

MAIN FOOD	TITLE	COOKING	PORTIONS	CALORIES
BANANA	BANANA ICE-CREAM	10	4	250
COD	COD WITH HERBS	50	4	193
EGGS	CHOCOLATE SOUFFLE	30	8	204
LENTILS	LENTIL CHILLI	30	6	170
PASTA	PASTA WITH PESTO SAUCE	30	4	176
RED PEPPER	ROAST VEG SOUP	90	8	150
TUNA	TUNA BEAN SALAD	12	4	185