

SANDWICHES, MICRO MEALS, AND TRAYS

ALLERGENS + NUTRITIONAL INFORMATION

MM	Micro Meals
SW	Sandwiches
CT	Catered Trays
*	May contain

Eggs	Milk	Crustaceans	Shellfish	Fish	Pork	Peanuts	Tree Nuts	Mustard	Seasame	Soy	Sulphites	Gluten	Barley	Wheat	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
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TYPE	ITEM	Eggs	Milk	Crustaceans	Shellfish	Fish	Pork	Peanuts	Tree Nuts	Mustard	Seasame	Soy	Sulphites	Gluten	Barley	Wheat	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fibre (g)	Sugar (g)	Protein (g)	Calcium (% DV)	Iron (% DV)
MM	BBQ ribs /w mash		☑				☑		☑		☑						510	29	14	<1	20	660	800	28	4	9	32	75	3
MM	Beef Chili	☑	☑								☑		☑			☑	440	18	4	0	10	800	200	59	2	11	9	50	3.5
MM	Belgian waffle																260	12	7	0	15	440	600	18	4	4	20	50	4
MM	Butter Chicken & Basmati		☑														310	6	3	0	10	540	400	48	2	3	14	30	<1
MM	Cheesy omelette with hash	☑	☑								☑		☑			☑	250	12	2	0	35	570	550	26	2	0	11	125	1.25
MM	Chicken Fettuccini Alfredo		☑										☑			☑	270	4	2	0	10	510	400	40	3	2	17	75	2.5
MM	Chickpea and Rice Curry																320	5	1	0	0	410	300	58	7	2	4	50	1
MM	Dry Ribs						☑				☑		☑			☑	280	11	4	0	10	330	350	18	2	0	26	50	3
MM	Egg Sausage Breakfast	☑											☑			☑	530	33	15	0	35	1300	900	35	5	0	23	150	4
MM	Garlic and Pesto Penne		☑										☑			☑	350	9	4	0	5	530	125	55	4	0	12	100	3
MM	Ham dinner		☑								☑	☑					210	4	2	0	20	1060	850	17	5	6	25	50	1.25
MM	Homestyle Meatloaf		☑						☑	☑	☑		☑			☑	350	18	3	<1	0	570	350	38	6	6	10	40	3
MM	Hummus Tray		☑						☑			☑	☑			☑	290	4	2	0	5	5	150	51	3.1	0	11	125	4
MM	Jack Mac & Cheese								☑	☑			☑			☑	260	2	<1	<1	10	510	400	46	3	4	16	40	<1
MM	Korean Chicken and Rice Stirfry	☑	☑										☑			☑	480	28	17	0	15	760	450	28	4	3	30	300	2.5
MM	Meat Lasagna		☑				☑		☑		☑		☑			☑	470	31	20	0	5	870	350	25	2	3	22	350	1
MM	Pepperoni Tray		☑								☑	☑	☑			☑	300	13	6	0	25	310	600	13	3	2	31	20	3
MM	Roast Beef Dinner		☑				☑		☑		☑		☑			☑	485	19.8	16.4	<1	97	1257	0	22.8	1.8	3.6	24	173	0.8
MM	Salami Tray	☑	☑									☑	☑			☑	280	11	4	0	10	330	350	18	3	0	26	50	2.8
MM	Spaghetti and Meatsauce	☑	☑								☑		☑			☑	374	16	2.9	<1	50	720	432	27	1	4.3	33	58	1.8
MM	Turkey nuggets												☑			☑	250	2	0	0	0	200	225	50	4	0	9	30	1.7
MM	Vegetable Penne Marinara												☑				158	3	<1	0	0	450	394	27	5	6.8	5	45	2.3
MM	Vegetarian Chili	☑	☑										☑			☑	300	11	7	0	10	630	400	37	4	5	14	300	1
MM	Vegetarian Lasagna								☑	☑			☑			☑	240	<1	<1	0	15	330	200	53	2	13	6	40	<1
MM	Vegetarian Stirfry	☑	☑								☑		☑			☑	410	23	11	0	30	650	600	25	6	5	25	75	4.5
MM	Western omelette	☑	☑								☑		☑			☑	310	16	5	0	35	600	550	29	3	0	12	75	1.5
SW	Bologna & Cheddar on White		☑				☑		☑		☑		☑			☑	430	24	12	<1	5	1210	450	32	2	4	22	175	3
SW	Bologna & Cheddar on Whole Wheat		☑				☑		☑		☑		☑			☑	420	21	10	<1	10	1330	500	36	3	5	23	225	3
SW	Cheeseburger		☑							☑		☑	☑			☑	660	36	36	<1	20	1200	550	48	17	4	36	75	2
SW	Chipotle Chicken Wrap	☑	☑						☑		☑		☑			☑	440	13	5	<1	15	1410	450	58	4	7	24	150	4
SW	Club Sub		☑				☑				☑		☑	☑	☑	☑	480	19	10	0	10	980	950	37	3	4	42	200	3
SW	Croissant with Cheese and Ham	☑	☑				☑				☑		☑			☑	460	25.3	31.3	<1	67	1283	1250	31.3	<1	5.8	23.9	98	1.2
SW	Egg Salad on White	☑	☑						☑	☑	☑					☑	353	17.5	3.8	<1	270	531	0	34.5	1.6	3.4	15.5	89	2.8
SW	Egg Salad on Whole Wheat	☑	☑						☑	☑	☑					☑	363	17.5	3.8	<1	270	531	0	33.5	3.6	3.4	16.5	89	2.8
SW	European Deli		☑				☑		☑	☑	☑	☑	☑			☑	470	20	8	<1	25	1220	850	48	5	2	26	175	4
SW	Ham and Cheese on White		☑				☑						☑			☑	300	7	4.5	<1	10	1040	1250	48	2	4	25	150	2.5
SW	Ham and Cheese on Whole Wheat		☑				☑						☑			☑	330	9	5	<1	10	890	1200	36	4	4	27	150	1.8
SW	Hot Dog with bun												☑			☑	220	8	2.5	<1	45	780	400	25	1	2	11	36	<1
SW	Hummus & Vegetable Wrap								☑							☑	381	11.5	1.9	0	0	2213	0	58.9	9.2	3.9	10.1	60	1.6
SW	Jimmy Dean Egg, Cheese & Bacon Muffin Sandwich	☑	☑				☑				☑					☑	-	-	-	-	-	-	-	-	-	-	-	-	-
SW	Jimmy Dean Sausage, Egg & Cheese Bagel Sandwich	☑	☑				☑				☑		☑	☑	☑	☑	-	-	-	-	-	-	-	-	-	-	-	-	-
SW	Jimmy Dean Sausage, Egg & Cheese Muffin Sandwich	☑	☑				☑				☑					☑	-	-	-	-	-	-	-	-	-	-	-	-	-
SW	Pepperoni Pizza Sub		☑				☑		☑		☑		☑	☑	☑	☑	430	18	10.5	0	5	900	550	46	3	6.3	22	125	3.5
SW	Pesto Vegetarian Burger		☑						☑	☑	☑		☑			☑	440	13.6	3	0	0	810	400	64	13	9.9	14	100	3
SW	Philly Cheese Steak		☑						☑		☑	☑	☑	☑	☑	☑	485	24.1	9.3	<1	82	732	400	33.3	1.4	3.6	34.6	74	1.4
SW	Pulled Pork						☑		☑	☑	☑		☑			☑	420	9.7	2.1	4.4	0	65	350	44.8	1.5	3.4	40.1	65	<1
SW	Roast Beef & Cheddar on White		☑								☑		☑			☑	720	37.2	15.3	<1	145	849	0	40.8	2.4	3.5	52.8	88	5.1
SW	Roast Beef & Cheddar on Whole Wheat		☑								☑		☑			☑	400	11	7	0	15	740	450	38	5	2	36	150	4
SW	Sausage and Egg Breakfast Wrap	☑	☑				☑						☑			☑	590	28	14	0	10	1300	350	61	2	2	24	400	3
SW	Tuna Salad on White	☑				☑			☑		☑					☑	390	20.1	3.5	<1	30	827	0	34.2	1.4	3.7	18.1	89	2.7
SW	Tuna Salad on Whole Wheat					☑			☑		☑					☑	400	20.1	3.5	<1	30	827	0	33.2	3.4	3.7	19.1	89	2.7
SW	Turkey and Havarti Croissant	☑	☑								☑		☑			☑	480	24	15	0	15	670	300	35	2	3	31	150	3
SW	Turkey Bacon Wrap		☑				☑		☑				☑			☑	430	13	6	0	10</								