


Lifestyles Fridge - Residence Operations

	Amount	Unit Size metric (g)	Energy (Calories)	Protein (g)	Total Fat (g)	Saturated Fat (g)	% of Calories From Fat	Carbohydrates (g)	Sodium (mg)	Cholesterol (mg)	Dietary Fibre (g)
Salads:											
Pasta Salads											
Bacon Caesar Pasta Salad	1 ea	141	209	14	7	2	30	22	1218	21	3
Chicken Broccoli Pasta Salad	1 ea	340	399	34	9	1	20	45	81	72	4
Greek Pasta Salad	1 ea	227	354	8	27	4	69	22	546	44	2
Oriental Noodle Salad	1 ea	297	251	9	3	2	11	52	1786	0	2
Tuna Pasta Salad	1 ea	226	329	25	15	2	41	22	408	40	1
Regular Salads											
Bocconcini Tomato Salad	1 ea	283	240	16	16	9	60	11	290	55	3
Chef Salad	1 ea	322	131	9	6	2	41	14	138	212	5
Chicken Caesar Salad	1 ea	238	253	42	4	2	14	5	310	101	2
Grilled Salmon Caesar	1 ea	279	400	38	21	4	47	13	500	90	3
Julienne Salad	1 ea	298	259	23	13	7	45	14	820	161	4
Mandarin Chicken Salad	1 ea	289	246	37	5	1	18	12	113	88	2
Mediterranean Salad	1 ea	354	189	7	12	4	57	16	594	26	4
Summer Salad	1 ea	184	220	11	16	7	65	11	180	20	5
Sunny Vegetable Pasta Salad	1 ea	170	250	9	10	3	36	31	110	45	2
3- Bean Salad	1 ea	283	400	16	17	0	38	49	13	0	12
Four Scoop Salad	1 ea	227	479	21	35	7	66	21	744	220	2
Turkey Club Salad	1 ea	284	204	20	10	2	44	8	584	212	2
Turkey Pasta Toss	1 ea	206	250	15	11	0	40	22	1130	50	2
Spinach and Blackberry Salad	1 ea	283	174	8	7	4	36	23	415	26	7
Tuna and White Bean Salad	1 ea	294	428	30	13	2	27	50	40	24	19
Protein Salad	1 ea	234	403	27	27	10	60	13	622	216	2
Sandwiches:											
Best Ever Roast Beef Sandwich	1 ea	284	780	42	41	14	47	57	1131	111	2
Calabrese Wrap	1 ea	268	614	26	37	16	54	43	1072	79	3
Chicken Caesar Wrap	1 ea	205	535	30	17	3	29	64	731	47	4
Chicken Cordon Bleu Wrap	1 ea	310	611	62	20	4	29	43	1590	150	2
Chicken Salad - Regular	1 ea	201	437	33	18	3	37	35	639	84	1
Chicken Salad - Specialty	1 ea	236	552	37	20	3	33	56	833	83	2
Chickpea Pita	1 ea	277	470	16	17	2		69	720	5	12
Crispy Chicken Wrap	1 ea	223	543	22	18	5	30	71	1517	52	4
Egg Salad Sandwich - Regular	1 ea	166	356	11	21	4	53	30	675	227	1
Egg Salad Sandwich - Specialty	1 ea	202	470	15	23	5	44	50	870	225	2
Heavenly Hero	1 ea	234	426	22	14	4	30	52	1046	40	3
Italian BLT Croissant	1 ea	218	507	36	25	9	44	34	1292	120	2
Italian Club Sandwich	1 ea	244	480	25	24	9	45	41	1850	55	3
Maple BBQ chicken	1 ea	227	418	30	10	4	22	51	763	57	3
Meat Sandwich - Beef Regular	1 ea	156	286	25	9	4	28	26	1206	56	1
Meat Sandwich - Beef Specialty	1 ea	191	402	29	11	5	25	46	1399	55	2
Meat Sandwich - Ham Regular	1 ea	156	280	21	9	4	29	27	964	52	1
Meat Sandwich - Ham Specialty	1 ea	191	396	25	11	4	25	47	1157	52	2
Meat Sandwich - Salami Regular	1 ea	156	611	24	39	19	57	25	1681	128	1
Meat Sandwich - Salami Specialty	1 ea	191	726	28	41	20	51	45	1872	127	2
Meat Sandwich - Turkey Regular	1 ea	156	284	22	9	4	29	31	1088	46	1
Meat Sandwich - Turkey Specialty	1 ea	191	400	26	11	4	25	51	1280	46	2
Peanut Butter and Jam on White	1 ea	107	381	11	16	3	38	50	284	1	3
Salmon Sandwich	1 ea	289	563	42	17	7	27	58	744	103	4
Salmon Sandwich - Regular	1 ea	202	380	21	18	2	43	32	670	45	1
Salmon Sandwich - Specialty	1 ea	237	490	26	20	3	37	52	860	45	2
Steak Sandwich	1 ea	348	427	35	8	2	17	55	2331	58	2
Summer Vegetable Bean Pita	1 ea	286	486	21	14	5	26	72	789	26	8

