

apetito Canada Limited
NUTRIENT CONTENT PER PORTION

ENTREES

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
ASIAN GLAZED SALMON	12119	316	290	22	41	2	4	6	1	0	25	380	740	360	35	4	170	10
BAKED HAM	12115	333	340	15	50	6	27	9	4	0	65	950	780	320	70	10	15	10
BANGERS & MASH	12080	415	500	23	38	9	4	29	10	0.2	65	1260	830	270	2	8	40	20
BBQ RIB-STYLE PORK CUTLET	12089	310	370	19	34	3	9	18	5	0	45	500	840	310	25	4	35	15
BEEF STEW	12008	445	430	33	48	7	9	10	4	0	85	860	1340	390	45	6	40	30
BEEF STROGANOFF	12030	345	450	33	43	6	12	16	5	0	110	1050	900	320	6	8	25	45
BREADED CHICKEN BREAST	12057	365	430	25	46	3	7	14	3	0	55	610	570	350	80	8	25	20
BREADED CHICKEN FINGERS	12113	310	480	21	62	7	6	17	2.5	0.5	40	1170	720	690	35	2	30	25
BUTTER CHICKEN	12123	360	470	45	47	3	10	12	6	0.2	105	250	520	490	15	10	8	15
CHEESE OMELET	10047	289	380	16	33	3	4	20	6	0	310	700	720	320	20	20	30	15
CHEESE & POTATO PEROGIES	10046	410	390	12	62	9	11	13	6	0	20	900	670	160	180	25	50	30
CHICKEN A LA KING	12001	360	330	22	34	6	7	12	4	0	55	490	750	250	50	8	25	15
CHICKEN CACCIATORE	12078	375	270	25	32	6	7	4.5	1.5	0	60	520	950	330	60	6	25	15
CHICKEN POT PIE	12112	405	410	22	39	7	9	20	7	3.5	60	550	770	230	100	8	30	20
CHICKEN SOUVALAKI	12088	350	400	28	54	3	10	9	4.5	0	60	260	920	310	25	15	35	15
CHICKEN STEW	12116	410	320	21	26	7	9	15	6	0.2	70	870	940	250	140	20	90	25
CHOPPED SWISS STEAK	12046	385	370	27	31	4	5	13	4.5	0.3	70	530	1120	310	35	6	30	25
COUNTRY CHICKEN	12032	335	330	25	40	5	6	8	2	0	50	410	740	250	90	6	10	15
COUNTRY STYLE PORK CASSE	12110	380	430	21	43	6	9	19	4	0.2	65	760	800	300	90	8	25	20
EGG & BACON BRUNCH	12120	340	400	26	39	4	17	17	4	0	405	970	640	390	15	8	60	20
FISH AND CHIPS	12013	285	480	16	62	7	4	20	2	0.5	15	1060	710	440	20	4	25	20
FISH FLORENTINE	12003	350	350	25	37	6	7	13	7	0.3	60	380	1160	490	110	30	35	15
ITALIAN SAUSAGE PASTA	12117	403	430	23	54	4	9	13	4	0	25	560	660	320	60	10	50	25
LEMON HERB FISH	12031	280	330	18	43	4	5	10	2.5	0	35	460	760	360	8	4	50	15
LIVER & ONIONS	12087	360	470	35	40	6	3	19	7	0.3	505	720	1010	570	610	6	60	80
MACARONI & CHEESE	12079	390	460	22	53	6	10	19	9	0.4	45	1080	650	480	45	45	30	20
MACARONI MEAT & CHEESE	12005	395	520	27	52	4	9	23	11	0.5	70	520	770	430	70	35	30	25
MEAT LASAGNA	12092	300	420	26	33	4	8	21	10	0.5	70	720	620	360	50	30	25	20
MEATLOAF	12062	334	280	15	34	4	4	9	4	0.2	40	580	730	230	15	6	15	20
PORK WITH STUFFING	12020	385	470	32	49	6	14	16	7	0	105	530	1290	420	80	6	30	20
ROAST CHICKEN	12090	330	530	29	37	6	5	29	7	0.5	120	580	670	320	35	6	30	25
SALISBURY STEAK	12017	330	380	20	38	7	7	16	4	0.5	60	520	950	310	10	8	20	40
SALMON IN LEMON SAUCE	12063	390	320	20	39	5	10	10	2	0	55	520	740	320	50	8	60	15
SEASONED PORK LOIN	12091	350	500	26	45	6	3	24	4.5	0	50	290	890	370	4	2	40	20
SHEPHERD'S PIE	12108	409	450	29	47	8	9	18	7	0.5	65	750	1060	310	80	6	30	30
SPAGHETTI BOLOGNESE	12111	380	360	19	53	7	11	9	3	0.2	30	520	750	200	100	8	30	25
STEAK & MUSHROOM PIE	12118	400	440	32	38	7	11	18	5	3.5	75	830	840	310	35	6	20	30
SWEET & SOUR CHICKEN	12014	340	330	21	55	3	19	4.5	0.5	0	30	280	490	210	20	6	50	10
TOURTIERE MEAT PIE	12073	370	590	26	46	7	8	34	11	4.5	15	760	750	320	4	6	70	25

ENTREES (Continued)

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A RE	Calcium mg	Vitamin C mg	Iron mg
TRADITIONAL POT ROAST	12010	330	440	36	37	5	3	15	3.5	0.3	75	330	910	320	25	4	25	35
TURKEY WITH STUFFING	12007	340	320	20	47	6	11	5	2	0	45	460	670	290	4	4	60	15
VEAL PARMIGIANA	12109	335	420	17	48	7	6	18	4.5	0.4	45	800	860	330	45	10	25	20
VEGETABLE LASAGNA	12021	365	500	21	67	8	10	17	9	0.3	50	550	440	330	35	25	70	15
VEGETARIAN CHILI	10004	385	330	18	54	12	9	8	0.5	0	0	920	860	470	20	10	50	35
VEGETABLE CURRY	10045	380	410	11	66	10	12	13	10	0	0	950	760	260	4	10	70	30
VEGETARIAN DHAL	10006	365	340	13	56	14	9	7	0.5	0	0	630	830	300	90	10	40	30
VEG. PASTA PRIMAVERA	10007	410	300	12	48	10	9	8	0.5	0	0	760	1020	290	80	15	45	25
VEGETARIAN STEW	10009	490	390	18	69	16	14	6	0.5	0	0	640	1640	450	40	10	45	40
VEG. TOFU ORIENTAL	10010	430	420	23	54	10	12	14	2	0	0	610	1070	450	35	20	40	50

14-Jul-10

apetito Canada Limited
NUTRIENT CONTENT PER PORTION

DESSERTS

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium Reccomended Daily Intake	Vitamin C	Iron
APPLE CRISP*	14011	95	180	3	25	3	10	9	5	0.2	20	70	150	55	10	2	6	6
BANANA CAKE	14058	77	300	3	35	1	23	17	2	1.5	20	150	n/a	n/a	6	6	8	8
BUTTER TART	14008	85	340	3	51	0	27	14	6	0	40	210	n/a	n/a	4	2	0	8
CARROT CAKE	14009	78	270	3	33	1	22	15	4	1.5	30	210	n/a	n/a	25	4	0	4
CHEESECAKE*	14076	41	90	2	2	0	0	6	3.5	0	50	130	n/a	n/a	0	4	0	0
CHERRY CAKE*	14079	40	120	1	15	0	0	6	0.5	0	25	170	n/a	n/a	0	0	0	2
CHERRY CHEESECAKE	14045	104	240	3	27	0	20	14	9	0.3	20	190	90	70	4	4	2	2
CHERRY COBBLER*	14014	120	180	5	29	1	10	6	3.5	0.1	35	240	140	105	10	10	15	10
CHOCOLATE FUDGE CAKE	14020	77	270	3	32	2	22	15	5	2.5	30	180	n/a	n/a	10	25	0	8
MINI CHOCOLATE MACAROONS	14071	65	330	2	35	5	30	19	19	0	0	65	n/a	n/a	0	0	0	6
FRUIT COCKTAIL*	14016	115	50	0.4	14	1	12	0	0	0	0	5	190	15	10	0	25	2
LEMON LAYER CAKE	14078	70	230	3	27	0	20	12	5	0.1	60	170	n/a	n/a	6	4	0	6
LEMON TART	14056	85	280	3	37	0	11	13	6	0.3	15	180	n/a	n/a	0	0	0	6
CHOCOLATE MOUSSE*	09011	90	80	4	8	1	6	3.5	2	0.5	5	160	220	90	4	10	0	2
STRAWBERRY MOUSSE*	09021	90	80	4	8	0	6	3	1.5	0.5	5	95	150	90	4	10	0	0
TANGERINE MOUSSE*	09041	90	80	4	8	0	6	3	1.5	0.5	5	95	150	90	4	10	0	0
MINI BROWNIES	14066	70	350	4	39	0	26	20	7	0	35	220	n/a	n/a	0	2	0	20
MINI CINNAMON ROLLS	14075	85	330	3	49	0	27	15	4.5	0.3	0	400	n/a	n/a	20	6	0	10
OATMEAL DATE SQUARE	14003	85	300	4	45	3	9	12	2.5	3.5	0	160	n/a	n/a	15	4	6	15
ORANGE LAYER CAKE	14081	70	230	3	27	0	21	12	5	0.1	60	170	n/a	n/a	6	4	0	6
PEACH COBBLER*	14012	132	170	4	29	1	14	6	3.5	0.1	30	230	170	90	15	10	8	6
PECAN TART	14077	90	370	4	54	3	25	17	4	0	45	200	n/a	n/a	10	4	2	15
RASPBERRY TART	14080	85	230	2	34	1	15	10	4	0.1	10	135	n/a	n/a	0	0	2	8
RICE PUDDING*	14013	150	160	7	26	1	14	3	1.5	0	10	75	360	200	10	20	2	6
STICKY TOFFEE PUDDING	14082	83	260	3	38	1	24	11	7	0.1	50	170	n/a	n/a	8	4	0	25
STRAWBERRY SHORTCAKE	14018	73	190	2	23	1	15	10	4.5	0	45	150	n/a	n/a	8	8	6	6
TRIPLEBERRY CRUMBLE	14007	85	280	3	37	3	18	13	5	2.5	0	170	n/a	n/a	8	4	4	8
VANILLA PUDDING	14022	2 x 85	280	3	37	0	31	13	13	n/a	5	230	160	100	0	10	2	0

* Low Sugar Desserts

21-Jul-10

apetito Canada Limited
NUTRIENT CONTENT PER PORTION

SOUPS

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
BEEF BARLEY	93001	200	100	5	14	3	3	3	0.5	0	5	490	300	70	15	4	10	6
CREAM OF BROCCOLI	93010	200	70	4	10	3	3	2.5	1.5	0.1	5	430	300	80	8	8	80	6
CREAM OF CARROT	93002	200	130	3	15	2	6	6	2.5	0.1	10	410	320	90	60	8	6	4
CREAM OF CAULIFLOWER CH	93003	200	150	7	13	1	4	8	4.5	0.2	20	330	220	150	10	15	20	4
CHICKEN NOODLE	93005	200	70	5	11	1	3	0.5	0.2	0	15	450	190	70	15	2	4	4
CHICKEN RICE	93021	200	70	5	13	1	3	0.5	0.1	0	5	560	190	60	15	2	5	4
CHICKEN VEGETABLE	93011	200	130	6	12	1	4	7	3	0.2	20	390	240	110	20	8	10	4
CORN & POTATO CHOWDER	93100	200	220	8	27	3	6	10	5	0.2	25	360	540	210	15	10	20	4
COUNTRY VEGETABLE	93008	200	110	5	20	4	4	1.5	0.1	0	0	410	510	110	20	6	15	10
FRENCH ONION	93060	216	150	4	14	2	1	9	4	0.2	15	500	140	80	10	10	5	4
CREAM OF GREEN PEA	93042	200	130	5	18	4	6	4.5	1	0.1	5	120	290	110	8	6	20	6
HARVEST VEGETABLE	93016	200	130	5	22	4	4	2.5	0.2	0	0	340	480	110	15	4	15	10
CREAM OF LEEK AND POTAT	93009	200	110	4	16	1	5	2	1	0	5	380	490	120	4	10	20	4
MINISTRONE	93006	200	90	4	14	4	3	1.5	0.4	0	0	480	260	80	15	4	15	8
MULLIGATAWNY	93101	200	190	9	23	2	8	7	3	0.1	35	480	240	110	10	6	35	10
CREAM OF MUSHROOM	93018	200	150	5	15	2	5	8	5	0.2	20	480	320	140	10	15	5	4
CREAM OF SQUASH	93063	200	130	3	18	2	8	5	3	0.1	10	340	330	80	35	7	15	8
TOMATO CREAM	93041	200	120	3	13	1	11	6	4	0.1	20	450	360	70	20	10	15	4
TOMATO RICE	93062	200	110	3	20	2	7	2	0.2	0	0	540	470	60	20	6	25	8
VEGETABLE BEEF	93044	200	100	6	11	2	3	4.5	1	0	10	430	250	70	15	2	10	6

apetito Canada Limited
NUTRIENT CONTENT PER A PORTION

SPECIAL DIET ENTREES

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
APPLE PORK	10012	300	350	24	45	2	5	8	2	0	75	410	610	290	20	4	20	15
BEEF & VEG. CASSEROLE	10017	275	300	22	32	5	5	9	2.5	0	45	360	500	230	8	4	30	20
CHICKEN WITH GRAVY	10033	285	340	25	40	2	5	8	2	0	90	230	440	260	25	4	15	15
HERBED FISH	10018	260	290	21	44	5	4	3	1	0	30	280	580	350	10	10	40	20
POT ROAST WITH RICE & PEAS	10054	255	330	28	33	4	5	8	2.5	0	50	260	460	240	10	4	25	25
HAWAIIAN CHICKEN	10020	310	300	21	50	4	12	1.5	0	0	35	310	410	190	60	4	25	10
TURKEY WITH GRAVY	10021	270	290	27	32	2	3	6	1.5	0	85	240	600	280	20	4	15	20

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NUTRIENT CONTENT PER PORTION
CHINESE ENTREES

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
CHICKEN WITH WATER CHESTNUTS	12069	350	420	25	39	4	7	15	2	0	65	640	640	270	25	6	60	15
GINGER CHICKEN	12068	350	420	30	37	5	11	16	2	0	85	1400	880	350	30	8	60	20
PINEAPPLE CHICKEN	12067	350	490	26	43	5	16	24	2.5	0	75	1300	700	290	15	8	90	15
PORK CHOW MEIN	12071	350	380	15	57	4	10	11	1.5	0	20	760	550	220	35	6	70	15

08-Jul-10

apetito Canada Limited
NUTRIENT CONTENT PER A PORTION

PUREE ENTREES

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
APPLE BRAISED PORK	16003	410	480	23	56	12	14	20	7	0	55	870	1120	320	270	15	30	30
BEEF & VEGETABLE CASS.	16007	410	370	26	39	10	7	14	5	0.3	50	770	930	340	40	15	140	25
CHICKEN A LA KING	16001	410	430	28	44	9	11	18	6	0.2	85	1050	790	420	120	20	20	20
CHICKEN CACCIATORE	16018	425	420	34	48	15	13	12	4	0	60	1030	730	510	40	10	70	35
CREAMED SALMON PUREE	16023	350	400	31	42	10	7	13	3.5	0.2	40	810	820	650	130	30	40	25
LEMON HERB FISH	16017	410	480	34	54	12	16	17	8	0.3	85	1000	890	530	50	40	40	25
LIVER & ONIONS PUREE	16024	385	390	26	44	11	8	15	3.5	0.2	230	970	870	430	280	10	160	50
MACARONI & CHEESE	16004	410	490	29	45	12	7	24	12	1	60	830	640	540	25	50	140	20
POT ROAST	16009	360	330	24	30	9	6	14	5	0.3	65	500	700	290	100	8	15	20
SHEPHERD'S PIE	16005	460	440	33	51	18	12	16	7	0.5	55	910	880	410	110	15	60	40
SWEET & SOUR CHICKEN	16011	410	460	27	46	10	12	20	6	0.2	75	830	700	370	45	15	45	25
TURKEY	16006	360	400	24	34	9	7	20	4	0.4	90	880	640	270	40	8	25	15
TURKEY CASSEROLE	16021	410	350	23	38	10	8	14	6	0.4	75	650	820	340	60	20	35	25

apetito Canada Limited
NUTRIENT CONTENT PER A PORTION

MINCED ENTREES

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
MINCED BEEF	17001	365	330	23	41	10	6	9	4	0.3	50	650	820	290	4	4	35	20
MINCED BEEF STEW	17010	420	310	17	45	10	8	8	3.5	0.2	40	580	1070	240	110	6	20	20
MINCED CHICKEN A LA KING	17004	375	330	18	43	9	8	10	4	0	55	400	1000	260	110	10	25	20
MINCED TURKEY	17005	345	300	20	41	9	6	8	2	0	65	740	740	260	40	6	20	20
MINCED APPLE BRAISED PORK	17002	380	390	15	45	8	6	18	7	0.2	55	490	970	240	15	6	25	15
MINCED HAM	17003	335	300	11	53	8	10	6	3.5	0	45	550	810	240	6	6	25	10
MINCED PASTA PRIMAVERA	17009	400	390	20	59	12	11	8	1.5	0	5	920	1020	330	35	10	60	35

08-Jul-10

**apetito Canada Limited
NUTRIENT CONTENT PER PORTION**

BREAKFAST SNACKS

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
CARROT MUFFIN	08003	114	440	6	58	3	31	21	2	0	35	280	150	10	15	8	4	15
RAISIN BRAN MUFFIN	08004	114	360	7	52	n/a	n/a	16	n/a	n/a	n/a	580	170	20	n/a	n/a	n/a	20
CREAM OF WHEAT / MILK & SUGAR	94000	180	100	3	21	1	11	0.5	0.3	0	0	160	110	75	2	15	0	20
OATMEAL / MILK & SUGAR	94001	180	110	3	21	2	11	2	0.5	0	5	150	150	110	2	6	0	2
APPLE JUICE	07077	114	50	0	13	0	12	0	0	0	0	10	90	n/a	n/a	n/a	n/a	n/a
ORANGE JUICE	07078	114	50	1	11	n/a	10	0	0	0	0	10	200	n/a	n/a	n/a	n/s	n/a

8-Jul-10

apetito Canada Limited
NUTRIENT CONTENT PER PORTION

THICKENED PUREE SOUPS

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
BROCCOLI SOUP THICK	13053	160	60	3	9	4	3	2	1	0	5	400	260	70	6	6	60	4
CARROT SOUP THICK	13054	160	100	3	14	3	5	5	2	0.1	10	390	260	75	45	6	6	2
CAULIFLOWER SOUP THICK	13055	160	80	4	12	3	4	3	1.5	0	10	390	200	80	6	6	20	4
CHICKEN NOODLE SOUP THICK	13056	160	50	4	10	2	2	0.5	0.1	0	10	390	150	50	10	2	4	4
MUSHROOM SOUP THICK	13057	160	110	4	13	2	4	6	2	0.1	10	390	220	115	6	10	4	4
TOMATO BEEF SOUP THICK	13058	160	90	5	13	2	3	2	0.5	0	15	560	200	55	8	2	8	6

8-Jul-10

apetito Canada Limited
NUTRIENT CONTENT PER PORTION

LOW SODIUM SOUPS

PRODUCT NAME	Code #	Size g	Calories	Protein (g)	Carbohydrate (g)	Fiber (g)	Sugars (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium mg	Potassium mg	Phosphorus mg	Vitamin A % of Reccomended Daily Intake	Calcium	Vitamin C	Iron
LOW SODIUM COUNTRY VEGETABLE	93349	160	100	5	18	4	3	1.5	0.1	0	0	75	450	100	15	4	15	10
LOW SODIUM CHICKEN NOODLE	93346	160	60	4	10	1	2	0.5	0.1	0	10	55	160	55	10	2	4	4
LOW SODIUM MINISTRONE	93347	160	60	3	10	3	3	1	0.2	0	0	160	220	65	8	4	10	2
LOW SODIUM TOMATO LENTIL	93348	160	90	4	15	4	3	1.5	0.1	0	0	85	350	75	10	2	10	8

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