	6
Baked Cod w/ Hoisin & Sriracha Sauce (Get the Good Stuff)	103 grams	108	2	0	0	43	465	13	0	8	13	0	2	0	1
Baked Cod w/ Sweet Potato & Olive Relish (Get the Good Stuff)	84 grams	92	2	0	0	43	101	6	1	2	12	15	5	1	3
Barley & Vegetables (Get the Good Stuff)	130 grams	144	2	0	0	0	388	30	6	2	4	15	38	3	7
Basmati Rice Pilaf w/ Chickpeas (Get the Good Stuff)	147 mL	170	2	0	0	0	352	32	3	4	6	5	13	4	12
Beef Goulash (Get the Good Stuff)	165 grams	309	15	4	0	98	352	7	1	3	34	3	12	1	27
Beef Pepper Teriyaki (Get the Good Stuff)	164 grams	173	5	1	0	21	629	22	1	12	10	4	78	1	10
Beef Tagine (Get the Good Stuff)	147 mL	240	9	2	0	48	523	20	3	8	20	6	35	4	22
Beef Vindaloo (Get the Good Stuff)	118 mL	204	10	2	0	49	371	9	2	4	18	4	10	6	19
Beef, Pepper & Mushroom Kabobs (Get the Good Stuff)	111 grams	280	10	2	0	78	526	10	1	8	37	2	53	2	27
Beef, Roasted (Get the Good Stuff)	85 grams	175	3	1	0	74	371	0	0	0	34	0	0	1	22
Braised Shredded Chicken Thighs (Get the Good Stuff)	91 grams	197	8	1	0	93	449	6	0	5	25	6	2	2	12
Butter Chicken (Get the Good Stuff)	147 mL	167	5	2	0	75	199	5	1	2	26	7	5	4	10
Butternut Squash Barley Risotto (Get the Good Stuff)	159 grams	139	5	2	0	7	583	20	3	4	6	22	25	11	8
Butternut Squash Risotto (Get the Good Stuff)	147 mL	172	6	1	0	1	649	27	2	2	3	16	15	4	4
Butternut Squash Tortellini (Get the Good Stuff)	237 mL	440	16	6	0	40	704	60	3	5	16	46	68	11	20
Cajun Baked Chicken (Get the Good Stuff)	92 grams	147	9	2	0	48	203	1	0	0	15	3	13	1	7
Cajun Chicken Souvlaki (Get the Good Stuff)	72 grams	105	3	1	0	45	449	3	0	0	16	0	2	1	16
Cajun Grilled Pork Chops (Get the Good Stuff)	115 grams	201	4	2	0	78	115	1	0	0	37	2	3	1	8
Cajun Pork Souvlaki (Get the Good Stuff)	72 grams	158	7	2	0	61	146	1	0	0	21	0	3	2	8
Cajun Style Baked Cod Filet (Get the Good Stuff)	110 grams	86	3	1	0	47	168	2	1	1	14	2	12	4	2
Caribbean Jerk Chicken (Get the Good Stuff)	105 grams	146	9	2	0	48	94	0	0	0	15	2	0	1	6
Caribbean Turkey Kabobs (Get the Good Stuff)	118 grams	236	8	3	0	146	226	6	1	2	34	4	55	3	11
Cheese Tortellini w/ Tomato Sauce (Get the Good Stuff)	165 grams	280	7	3	0	19	546	46	3	5	12	5	15	12	16
Chicken A La King (Get the Good Stuff)	148 grams	250	12	2	0	69	523	10	1	3	26	4	10	5	10
Chicken Breast & Mushrooms (Get the Good Stuff)	94 grams	148	5	1	0	55	618	5	1	2	19	2	3	3	4
Chicken Marengo (Get the Good Stuff)	195 grams	322	13	2	0	74	504	19	6	9	30	20	23	8	28
Chicken Quesadillas (Get the Good Stuff)	108 grams	252	10	4	0	45	447	22	1	0	18	3	0	11	12
Chicken Sherry (Get the Good Stuff)	166 grams	195	9	3	0	53	594	8	1	2	18	3	3	1	19
Chicken Wasabi Mashed Potato Bowl (Get the Good Stuff)	244 grams	292	9	1	0	43	660	40	2	18	14	11	63	5	12
Chilean Stew (Get the Good Stuff)	147 mL	87	2	0	0	0	133	17	3	5	3	2	28	4	11
Chili Garlic Stir Fry w/ Rice Noodles (Get the Good Stuff)	231 grams	365	7	0	0	0	584	70	3	7	6	12	13	2	3
Chipotle Mango & Lime Chicken (Get the Good Stuff)	88 grams	101	3	1	0	55	547	1	0	0	18	0	0	0	2
Cilantro Chili Chicken Lo Mein (Get the Good Stuff)	133 grams	151	6	1	0	16	380	17	1	4	8	6	23	2	12
Cornmeal Crusted Roast Salmon (Get the Good Stuff)	100 grams	252	6	1	0	42	626	31	1	2	20	7	3	2	8
Eggplant Casserole (Get the Good Stuff)	147 mL	141	10	1	0	0	506	14	4	7	9	16	33	14	27
Fish Creole (Get the Good Stuff)	105 grams	88	1	0	0	50	202	3	1	1	16	7	28	3	4
Garden Primavera Pasta & Tomato Sauce (Get the Good Stuff)	530 grams	516	5	1	0	3	500	98	7	13	18	28	53	10	33
Ginger Roasted Salmon (Get the Good Stuff)	103 grams	218	13	2	0	35	545	8	0	5	18	3	2	1	4

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Grilled Chicken Breast w/ Cranberry Apricot Sauce (Get the Good Stuff)	121 grams	154	4	1	0	56	530	11	1	8	18	8	8	0	2
Grilled Chicken Taco on Whole Wheat (Get the Good Stuff)	160 grams	294	12	4	0	46	281	28	3	2	20	4	10	18	14
Grilled Turkey w/ Tomato Cilantro Salsa (Get the Good Stuff)	192 grams	345	17	4	0	125	541	3	1	2	43	3	10	2	6
Italian Style Beef Stew (Get the Good Stuff)	165 grams	240	11	3	0	70	464	10	2	5	25	4	100	2	18
Jerk Chicken Souvlaki (Get the Good Stuff)	72 grams	105	3	1	0	45	613	3	0	0	16	0	0	1	16
Jerk Pork Souvlaki (Get the Good Stuff)	72 grams	158	7	2	0	61	310	1	0	0	21	0	2	2	8
Masala Beef (Get the Good Stuff)	118 mL	253	13	4	0	77	405	6	2	1	27	0	7	4	31
Middle Eastern Chickpeas w/ Spinach (Get the Good Stuff)	147 mL	124	3	0	0	0	306	19	4	5	7	46	73	10	19
Montreal Seasoning Chicken Souvlaki (Get the Good Stuff)	72 grams	102	3	1	0	45	520	2	0	0	16	1	3	0	16
Moroccan Chicken Souvlaki (Get the Good Stuff)	72 grams	104	3	1	0	45	361	3	0	0	16	0	0	0	17
Ratatouille with Capers & Fresh Herbs (Get the Good Stuff)	134 grams	61	2	0	0	0	238	10	3	5	2	5	58	7	8
Ratatouille with Quinoa & Fresh Herbs (Get the Good Stuff)	132 grams	106	3	0	0	0	196	19	3	5	4	4	57	7	15
Roast Turkey Breast (Get the Good Stuff)	85 grams	211	9	3	0	86	79	0	0	0	29	0	0	1	3
Roasted Beef (Get the Good Stuff)	85 grams	142	2	1	0	60	358	0	0	0	28	0	0	1	18
Roasted Chicken w/ Herbs (Get the Good Stuff)	89 grams	170	11	3	0	50	287	0	0	0	16	4	5	1	7
Saag Beef Curry (Get the Good Stuff)	118 mL	221	10	3	0	67	474	7	2	2	26	45	25	11	25
Southwestern Chicken Chili (Get the Good Stuff)	237 mL	212	6	2	0	41	361	28	6	8	15	24	27	8	25
Southwestern Turkey Chili (Get the Good Stuff)	237 mL	219	5	1	0	47	374	28	6	8	17	25	27	10	24
Soy Glazed Grilled Salmon (Get the Good Stuff)	98 grams	162	4	1	0	35	543	15	0	14	18	3	0	2	4
Spicy Vegetable Lo Mein (Get the Good Stuff)	87 grams	111	2	0	0	5	429	20	1	2	4	5	7	2	9
Spinach Salad w/ Bruschetta & Balsamic Dressing (Get the Good Stuff)	237 mL	39	3	0	0	21	98	2	1	1	2	20	18	4	8
Stir Fried Beef w/ Teriyaki Sauce (Get the Good Stuff)	152 grams	154	4	1	0	27	432	17	1	10	13	4	93	1	12
Stir Fried Tofu w/ Pineapple & Sweet & Sour Sauce (Get the Good Stuff)	170 grams	171	4	0	0	0	213	31	2	22	7	3	57	13	23
Stir Fried Tofu w/ Pineapple & Sweet & Sour Sauce2 (Get the Good Stuff)	170 grams	195	4	1	0	0	340	38	2	30	7	4	58	13	24
Stir Fried Tofu w/ Sweet & Sour Sauce (Get the Good Stuff)	125 grams	103	3	0	0	0	134	17	2	12	6	2	55	10	18
Stir Fried Vegetables & Tofu Kung Pao (Get the Good Stuff)	138 grams	152	7	1	0	0	293	19	3	11	5	20	17	8	13
Stir Fried Vegetables & Tofu w/ Sweet & Sour Sauce (Get the Good Stuff)	152 grams	121	6	1	0	0	98	16	3	10	4	20	47	8	12
Stir Fried Vegetables & Tofu w/ Sweet & Sour Sce 2 (Get the Good Stuff)	152 grams	128	6	1	0	0	134	18	3	12	4	21	48	8	12
Stir Fried Vegetables, Rice Noodles & Tofu (Get the Good Stuff)	147 mL	285	10	1	0	0	449	44	2	6	6	14	42	5	9
Sweet & Sour Pork 2 (Get the Good Stuff)	174 grams	353	14	4	0	49	436	44	2	37	15	16	88	2	9
Sweet & Sour Pork (Get the Good Stuff)	174 grams	325	14	4	0	49	286	35	2	28	15	15	83	2	9
Sweet & Spicy Chicken 2 (Get the Good Stuff)	160 grams	343	13	3	0	85	372	28	2	17	29	23	97	4	14
Sweet & Spicy Chicken (Get the Good Stuff)	160 grams	313	11	3	0	68	381	29	2	18	23	24	97	3	12
Sweet Chili Stir Fry w/ Vegetables,Tofu & Linguine (Get the Good Stuff)	244 grams	311	6	1	0	0	281	52	4	13	18	3	73	23	51
Tandoori Chicken (Get the Good Stuff)	70 grams	144	9	2	0	48	47	0	0	0	15	2	0	1	6
Tandoori Chicken Souvlaki (Get the Good Stuff)	72 grams	106	3	1	0	45	365	3	0	0	16	1	2	1	16
Tandoori Pork Souvlaki (Get the Good Stuff)	72 grams	131	6	2	0	48	51	1	0	0	17	1	3	3	7
Tilapia Curry (Get the Good Stuff)	124 grams	185	9	1	0	55	332	4	2	1	24	0	5	1	5
Tilapia w/ Strawberry Salsa (Get the Good Stuff)	76 grams	146	8	1	0	28	179	8	1	7	12	0	22	1	4
Tortellini with Four Tomato & Basil (Get the Good Stuff)	196 grams	366	13	2	0	16	521	50	5	9	12	14	17	13	23
Tri-Colour Bean & Chicken Ragout (Get the Good Stuff)	147 mL	139	3	0	0	8	611	21	5	5	9	5	10	8	16
Tri-Colour Bean & Tofu Ragout (Get the Good Stuff)	147 mL	128	2	0	0	0	604	21	5	5	7	4	10	9	17
Tri-Colour Bean Ragout (Get the Good Stuff)	147 mL	124	2	0	0	0	604	21	5	5	6	4	10	8	15
Turkey Chili & Mashed Potato Bowl (Get the Good Stuff)	314 grams	305	11	4	0	58	706	31	4	4	21	9	42	16	23
Turkey Lasagna (Get the Good Stuff)	232 grams	361	12	6	0	77	505	36	5	8	28	19	50	38	35
Turkey Meat Loaf (Get the Good Stuff)	109 grams	182	8	2	0	109	413	9	2	1	18	30	23	8	12
Vegan Enchilada Bake (Get the Good Stuff)	2 each	251	9	1	0	0	497	40	5	7	5	31	92	6	13

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		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
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Vegan Shepherd's Pie (Get the Good Stuff)	192 grams	141	3	0	0	0	357	22	5	5	9	35	73	5	19
Vegetable Biriyani (Get the Good Stuff)	270 grams	307	5	2	0	8	837	57	7	13	9	48	193	7	24
Vegetable Chili (Get the Good Stuff)	237 mL	199	5	1	0	0	830	32	8	7	10	24	72	7	19
Vegetable Jambalaya (Get the Good Stuff)	147 mL	149	6	1	0	0	290	20	2	3	4	14	95	6	12
Vegetable Lasagna (Get the Good Stuff)	253 grams	267	10	4	0	15	645	35	5	9	15	38	72	20	12
Vegetarian Beef Stew (Get the Good Stuff)	260 grams	224	4	0	0	0	813	18	4	3	29	18	13	6	73
Vegetarian Cabbage Roll-Style Casserole (Get the Good Stuff)	147 mL	110	1	0	0	0	407	19	4	5	9	4	23	7	21
Veggie Burger Jambalaya (Get the Good Stuff)	147 mL	131	4	0	0	0	299	20	2	2	5	2	13	6	10
Wasabi Encrusted Cod (Get the Good Stuff)	96 grams	271	13	1	0	46	512	38	1	2	18	0	2	1	2
Alfredo Chicken Bruschetta Casserole	321 grams	399	11	6	0	54	883	48	2	4	25	9	8	16	26
Almond Chicken Breast	156 grams	422	25	3	0	108	799	23	3	2	27	1	13	6	33
Apricot Glazed Pork Kabobs	135 grams	323	20	8	0	103	353	3	1	0	32	6	3	2	10
Baked Basa w/ Bombay Sauce	80 grams	83	4	2	0	34	141	3	0	1	8	4	3	3	3
Baked Basa w/ Tomato Zucchini & Feta	68 grams	69	3	1	0	30	118	1	0	1	9	2	7	1	2
Baked Chicken w/ Montreal seasoning	92 grams	144	9	2	0	48	190	0	0	0	15	3	3	1	6
Baked Four Cheese Ravioli	198 grams	409	15	6	0	50	952	53	3	11	18	14	5	33	19
Baked Honey Garlic Chicken	94 grams	175	9	2	0	48	369	8	0	7	16	3	3	1	7
Baked Penne	207 grams	281	6	1	0	3	159	46	4	5	10	10	7	8	23
Baked Teriyaki Chicken	94 grams	163	10	2	0	48	638	3	0	1	16	3	3	1	7
Baked Tomato Cheese Manicotti	114 grams	203	11	6	0	57	299	20	2	5	8	17	12	10	6
Baked Tri-Colour Fusilli Pasta	237 mL	308	6	1	0	3	181	52	5	4	11	11	7	9	29
Battered Fish	65 grams	95	4	0	0	25	102	6	0	0	8	1	0	1	3
BBQ Jerk Side Ribs	234 grams	634	45	17	1	173	2092	6	2	2	47	2	5	7	23
Bean & Tofu Burrito	1 each	515	18	3	0	5	1912	72	8	6	20	15	23	28	53
Beef & Beans Chimichangas	79 grams	179	9	4	0	20	414	17	2	1	7	4	5	7	10
Beef Bourguignon	165 grams	318	17	6	0	86	1133	9	1	4	29	4	10	2	25
Beef Fajitas	163 grams	319	16	6	0	40	687	27	2	2	16	8	43	11	17
Beef Pepper Teriyaki 2	164 grams	184	5	1	0	21	777	24	1	16	10	4	80	2	10
Beef Pot Pies	265 grams	689	39	10	0	70	649	54	2	4	28	6	12	17	35
Beef Quesadillas	100 grams	288	15	6	0	39	455	22	1	0	15	4	0	11	16
Beef Stroganoff	165 grams	321	18	6	0	90	1137	10	1	4	29	6	5	3	22
Black Bean Enchilada (half)	220 grams	368	7	2	0	8	1096	61	7	4	14	16	85	11	27
Bombay Style Cod	147 mL	177	11	6	1	64	446	10	2	5	12	14	12	8	7
Braised Corned Beef Brisket	205 grams	382	16	6	0	128	1157	14	2	6	44	13	17	4	33
Braised Pork Butt, Garlic Herb	85 grams	246	17	6	0	76	980	1	0	0	22	1	5	1	10
Breaded Sole w/ Rice & Stir Fried Vegetables 2	351 grams	596	29	2	0	0	883	70	4	18	14	23	82	8	13
Breaded Sole w/ Rice & Stir Fried Vegetables	351 grams	612	29	2	0	0	908	74	4	21	14	23	77	8	13
Buffalo Chicken Wings	69 grams	313	24	8	1	100	316	0	0	0	20	16	0	7	9
Butternut Squash Macaroni & Cheese	125 grams	265	12	7	0	40	266	31	2	3	9	32	13	12	10
Caribbean Grilled Turkey	118 grams	324	14	4	0	125	540	4	1	1	43	3	10	3	7
Caribbean Jerk Chicken Wings	59 grams	248	18	4	0	85	333	1	0	0	20	7	0	7	10
Caribbean Red Beans & Coconut Rice	112 grams	164	6	4	0	0	320	24	2	2	4	2	3	3	9
Chicken Bruschetta Casserole - Individual	321 grams	359	6	2	0	39	711	52	3	8	24	7	13	13	28
Chicken Cacciatore	219 grams	442	30	6	0	98	835	13	1	3	27	3	18	4	8
Chicken Chasseur	87 grams	271	20	5	0	55	385	3	0	1	17	4	3	1	8
Chicken Chili Mashed Potato Bowl	314 grams	324	13	5	0	62	752	33	5	5	22	10	43	16	26
Chicken Fresca Quesadilla	248 grams	559	27	10	0	73	1523	48	3	2	30	23	27	31	33
Chicken Nuggets	82 grams	242	14	1	0	22	419	18	1	0	12	0	3	2	592

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Recipe Name		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Chicken Nuggets Halal	92 grams	298	19	2	0	22	515	20	4	4	13	0	0	0	16
Chicken Pho Broth Bowl	489 grams	188	4	1	0	51	1376	21	1	4	15	21	15	3	9
Chicken Pot Pies	272 grams	637	36	9	0	89	919	51	2	3	26	6	5	18	25
Chicken, Mushroom & Spinach Tortellini	177 grams	406	18	4	0	39	398	43	2	5	19	8	5	18	16
Chipotle Macaroni & Cheese w/ Cheddar	130 grams	304	12	7	0	33	406	36	1	5	13	10	0	23	11
Cincinnati-Style Chicken Chili	237 mL	330	7	1	0	74	990	35	8	15	34	32	112	8	27
Classic Macaroni & Cheese	115 grams	246	12	7	0	33	320	26	1	3	10	9	0	16	8
Coconut Curry Cod	87 grams	127	8	6	0	45	51	3	1	2	13	2	5	2	4
Coq Au Vin	305 grams	561	42	13	0	141	749	7	1	2	36	1	5	1	7
Country Meat Loaf	130 grams	335	18	7	1	120	678	21	1	9	22	2	3	4	22
Crispy Breaded Chicken	155 grams	483	21	3	0	125	962	42	2	4	32	5	0	4	29
Curry Vegetable Pot Pies	311 grams	679	36	8	0	22	925	79	6	9	12	8	53	21	38
Easy Turkey Sloppy Joes	254 grams	414	10	3	0	83	820	54	3	17	26	8	18	14	28
Eggplant Lentil Moussaka	141 grams	145	7	3	0	24	283	16	4	5	6	14	27	9	10
Eggplant Parmesan	227 grams	370	22	6	0	15	572	31	6	7	14	21	15	26	21
Farfalle, Broccoli & Ricotta	363 grams	365	16	5	0	14	698	39	3	6	16	21	37	22	16
Field Tomato, Bell Pepper & Cheese Quiche	201 grams	569	39	15	0	570	665	30	1	3	25	23	12	45	43
Four Cheese Quiche	207 grams	585	40	16	0	579	700	30	1	3	27	25	0	46	42
Fried Chicken	325 grams	679	45	8	0	158	600	23	1	1	42	7	5	4	28
Fusilli w/ Artichokes & Herbs	237 mL	241	15	7	1	30	797	21	2	6	7	13	35	14	8
Fusilli w/ Feta, Spinach & Pesto	183 grams	138	6	2	0	11	409	15	1	1	6	12	13	4	8
Gardenburger Taco	142 grams	267	11	4	0	13	727	30	4	2	13	27	8	13	19
Garlic Butter Perogies	185 grams	415	16	2	0	6	865	58	3	4	10	1	3	0	1
Ginger Citrus Chicken Drumsticks	255 grams	436	26	7	0	167	613	7	1	2	41	14	35	6	20
Ginger Sesame Noodles w/ Chicken	157 grams	238	6	1	0	17	955	40	2	17	9	3	55	4	16
Grilled Chicken Taco	160 grams	273	11	4	0	46	471	25	2	2	19	4	10	11	14
Grilled Flank Steak w/ Mushrooms & Onions	87 grams	159	8	2	0	29	263	7	1	1	16	1	10	1	12
Grilled Marinated Flank Steak	150 grams	529	33	8	1	108	279	0	0	0	52	0	0	1	32
Grilled Pork Chop with Sun-Dried Tomato Sauce	235 grams	260	10	2	0	60	946	11	1	7	29	1	5	1	8
Haddock w/ Coconut Curry Sauce	141 grams	287	19	5	0	78	740	2	0	1	26	4	5	4	15
Indian Garlic Chicken	70 grams	114	2	1	0	55	629	6	0	4	19	1	5	2	5
Indian Tandoori BBQ Side Ribs	234 grams	660	47	17	1	173	418	7	2	2	49	6	12	13	29
Individual Mini Turkey Meat Loaves	115 grams	175	8	2	0	108	436	10	1	2	17	23	25	6	11
Italian Pot Roast "Brasato"	205 grams	411	13	2	0	84	1751	24	4	8	42	23	25	7	41
Korean Grilled Cod	93 grams	192	10	2	0	43	1472	12	0	8	15	0	2	1	4
Lamb Bourguignon	147 mL	428	32	14	0	90	1031	9	1	4	24	4	10	4	19
Lamb Tagine	147 mL	313	18	7	0	50	518	21	3	9	18	8	68	5	19
Linguine w/ Mushrooms & Tarragon	290 grams	822	14	7	0	35	661	142	7	9	29	10	3	13	46
Macaroni & Beef Casserole	147 mL	153	4	2	0	11	282	23	2	6	8	13	17	8	11
Maryland Crab Cakes	80 grams	217	11	1	0	13	837	24	2	5	7	1	27	3	8
Meat Lasagna	154 grams	384	19	10	1	104	407	24	2	7	29	21	25	39	22
Mesquite Chicken Quesadilla	235 grams	531	23	9	0	78	1675	47	3	1	32	23	25	31	34
Mexican Beef Lasagna	195 grams	503	17	6	0	33	1042	65	9	6	22	15	30	17	45
Mexican Chicken	185 grams	699	53	11	0	161	264	4	1	1	50	12	12	4	21
Middle Eastern Marinated Grilled Chicken	85 grams	121	3	1	0	69	539	1	0	0	23	0	0	0	3

Entrees	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)
Mixed Salad w/ Grilled Pineapple & Coconut	90 grams	94	4	3	0	0	22	15	3	10	2	19	78	3	9
Montreal Seasoning Pork Souvlaki	72 grams	155	7	2	0	61	217	0	0	0	21	2	5	2	7
Moroccan Pork Souvlaki	72 grams	157	7	2	0	61	58	1	0	0	21	1	2	2	8
Oven Roasted Glazed Ham	180 grams	271	11	5	0	96	2220	11	0	8	33	1	0	2	19
Panko Breaded Sole	35 grams	142	6	0	0	39	206	14	1	0	13	1	2	2	3
Penne Pasta w/ Chicken, Mushrooms & Spinach	450 grams	677	18	5	0	40	504	96	5	10	33	10	10	22	42
Penne Pasta w/ Salsa Roja & Pico de Gallo	347 grams	221	7	2	0	6	740	32	3	6	9	7	33	10	11
Penne Pasta w/ Smoked Salmon & Capers	237 mL	281	7	2	0	10	1026	42	3	6	13	3	28	10	15
Penne Pasta w/ Spinach & Pesto	237 mL	350	16	4	0	16	365	45	3	5	10	25	23	13	22
Penne Ratatouille	408 grams	454	19	3	0	6	482	60	7	13	13	11	98	21	28
Pork Chop w/ Ginger Sauce	110 grams	151	6	2	0	45	565	5	0	3	19	1	3	2	4
Pork Stroganoff	177 mL	192	8	3	0	54	148	8	1	3	19	4	10	3	10
Red Thai Beef & Eggplant Curry	147 mL	246	15	9	0	47	572	10	3	4	18	1	10	3	17
Red Thai Curried Beef	175 grams	272	17	8	0	52	401	11	1	3	19	0	5	2	19
Red Thai Curried Pork	175 grams	335	22	9	0	74	415	11	1	3	23	1	5	2	14
Rice Pilaf & Bulgur with Cranberries & Pecans	118 mL	215	8	1	0	0	831	33	4	7	4	3	8	19	11
Roast Leg of Lamb	85 grams	198	11	5	1	60	343	0	0	0	24	0	0	2	11
Roasted Pork Loin, Herbed	85 grams	216	13	5	0	70	51	1	0	0	23	0	2	2	7
Roasted Turkey w/ Stuffing & Gravy	265 grams	419	20	4	0	144	1191	22	2	3	47	8	5	3	15
Rogan Josh	118 mL	363	27	12	0	81	412	6	1	2	23	3	8	7	17
Rosemary Polenta	127 grams	73	0	0	0	0	888	17	1	0	1	0	0	1	1
Rotini Pasta with Marinara Sauce	177 grams	261	5	1	0	2	171	44	4	6	9	9	7	8	22
Rotini Salad w/ Greek Feta Cheese	147 mL	136	5	1	0	4	194	19	2	2	5	4	28	2	9
Rotini w/ Broccoli & Cheddar Sauce	237 mL	397	17	10	1	48	367	45	2	5	16	13	28	26	15
Rotini w/ Italian Sausage & Peppers	237 mL	329	14	4	0	19	586	41	2	5	11	5	75	2	15
Rotisserie Ham w/ Brwn Sugar Pineapple Glaze	142 grams	277	7	2	0	48	1673	33	0	32	21	3	5	9	8
Rustic BBQ Side Ribs	234 grams	719	43	16	1	173	1139	32	2	27	48	11	17	6	27
Saag Chicken Curry	118 mL	139	4	1	0	43	733	9	2	2	18	45	25	11	24
Saag Lamb Curry	118 mL	332	24	11	0	74	473	7	2	2	22	48	27	13	21
Salisbury Steak	200 grams	428	28	12	1	154	441	7	1	3	34	1	5	4	28
Scratch Battered Fish	65 grams	110	5	0	0	25	245	8	0	0	9	1	0	6	5
Seafood Newburg	255 grams	264	11	2	0	104	1335	21	1	10	21	8	5	16	12
Shepherds Pie	240 grams	425	25	10	1	100	664	25	3	5	26	27	38	6	24
Sloppy Joe's	223 grams	425	15	6	1	50	769	49	3	15	23	6	20	8	32
South American Lamb Stew	198 grams	425	27	11	0	101	585	15	3	5	29	8	12	13	29
Southwest Fajita	213 grams	321	11	3	0	42	536	38	5	5	18	5	67	10	16
Southwestern Pork	142 grams	367	22	8	0	116	195	1	0	0	39	2	3	3	12
Spaghetti Primavera with Meatballs	262 grams	457	12	5	0	21	727	66	5	11	21	15	30	8	32
Stir Fried Crispy Pork & Asian Vegetables	235 grams	467	28	6	0	65	666	31	3	18	23	20	72	9	18
Stir Fry Chicken w/ Hoisin Sauce	168 grams	152	4	0	0	30	847	20	3	12	12	14	83	4	14
Stuffed Cabbage Rolls	125 grams	141	8	3	0	39	323	7	1	2	10	5	12	4	11
Stuffed Peppers	1 each	394	20	7	0	29	1004	43	5	12	13	16	213	24	16
Sun-Dried Tomato, Black Olive Feta Quiche	205 grams	576	38	13	0	562	1089	38	3	8	24	23	10	34	54
Sweet & Sour Meatballs w/ Shanghai Noodles 2	255 grams	699	22	7	0	50	967	95	3	22	29	3	38	8	53
Sweet & Sour Meatballs w/ Shanghai Noodles	255 grams	682	22	7	0	50	877	90	3	16	29	2	37	8	52
Sweet & Sour Rotisserie Pork Roast	142 grams	463	21	8	0	116	528	28	0	24	39	1	2	4	12
Swiss Steak	214 grams	275	15	3	1	50	769	11	2	3	22	3	8	5	20

Entrees	Portion Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fibre	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(% DV)	(% DV)	(% DV)	(% DV)
Recipe Name															
Szechwan Tofu Stir-Fry	147 mL	191	6	1	0	0	963	31	3	22	9	17	48	19	31
Teriyaki Shanghai Noodles w/ Bay Shrimps 2	325 grams	408	12	2	0	256	1214	42	2	4	32	38	87	9	8
Teriyaki Shanghai Noodles w/ Bay Shrimps	325 grams	406	12	2	0	256	1194	41	2	4	32	38	87	9	8
Texas Chili	147 mL	462	28	6	0	116	1052	10	2	4	41	3	13	3	33
Tikka Beef Stew	147 mL	278	20	7	0	44	363	9	2	4	16	7	12	3	16
Tikka Lamb Stew	147 mL	327	25	12	0	46	394	13	3	6	14	60	15	6	14
Traditional Beef Chili	147 mL	203	12	4	0	30	606	18	4	7	14	5	33	2	15
Traditional Beef Stew	260 grams	310	18	4	0	49	567	20	4	6	18	40	20	6	20
Veal Ragout with Honey & Curry	219 grams	377	11	3	0	168	1187	25	2	15	44	21	7	6	18
Vegan Black Bean Enchilada	220 grams	388	11	1	0	0	1119	62	9	4	12	11	97	9	30
Vietnamese Chick Stir Fry & Rice w/ Fresh Veg	1 each	708	16	2	0	34	1447	117	3	26	23	26	70	20	44

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.