

NUTRITION FACTS



COMMONS KITCHEN

Bangers with Onion Gravy

Nutrition Facts

Serving Size 2 Sausages (275 g)

Amount	% Daily Value
--------	---------------

Calories 570

Fat 40 g	62 %
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Saturated 14 g + Trans 0.1 g	71 %
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Cholesterol 115 mg

Sodium 1420 mg	59 %
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Carbohydrate 17 g	6 %
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Fibre 1 g	4 %
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Sugars 2 g	
------------	--

Protein 32 g

Vitamin A	2 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	20 %
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INGREDIENTS

Pork, beef, wheat crumbs, spices, onion, canola oil, wheat flour, corn starch, beef base, dijon mustard, vinegar, tomato paste, vegetable base, garlic, salt, herbs.

ALLERGENS

CONTAINS GLUTEN, MUSTARD, WHEAT, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Baseball Sirloin Steak

Nutrition Facts

Serving Size 1 Portion (154 g)

Amount	% Daily Value
--------	---------------

Calories 300

Fat 12 g	18 %
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Saturated 3.5 g + Trans 0.1 g	18 %
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Cholesterol 120 mg

Sodium 200 mg	8 %
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Carbohydrate 0 g	0 %
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Fibre 0 g	0 %
-----------	------------

Sugars 0 g	
------------	--

Protein 44 g

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Beef, canola oil, salt, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Beef Lasagna

Nutrition Facts

Serving Size 1 portion (279 g)

Amount	% Daily Value
Calories 450	
Fat 23 g	35 %
Saturated 9 g + Trans 0.2 g	46 %
Cholesterol 85 mg	
Sodium 1180 mg	49 %
Carbohydrate 35 g	12 %
Fibre 4 g	16 %
Sugars 12 g	
Protein 27 g	
Vitamin A	20 %
Vitamin C	20 %
Calcium	35 %
Iron	25 %

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INGREDIENTS

Wheat flour lasagna noodles, beef, mozzarella cheese, cottage cheese, parmesan cheese, tomatoes, sea salt, garlic, eggs, olive oil, canola and/or soybean oil, celery, corn syrup, onion, spices, sugar.

ALLERGENS

CONTAINS EGG, MILK, GLUTEN, WHEAT, SOY.

MAY ALSO CONTAIN SULPHITE.



University
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NUTRITION FACTS



COMMONS KITCHEN

Beef Tacos with Sour Cream

Nutrition Facts

Serving Size 2 tacos

Amount	% Daily Value
--------	---------------

Calories 240

Fat 13 g	20 %
-----------------	-------------

Saturated 6 g + Trans 0.4 g	32 %
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Cholesterol 45 mg

Sodium 290 mg	12 %
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Carbohydrate 16 g	5 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 13 g

Vitamin A	8 %
------------------	------------

Vitamin C	25 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Beef, corn tortillas, tomato, jalapeño and bell peppers, onions, vinegar, sea salt, garlic, sour cream, canola oil, lime juice, spices.

ALLERGENS

CONTAINS MILK (from sour cream).

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NUTRITION FACTS



COMMONS

Beef Tacos without sour cream

Nutrition Facts

Serving Size 2 tacos

Amount	% Daily Value
Calories 200	
Fat 10 g	15 %
Saturated 3.5 g + Trans 0.4 g	20 %
Cholesterol 30 mg	
Sodium 260 mg	11 %
Carbohydrate 15 g	5 %
Fibre 3 g	12 %
Sugars 3 g	
Protein 12 g	
Vitamin A	6 %
Vitamin C	25 %
Calcium	2 %
Iron	10 %

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INGREDIENTS

Beef, corn tortilla, green & red peppers, tomatoes, jalapeno peppers, onions, canola oil, lime juice, vinegar, spices, sea salt, garlic, cilantro.

ALLERGENS

****MUST ASK FOR NO SOUR CREAM.**



University
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NUTRITION FACTS



COMMONS KITCHEN

Blackened Rock Fish

Nutrition Facts

Serving Size 1 Portion (151 g)

Amount	% Daily Value
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Calories 240	
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Fat 12 g	18 %
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Saturated 1.5 g	
+ Trans 0.3 g	9 %

Cholesterol 85 mg	
--------------------------	--

Sodium 520 mg	22 %
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Carbohydrate 0 g	0 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 0 g	
------------	--

Protein 30 g	
---------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Pacific rock fish, canola oil, seasoning.

ALLERGENS

CONTAINS FISH.

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NUTRITION FACTS



COMMONS KITCHEN

Butter Chicken

Nutrition Facts

Serving Size (166 g)

Amount	% Daily Value
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Calories 210

Fat 9 g	14 %
----------------	-------------

Saturated 2.5 g + Trans 0.1 g	13 %
----------------------------------	-------------

Cholesterol 115 mg

Sodium 650 mg	27 %
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Carbohydrate 9 g	3 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 6 g

Protein 24 g

Vitamin A	6 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	10 %
----------------	-------------

Iron	15 %
-------------	-------------

INGREDIENTS

Chicken thigh, yogurt, onion, tomato paste, canola oil, sea salt, lime juice, garlic, chicken base, spices.

ALLERGENS

CONTAINS MILK.

MAY ALSO CONTAIN SULPHITE.

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NUTRITION FACTS



COMMONS KITCHEN

Cajun Seafood Gumbo

Nutrition Facts

Serving Size (312 g)

Amount	% Daily Value
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Calories 330

Fat 17 g	26 %
-----------------	-------------

Saturated 3.5 g + Trans 0.1 g	18 %
----------------------------------	-------------

Cholesterol 135 mg

Sodium 1110 mg	46 %
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Carbohydrate 15 g	5 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 5 g	
------------	--

Protein 26 g

Vitamin A	10 %
------------------	-------------

Vitamin C	25 %
------------------	-------------

Calcium	10 %
----------------	-------------

Iron	15 %
-------------	-------------

INGREDIENTS

Chicken, shrimp, pork, tomatoes, onions, celery, okra, flour, margarine, whey powder, canola oil, green onion, chicken base, salt, black pepper, spices.

ALLERGENS

CONTAINS SHELLFISH, WHEAT, GLUTEN, SOY, MILK.

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COMMONS KITCHEN

Caribbean BBQ Pulled Pork

Nutrition Facts

Serving Size 1 portion (255 g)

Amount	% Daily Value
Calories 430	
Fat 18 g	28 %
Saturated 7 g	
+ Trans 0.1 g	36 %
Cholesterol 140 mg	
Sodium 200 mg	8 %
Carbohydrate 21 g	7 %
Fibre 2 g	8 %
Sugars 16 g	
Protein 45 g	
Vitamin A	8 %
Vitamin C	50 %
Calcium	4 %
Iron	20 %

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INGREDIENTS

Pork shoulder, onion, tomatoes, bell peppers, vinegar, brown sugar, honey, green onion, garlic, spices, salt, banana leaf.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.



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NUTRITION FACTS



COMMONS KITCHEN

Carved Ham

Nutrition Facts

Serving Size 1 serving (220 g)

Amount	% Daily Value
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Calories 470

Fat 21 g	32 %
-----------------	-------------

Saturated 8 g + Trans 0 g	40 %
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Cholesterol 95 mg

Sodium 1650 mg	69 %
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Carbohydrate 39 g	13 %
--------------------------	-------------

Fibre 0 g	0 %
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Sugars 36 g	
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Protein 28 g

Vitamin A	4 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	8 %
-------------	------------

INGREDIENTS

Pork, salt, brown sugar, maple syrup, spices, natural wood smoke, honey, mustard, vinegar, corn syrup.

ALLERGENS

CONTAINS MUSTARD, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Chicken Cacciatore

Nutrition Facts

Serving Size 1 Portion (241 g)

Amount	% Daily Value
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Calories 340

Fat 18 g	28 %
-----------------	-------------

Saturated 3.5 g + Trans 0 g	18 %
--------------------------------	-------------

Cholesterol 140 mg

Sodium 930 mg	39 %
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Carbohydrate 16 g	5 %
--------------------------	------------

Fibre 4 g	16 %
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Sugars 7 g	
------------	--

Protein 30 g

Vitamin A	10 %
------------------	-------------

Vitamin C	20 %
------------------	-------------

Calcium	15 %
----------------	-------------

Iron	35 %
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INGREDIENTS

Chicken leg, tomato basil sauce, onion, tomatoes, olive oil, garlic, tomato paste, celery, fennel seeds, sea salt, tomato chili sauce, corn syrup, vinegar, onion powder, garlic powder, sugar, spices.

ALLERGENS

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NUTRITION FACTS



COMMONS KITCHEN

Chicken Cordon Bleu

Nutrition Facts

Serving Size 1 portion
Servings Per Container

Amount	% Daily Value
Calories 230	
Fat 8 g	12 %
Saturated 4 g	
+ Trans 0 g	20 %
Cholesterol 100 mg	
Sodium 350 mg	15 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 1 g	
Protein 36 g	
Vitamin A	4 %
Vitamin C	0 %
Calcium	15 %
Iron	8 %

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INGREDIENTS

7 \JWYb VfYUgž wheat crumbs,
cornstarch, spices, sugar, yeast extract,
onion, \La fdcf_lžGk JggVXYyY, salt.

ALLERGENS

CONTAINS GLUTEN, WHEAT,
MILK.



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COMMONS KITCHEN

Chicken Parmesan

Nutrition Facts

Serving Size 1 Portion (228 g)

Amount	% Daily Value
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Calories 450

Fat 21 g	32 %
-----------------	-------------

Saturated 5 g + Trans 0.2 g	26 %
--------------------------------	-------------

Cholesterol 50 mg

Sodium 1410 mg	59 %
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Carbohydrate 36 g	12 %
--------------------------	-------------

Fibre 2 g	8 %
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Sugars 10 g	
-------------	--

Protein 29 g

Vitamin A	6 %
------------------	------------

Vitamin C	15 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	15 %
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INGREDIENTS

Chicken, wheat crumbs, cornstarch, mozzarella cheese, tomatoes, yellow onion, parmesan cheese, parsley, tomato paste, celery, garlic, canola or soybean oil, olive oil, corn syrup, vinegar, onion & garlic powder, spices, sugar, basil, salt, spices.

ALLERGENS

CONTAINS GLUTEN, WHEAT, MILK, SOY.

MAY ALSO CONTAIN SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Chicken Taquito

Nutrition Facts

Serving Size (230 g)

Amount	% Daily Value
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Calories 360

Fat 12 g	18 %
-----------------	-------------

Saturated 2 g + Trans 0 g	10 %
------------------------------	-------------

Cholesterol 20 mg

Sodium 1400 mg	58 %
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Carbohydrate 46 g	15 %
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Fibre 1 g	4 %
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Sugars 5 g	
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Protein 15 g

Vitamin A	10 %
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Vitamin C	15 %
------------------	-------------

Calcium	10 %
----------------	-------------

Iron	30 %
-------------	-------------

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INGREDIENTS

Wheat flour, chicken, corn oil, sea salt, soybean/canola oil, cheddar & monterey jack cheese, corn starch, onion powder, garlic, baking powder, mustard seed, corn gluten, soy sauce, corn syrup, bell pepper, onion, green chili pepper, lemon juice, tortilla flour blend, yeast, jalapeno, milk.

ALLERGENS

CONTAINS GLUTEN, MILK, MUSTARD, SOY, WHEAT.



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NUTRITION FACTS



COMMONS KITCHEN

Chicken Tostadas

Nutrition Facts

Serving Size (356 g)

Amount	% Daily Value
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Calories 480

Fat 21 g	32 %
-----------------	-------------

Saturated 9 g + Trans 0.1 g	46 %
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Cholesterol 95 mg

Sodium 1330 mg	55 %
-----------------------	-------------

Carbohydrate 37 g	12 %
--------------------------	-------------

Fibre 6 g	24 %
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Sugars 5 g	
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Protein 35 g

Vitamin A	20 %
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Vitamin C	40 %
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Calcium	35 %
----------------	------

Iron	20 %
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INGREDIENTS

Chicken, beans, mozzarella cheese, tomatoes, flour tortilla, lettuce, onion, canola oil, salsa, bell pepper, cornstarch, garlic, cilantro, jalapeño pepper, vinegar, spices, lime juice concentrate, sugar, salt.

ALLERGENS

MILK, WHEAT, GLUTEN, SULPHITES.



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COMMONS

Chicken Vindaloo

Nutrition Facts

Serving Size (186 g)

Amount	% Daily Value
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Calories 150	
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Fat 5 g	8 %
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Saturated 1 g + Trans 0.1 g	6 %
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Cholesterol 85 mg	
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Sodium 820 mg	34 %
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Carbohydrate 6 g	2 %
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Fibre 2 g	8 %
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Sugars 2 g	
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Protein 19 g	
---------------------	--

Vitamin A	6 %
------------------	------------

Vitamin C	8 %
------------------	------------

Calcium	6 %
----------------	------------

Iron	10 %
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INGREDIENTS

Chicken, diced tomatoes, onion, tomato paste, red wine vinegar, canola oil, sea salt, garlic, chicken base, spices.

ALLERGENS

MAY CONTAIN SULPHITES.

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COMMONS KITCHEN

Chicken Wings

Nutrition Facts

Serving Size 6 pieces (272 g)

Amount	% Daily Value
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Calories 380

Fat 21 g	32 %
-----------------	-------------

Saturated 5 g + Trans 0 g	25 %
------------------------------	-------------

Cholesterol 100 mg

Sodium 1790 mg	75 %
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Carbohydrate 23 g	8 %
--------------------------	------------

Fibre 0 g	0 %
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Sugars 23 g

Protein 24 g

Vitamin A	4 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	10 %
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INGREDIENTS

Chicken wings, sugar, salt, hot sauce.

ALLERGENS

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NUTRITION FACTS



COMMONS KITCHEN

Cilantro & Lime Pork Loin

Nutrition Facts

Serving Size 1 portion (207 g)

Amount	% Daily Value
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Calories 350	
---------------------	--

Fat 17 g	26 %
-----------------	-------------

Saturated 7 g + Trans 0.1 g	36 %
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Cholesterol 100 mg	
---------------------------	--

Sodium 340 mg	14 %
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Carbohydrate 4 g	1 %
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Fibre 0 g	0 %
-----------	------------

Sugars 2 g	
------------	--

Protein 42 g	
---------------------	--

Vitamin A	8 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Pork loin, cilantro, Dijon mustard, honey, lime juice concentrate, sea salt, spices.

ALLERGENS

CONTAINS MUSTARD.
MAY ALSO CONTAIN SULPHITES.

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NUTRITION FACTS



COMMONS

Cilantro Lime Pesto Crusted Salmon

Nutrition Facts

Serving Size (134 g)

Amount	% Daily Value
--------	---------------

Calories 200

Fat 10 g	15 %
-----------------	-------------

Saturated 2 g + Trans 0 g	10 %
------------------------------	-------------

Cholesterol 45 mg

Sodium 150 mg	6 %
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Carbohydrate 3 g	1 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 2 g	
------------	--

Protein 26 g

Vitamin A	10 %
-----------	------

Vitamin C	6 %
-----------	-----

Calcium	6 %
---------	-----

Iron	8 %
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INGREDIENTS

Pacific salmon, cilantro, olive oil, lime, honey, garlic, sea salt.

ALLERGENS

CONTAINS FISH.

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NUTRITION FACTS



COMMONS KITCHEN

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Nutrition Facts

Serving Size (251 g)

Amount	% Daily Value
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Calories 520

Fat 17 g	26 %
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Saturated 3.5 g + Trans 0.1 g	18 %
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Cholesterol 95 mg

Sodium 840 mg	35 %
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Carbohydrate 44 g	15 %
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Fibre 2 g	8 %
-----------	------------

Sugars 5 g	
------------	--

Protein 44 g

Vitamin A	0 %
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Vitamin C	0 %
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Calcium	10 %
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Iron	40 %
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INGREDIENTS

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c]žWVWa VyfžVcbWbhfUhyX`Ya cb`
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ALLERGENS

CONTAINS ; @ H9B žK < 95Hž
A @ žSULPHITES.

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NUTRITION FACTS



COMMONS

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Nutrition Facts

Serving Size 1 portion (165 g)

Amount	% Daily Value
--------	---------------

Calories 340

Fat 22 g	34 %
-----------------	-------------

Saturated 9 g + Trans 0 g	45 %
------------------------------	-------------

Cholesterol 100 mg

Sodium 510 mg	21 %
----------------------	-------------

Carbohydrate 2 g	1 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 1 g	
------------	--

Protein 28 g

Vitamin A	2 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	2 %
-------------	------------

INGREDIENTS

@_a Vžcb]cbž8]^cb'a i ghYXžvinegar, dUfgYnž
fcgYa Ufnž[Uf]MžgYUgUhžV UW'dYddYf"

ALLERGENS

CONTAINS A I GH5F 8, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Dijon Crusted Pork Loin

Nutrition Facts

Serving Size 1 Portion (166 g)

Amount	% Daily Value
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Calories 290	
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Fat 14 g	22 %
-----------------	-------------

Saturated 6 g + Trans 0.1 g	31 %
--------------------------------	-------------

Cholesterol 85 mg	
--------------------------	--

Sodium 300 mg	13 %
----------------------	-------------

Carbohydrate 2 g	1 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 1 g	
------------	--

Protein 36 g	
---------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	8 %
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INGREDIENTS

Pork loin, dijon mustard, vinegar, sea salt, spices, honey, onion powder, spices.

ALLERGENS

CONTAINS MUSTARD, SULPHITES.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Dry Rub BBQ Pork Ribs

Nutrition Facts

Serving Size (178 g)

Amount	% Daily Value
--------	---------------

Calories 460	
---------------------	--

Fat 34 g	52 %
-----------------	-------------

Saturated 13 g + Trans 0.3 g	67 %
---------------------------------	-------------

Cholesterol 115 mg	
---------------------------	--

Sodium 430 mg	18 %
----------------------	-------------

Carbohydrate 8 g	3 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 7 g	
------------	--

Protein 31 g	
---------------------	--

Vitamin A	6 %
-----------	-----

Vitamin C	2 %
-----------	-----

Calcium	4 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Pork ribs, sugar, garlic powder, onion powder, spices, sea salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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University
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University
Food Services

NUTRITION FACTS



COMMONS KITCHEN

Empanada Perogies

Nutrition Facts

Serving Size (370 g)

Amount	% Daily Value
--------	---------------

Calories 670	
---------------------	--

Fat 20 g	31 %
-----------------	-------------

Saturated 9 g + Trans 0 g	45 %
------------------------------	-------------

Cholesterol 40 mg	
--------------------------	--

Sodium 1950 mg	81 %
-----------------------	-------------

Carbohydrate 99 g	33 %
--------------------------	-------------

Fibre 7 g	28 %
-----------	-------------

Sugars 9 g	
------------	--

Protein 20 g	
---------------------	--

Vitamin A	20 %
-----------	------

Vitamin C	15 %
-----------	------

Calcium	15 %
---------	------

Iron	35 %
------	------

INGREDIENTS

Wheat flour, beans, onion, cheese, canola oil, green pepper, jalapeno pepper, egg, potato, sea salt, garlic powder, sour cream, tomato, jalapeno peppers, vinegar, spices.

ALLERGENS

CONTAINS GLUTEN, WHEAT, EGG, MILK, SESAME, SOY.

MAY ALSO CONTAIN SULPHITE.

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University
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Food Services

NUTRITION FACTS



COMMONS KITCHEN

English-Style Cod & Tartar Sauce

Nutrition Facts

Serving Size (138 g)

Amount	% Daily Value
--------	---------------

Calories 460

Fat 39 g	60 %
-----------------	-------------

Saturated 5 g + Trans 0 g	25 %
------------------------------	-------------

Cholesterol 45 mg

Sodium 760 mg	32 %
----------------------	-------------

Carbohydrate 15 g	5 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 0 g	
------------	--

Protein 10 g

Vitamin A	0 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Cod fish, wheat crumbs, corn/wheat flour, corn starch, , sugar, yeast, seasonings, sea salt, baking powder, modified palm oil, canola oil, mayonnaise, egg, vinegar, corn starch, garlic, mustard, pickles, capers, dijon mustard, spices, parsley, onion, lemon juice concentrate.

ALLERGENS

CONTAINS EGG, FISH, GLUTEN, MUSTARD, SOY, WHEAT, SULPHITES.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Eye of Round Beef with Fresh Jus

Nutrition Facts

Serving Size 1 Portion (271 g)

Amount	% Daily Value
--------	---------------

Calories 400

Fat 20 g	31 %
-----------------	-------------

Saturated 8 g + Trans 0 g	40 %
------------------------------	-------------

Cholesterol 160 mg

Sodium 330 mg	14 %
----------------------	-------------

Carbohydrate 1 g	1 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 0 g	
------------	--

Protein 51 g

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	30 %
-------------	-------------

INGREDIENTS

Beef, onion, tomato paste, celery, carrots, corn starch, seasoning mix, beef base, garlic, caramel, vegetable base, sea salt, spices.

ALLERGENS

CONTAINS MUSTARD, SULPHITES.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Franks Crispy Chicken Sandwich

Nutrition Facts

Serving Size (267 g)

Amount	% Daily Value
--------	---------------

Calories 620

Fat 38 g	58 %
-----------------	-------------

Saturated 7 g + Trans 0.1 g	36 %
--------------------------------	-------------

Cholesterol 30 mg

Sodium 970 mg	40 %
----------------------	-------------

Carbohydrate 42 g	14 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 13 g	
-------------	--

Protein 29 g

Vitamin A	30 %
------------------	-------------

Vitamin C	20 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	25 %
-------------	-------------

INGREDIENTS

French bread, breaded chicken breast, mayonnaise, lettuce, red onion, hot sauce.

ALLERGENS

CONTAINS EGG, GLUTEN, WHEAT, MUSTARD, SOY.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Garlic & Herb Pork Loin with Chutney

Nutrition Facts

Serving Size (224 g)

Amount	% Daily Value
--------	---------------

Calories 290

Fat 7 g	11 %
----------------	-------------

Saturated 2 g + Trans 0.1 g	11 %
--------------------------------	-------------

Cholesterol 90 mg

Sodium 450 mg	19 %
----------------------	-------------

Carbohydrate 18 g	6 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 16 g	
-------------	--

Protein 38 g

Vitamin A	2 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	10 %
-------------	-------------

INGREDIENTS

Pork loin, cherries, onions, fennel, vinegar, canola oil, garlic, dijon mustard, salt, ginger, spices.

ALLERGENS

CONTAINS MUSTARD, SULPHITES.

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University
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NUTRITION FACTS



COMMONSKITCHEN

Greek Turkey Kebabs

Nutrition Facts

Serving Size (164 g)

Amount	% Daily Value
--------	---------------

Calories 410

Fat 30 g	46 %
-----------------	-------------

Saturated 4.5 g + Trans 0 g	23 %
--------------------------------	-------------

Cholesterol 90 mg

Sodium 460 mg	19 %
----------------------	-------------

Carbohydrate 2 g	1 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 0 g

Protein 33 g

Vitamin A	0 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	2 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Turkey, olive oil, lemon juice concentrate, cornstarch, oregano, salt, black pepper.

ALLERGENS

CONTAINS SULPHITES.

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University
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NUTRITION FACTS



COMMONS KITCHEN

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Nutrition Facts

Serving Size 1 Kebab (163 g)

Amount	% Daily Value
--------	---------------

Calories 220

Fat 8 g	12 %
----------------	-------------

Saturated 2.5 g + Trans 0 g	13 %
--------------------------------	-------------

Cholesterol 75 mg

Sodium 220 mg	9 %
----------------------	------------

Carbohydrate 6 g	2 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 4 g	
------------	--

Protein 30 g

Vitamin A	6 %
------------------	------------

Vitamin C	25 %
------------------	-------------

Calcium	10 %
----------------	-------------

Iron	15 %
-------------	-------------

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INGREDIENTS

6YYZd`U]b`nc[i fhžfcUghYX`fYX`dYddYfgž
`Ya cbžVYUbhfcžc`j] Y`c]ž[Uf`Mžg [Ufž
gd]Wg

ALLERGENS

CONTAINS A =@`fžfca`nc[i fhgU WŁ



University
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Food Services

NUTRITION FACTS



COMMONS

Herb Roasted Chicken Thighs

Nutrition Facts

Serving Size 1 Portion (97 g)

Amount	% Daily Value
--------	---------------

Calories 150	
---------------------	--

Fat 8 g	12 %
----------------	-------------

Saturated 1.5 g + Trans 0.1 g	8 %
----------------------------------	------------

Cholesterol 85 mg	
--------------------------	--

Sodium 240 mg	10 %
----------------------	-------------

Carbohydrate 0 g	0 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 0 g	
------------	--

Protein 18 g	
---------------------	--

Vitamin A	2 %
-----------	------------

Vitamin C	4 %
-----------	------------

Calcium	0 %
---------	------------

Iron	6 %
------	------------

INGREDIENTS

Chicken, canola oil, garlic, sea salt, herbs, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Honey Dijon Chicken Legs

Nutrition Facts

Serving Size 1 Portion (89 g)

Amount	% Daily Value
--------	---------------

Calories 170	
---------------------	--

Fat 6 g	9 %
----------------	------------

Saturated 1.5 g + Trans 0 g	8 %
--------------------------------	------------

Cholesterol 95 mg	
--------------------------	--

Sodium 470 mg	20 %
----------------------	-------------

Carbohydrate 8 g	3 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 7 g	
------------	--

Protein 18 g	
---------------------	--

Vitamin A	0 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	6 %
-------------	------------

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INGREDIENTS

Chicken legs, dijon mustard, honey, sea salt, garlic, spices.

ALLERGENS

CONTAINS MUSTARD. SULPHITES.



University
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Food Services

NUTRITION FACTS



COMMONS

Honey Ginger Chicken with 5 Spice

Nutrition Facts

Serving Size (154 g)

Amount	% Daily Value
--------	---------------

Calories 220

Fat 6 g	9 %
----------------	------------

Saturated 1.5 g + Trans 0 g	8 %
--------------------------------	------------

Cholesterol 125 mg

Sodium 340 mg	14 %
----------------------	-------------

Carbohydrate 15 g	5 %
--------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 13 g

Protein 27 g

Vitamin A	2 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	2 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Chicken thigh, honey, onion, sugar, garlic powder, sea salt, cilantro, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS

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University
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NUTRITION FACTS



COMMONS KITCHEN

Italian Meatball Sub

Nutrition Facts

Serving Size 1 Sandwich (260 g)

Amount	% Daily Value
--------	---------------

Calories 620

Fat 34 g	52 %
-----------------	-------------

Saturated 18 g + Trans 1 g	95 %
-------------------------------	-------------

Cholesterol 75 mg

Sodium 1340 mg	56 %
-----------------------	-------------

Carbohydrate 43 g	14 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 8 g

Protein 35 g

Vitamin A	20 %
-----------	------

Vitamin C	10 %
-----------	------

Calcium	45 %
---------	------

Iron	30 %
------	------

INGREDIENTS

Beef, soy protein, egg, corn syrup, bread crumbs, soy flour, onions, romano cheese, parsley, spices, garlic & onion powder, white flour, sugar, canola shortening, yeast, barley malt syrup, wheat flour, swiss cheese, milk, tomatoes, tomato paste, celery, garlic, olive oil, vinegar, sea salt.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Jambalaya

Nutrition Facts

Serving Size (269 g)

Amount	% Daily Value
--------	---------------

Calories 240

Fat 8 g	12 %
----------------	-------------

Saturated 1.5 g + Trans 0.1 g	8 %
----------------------------------	------------

Cholesterol 80 mg

Sodium 1160 mg	48 %
-----------------------	-------------

Carbohydrate 22 g	7 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 4 g

Protein 20 g

Vitamin A	10 %
-----------	------

Vitamin C	40 %
-----------	------

Calcium	8 %
---------	-----

Iron	15 %
------	------

INGREDIENTS

Brown rice, tomatoes, chicken, pork, shrimp, onion, bell peppers, celery, chicken base, garlic, spices, salt.

ALLERGENS

CONTAINS SHELLFISH, SOY.

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University
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NUTRITION FACTS



COMMONS

Lemon Caper Salmon

Nutrition Facts

Serving Size 1 Portion (136 g)

Amount	% Daily Value
--------	---------------

Calories 230

Fat 14 g	22 %
-----------------	-------------

Saturated 2.5 g + Trans 0 g	13 %
--------------------------------	-------------

Cholesterol 45 mg

Sodium 430 mg	18 %
----------------------	-------------

Carbohydrate 3 g	1 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 2 g	
------------	--

Protein 26 g

Vitamin A	4 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Pacific salmon, olive oil, capers, vinegar, dijon mustard, honey, lemon, herbs, sea salt, black pepper.

ALLERGENS

CONTAINS FISH, MUSTARD, SULPHITES.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Mac & Cheese with Andouille Sausage

Nutrition Facts

Serving Size (314 g)

Amount	% Daily Value
--------	---------------

Calories 660

Fat 35 g	54 %
-----------------	-------------

Saturated 17 g + Trans 0.3 g	87 %
---------------------------------	-------------

Cholesterol 130 mg

Sodium 970 mg	40 %
----------------------	-------------

Carbohydrate 45 g	15 %
--------------------------	-------------

Fibre 2 g	8 %
-----------	------------

Sugars 8 g	
------------	--

Protein 39 g

Vitamin A	20 %
------------------	-------------

Vitamin C	2 %
------------------	------------

Calcium	60 %
----------------	-------------

Iron	15 %
-------------	-------------

INGREDIENTS

Macaroni, Gruyere & parmesan cheese, sausage (pork), butter, white onion, wheat flour, cornstarch, canola oil, sea salt, yellow onion, garlic, spices.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT.

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NUTRITION FACTS



COMMONS KITCHEN

Mango Jalapeno Chicken

Nutrition Facts

Serving Size 1 Portion (164 g)

Amount	% Daily Value
Calories 200	
Fat 4.5 g	7 %
Saturated 1 g	
+ Trans 0 g	5 %
Cholesterol 85 mg	
Sodium 220 mg	9 %
Carbohydrate 11 g	4 %
Fibre 1 g	4 %
Sugars 9 g	
Protein 27 g	
Vitamin A	6 %
Vitamin C	25 %
Calcium	2 %
Iron	6 %

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INGREDIENTS

Chicken, mango, apple cider vinegar, sugar, onion, bell pepper, olive oil, ginger, garlic, jalapeno, mustard, spices, salt.

ALLERGENS

CONTAINS MUSTARD.



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Food Services

NUTRITION FACTS



COMMONS KITCHEN

Meat Loaf

Nutrition Facts

Serving Size 1 Portion (209 g)

Amount	% Daily Value
--------	---------------

Calories 440

Fat 23 g	35 %
-----------------	-------------

Saturated 9 g + Trans 0 g	45 %
------------------------------	-------------

Cholesterol 145 mg

Sodium 450 mg	19 %
----------------------	-------------

Carbohydrate 14 g	5 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 4 g	
------------	--

Protein 41 g

Vitamin A	15 %
------------------	-------------

Vitamin C	6 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	35 %
-------------	-------------

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INGREDIENTS

Beef, eggs, panko wheat crumbs, onion, carrots, worcestershire sauce, mustard bran, vinegar, molasses, brown sugar, tomato paste, celery, garlic, beef base, canola oil, spices, salt.

ALLERGENS

CONTAINS EGG, GLUTEN, WHEAT, MUSTARD.



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NUTRITION FACTS



COMMONS KITCHEN

Mini Pepperoni Pizza

Nutrition Facts

Serving Size 1 Pizza (170 g)

Amount	% Daily Value
--------	---------------

Calories 470	
---------------------	--

Fat 15 g	23 %
-----------------	-------------

Saturated 6 g + Trans 0.1 g	31 %
--------------------------------	-------------

Cholesterol 25 mg	
--------------------------	--

Sodium 910 mg	38 %
----------------------	-------------

Carbohydrate 49 g	16 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 9 g	
------------	--

Protein 20 g	
---------------------	--

Vitamin A	20 %
-----------	------

Vitamin C	20 %
-----------	------

Calcium	35 %
---------	------

Iron	-- %
------	------

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INGREDIENTS

Pizza Shell: Flour, whole wheat flour, cnaola oil, yeast, sugar, salt, seasoning, spices. Toppings: tomatoes, soy oil, herbs, garlic, olive oil, mozzarella, monterey jack cheese, parmesan cheese, milk, pepperoni.

ALLERGENS

CONTAINS GLUTEN, MILK, MUSTARD, WHEAT.

MAY CONTAIN SOY, SESAME, EGG.



University
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NUTRITION FACTS



COMMONS KITCHEN

Moroccan Turkey Kabobs

Nutrition Facts

Serving Size 1 Portion (198 g)

Amount	% Daily Value
--------	---------------

Calories 270

Fat 8 g	12 %
----------------	-------------

Saturated 1 g + Trans 0.1 g	6 %
--------------------------------	------------

Cholesterol 110 mg

Sodium 400 mg	17 %
----------------------	-------------

Carbohydrate 6 g	2 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 3 g	
------------	--

Protein 43 g

Vitamin A	4 %
------------------	------------

Vitamin C	8 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	10 %
-------------	-------------

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INGREDIENTS

Turkey, tomato sauce, onion, garlic, canola or soybean oil, sea salt, spices.

ALLERGENS

CONTAINS SOY.



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NUTRITION FACTS



COMMONS KITCHEN

Pad Thai Beef & Veggies

Nutrition Facts

Serving Size (192 g)

Amount	% Daily Value
--------	---------------

Calories 180

Fat 6 g	9 %
----------------	------------

Saturated 1 g + Trans 0.1 g	6 %
--------------------------------	------------

Cholesterol 10 mg

Sodium 660 mg	28 %
----------------------	-------------

Carbohydrate 26 g	9 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 15 g

Protein 7 g

Vitamin A	30 %
------------------	-------------

Vitamin C	60 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	8 %
-------------	------------

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INGREDIENTS

Beef, mushrooms, bell peppers, sweet chili sauce, onion, bean sprouts, soy sauce, canola oil, tamarind, miso paste, garlic, ginger, sesame oil, cornstarch.

ALLERGENS

CONTAINS SESAME, SOY.



University
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NUTRITION FACTS



COMMONS KITCHEN

Panko Parmesan Cod

Nutrition Facts

Serving Size (180 g)

Amount	% Daily Value
--------	---------------

Calories 250

Fat 3.5 g	5 %
------------------	------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 115 mg

Sodium 620 mg	26 %
----------------------	-------------

Carbohydrate 27 g	9 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 6 g	
------------	--

Protein 28 g

Vitamin A	0 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	0 %
----------------	------------

Iron	8 %
-------------	------------

INGREDIENTS

Cod fish, wheat flour, cornstarch, canola oil, eggs, parmesan cheese, lemon, salt, pepper, herbs.

ALLERGENS

CONTAINS EGG, FISH, GLUTEN, MILK, WHEAT.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Philly Style Steak Sandwich

Nutrition Facts

Serving Size 1 Portion (307 g)

Amount	% Daily Value
Calories 590	
Fat 15 g	23 %
Saturated 6 g + Trans 0.1 g	31 %
Cholesterol 115 mg	
Sodium 790 mg	33 %
Carbohydrate 60 g	20 %
Fibre 3 g	12 %
Sugars 4 g	
Protein 54 g	
Vitamin A	30 %
Vitamin C	4 %
Calcium	25 %
Iron	50 %

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INGREDIENTS

Beef, mushrooms, green & red pepper, red & yellow onion, swiss cheese, milk, garlic & onion powder, chili powder, sea salt, spices, white flour, yeast, wheat flour, sugar, canola shortening.

ALLERGENS

CONTAINS GLUTEN, MILK, WHEAT.



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NUTRITION FACTS



COMMONS KITCHEN

DchUhc'7 fi ghYX'7 cX

Nutrition Facts

Serving Size (165 g)

Amount	% Daily Value
--------	---------------

Calories 190

Fat 7 g	11 %
----------------	-------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 65 mg

Sodium 580 mg	24 %
----------------------	-------------

Carbohydrate 11 g	4 %
--------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 2 g	
------------	--

Protein 20 g

Vitamin A	0 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

7 cX'Zlg\žk \YUhVfi a VgžVcfbgHfVž
dchUhcžVcfb'Zci fžk \YUhZci fžVYXXUf'
VYYgyžY[['k \]hYža cX]ZYX'dUa 'c]ž
gd]VgžmYUghYI hfUWžVc'ci fž`Ya cbž
dUfgYmžgUh'

ALLERGENS

7 C B H5-B G'9; ; ž: -G< ž; @ H9B ž
K < 95HžA -@ žGI @D< #9G.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Pulled Pork on Brioche Bun with Angry Onions

Nutrition Facts

Serving Size 1 Portion (434 g)

Amount	% Daily Value
--------	---------------

Calories 720

Fat 21 g	32 %
-----------------	-------------

Saturated 8 g + Trans 0.2 g	41 %
--------------------------------	-------------

Cholesterol 170 mg

Sodium 1320 mg	55 %
-----------------------	-------------

Carbohydrate 64 g	21 %
--------------------------	-------------

Fibre 6 g	24 %
-----------	-------------

Sugars 20 g

Protein 51 g

Vitamin A	80 %
-----------	------

Vitamin C	50 %
-----------	------

Calcium	6 %
---------	-----

Iron	30 %
------	------

INGREDIENTS

Pork, white flour, eggs, butter, sugar, yeast, sea salt, garlic & onion powder, spices, apples, red & green cabbage, carrots, onions, apple cider vinegar, corn starch, hot sauce, dijon mustard, vinegar, sulphites.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, MUSTARD, SOY, WHEAT, SULPHITES.

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University
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Food Services

NUTRITION FACTS



COMMONS KITCHEN

Roast Turkey with Cranberry Sauce

Nutrition Facts

Serving Size 1 Portion (222 g)

Amount	% Daily Value
--------	---------------

Calories 350	
---------------------	--

Fat 4 g	6 %
----------------	------------

Saturated 1 g + Trans 0 g	5 %
------------------------------	------------

Cholesterol 150 mg	
---------------------------	--

Sodium 380 mg	16 %
----------------------	-------------

Carbohydrate 16 g	5 %
--------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 12 g	
-------------	--

Protein 57 g	
---------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	2 %
---------	-----

Iron	10 %
------	------

INGREDIENTS

Turkey, potato starch, spices, cranberries, sugar, salt.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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University
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NUTRITION FACTS



COMMONS KITCHEN

Rock Fish 'k]h 'C `j Y'HbYbUXY

Nutrition Facts

Serving Size (204 g)

Amount	% Daily Value
--------	---------------

Calories 400

Fat 16 g	25 %
-----------------	-------------

Saturated 2 g + Trans 0.1 g	11 %
--------------------------------	-------------

Cholesterol 75 mg

Sodium 720 mg	30 %
----------------------	-------------

Carbohydrate 37 g	12 %
--------------------------	-------------

Fibre 1 g	4 %
-----------	------------

Sugars 1 g	
------------	--

Protein 27 g

Vitamin A	0 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	2 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Rock fish, dchUc'ghUWžc`j Ygžj]bY[Uřc`j Y`
c]žWbc`Uc]žVcbWbhUyX`Ya cb'↑]Wž
WbYfgž[Uř]MžgUhždYddYfždUfgYmł

ALLERGENS

CONTAINS FISHŽGI @D< †H9G.

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NUTRITION FACTS



COMMONS KITCHEN

Shepherd's Pie

Nutrition Facts

Serving Size (557 g)

Amount	% Daily Value
Calories 650	
Fat 32 g	49 %
Saturated 12 g + Trans 1.5 g	68 %
Cholesterol 110 mg	
Sodium 990 mg	41 %
Carbohydrate 53 g	18 %
Fibre 6 g	24 %
Sugars 9 g	
Protein 35 g	
Vitamin A	80 %
Vitamin C	40 %
Calcium	10 %
Iron	25 %

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INGREDIENTS

Lamb, potato, tomato paste, onion, carrots, milk, celery, green peas, wheat flour, cornstarch, canola oil, sea salt, margarine, beef broth, corn starch, soybean oil, garlic, spices.

ALLERGENS

CONTAINS GLUTEN, MILK, SOY, WHEAT.



University
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Food Services

NUTRITION FACTS



COMMONS

Smoked Paprika Chicken Thighs

Nutrition Facts

Serving Size (238 g)

Amount	% Daily Value
--------	---------------

Calories 320	
---------------------	--

Fat 14 g	22 %
-----------------	-------------

Saturated 3 g + Trans 0.2 g	16 %
--------------------------------	-------------

Cholesterol 210 mg	
---------------------------	--

Sodium 1000 mg	42 %
-----------------------	-------------

Carbohydrate 2 g	1 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 0 g	
------------	--

Protein 45 g	
---------------------	--

Vitamin A	20 %
------------------	-------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Chicken thigh, canola oil, garlic powder, sea salt, onion powder, spices.

ALLERGENS

NO KNOWN PRIORITY ALLERGENS.

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NUTRITION FACTS



COMMONS KITCHEN

Smokies with Sauerkraut

Nutrition Facts

Serving Size 2 Smokies (245 g)

Amount	% Daily Value
--------	---------------

Calories 500	
---------------------	--

Fat 40 g	62 %
-----------------	-------------

Saturated 12 g + Trans 0.2 g	61 %
---------------------------------	-------------

Cholesterol 100 mg	
---------------------------	--

Sodium 2140 mg	89 %
-----------------------	-------------

Carbohydrate 5 g	2 %
-------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 2 g	
------------	--

Protein 27 g	
---------------------	--

Vitamin A	0 %
-----------	-----

Vitamin C	0 %
-----------	-----

Calcium	4 %
---------	-----

Iron	15 %
------	------

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INGREDIENTS

Cabbage, sea salt, sulphites, wine, pork, beef, spices, dijon mustard, garlic, smoke, vinegar.

ALLERGENS

CONTAINS MUSTARD, SULPHITES.



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Food Services

NUTRITION FACTS



COMMONS KITCHEN

Gci h\Yfb: f]YX'7 \]WYb

Nutrition Facts

Serving Size (202 g)

Amount	% Daily Value
--------	---------------

Calories 560

Fat 34 g	52 %
-----------------	-------------

Saturated 6 g + Trans 0.2 g	31 %
--------------------------------	-------------

Cholesterol 150 mg

Sodium 860 mg	36 %
----------------------	-------------

Carbohydrate 36 g	12 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 6 g	
------------	--

Protein 26 g

Vitamin A	8 %
------------------	------------

Vitamin C	0 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Chicken, k\YUhZci fžVU_]b['gcXUž
Wbc`U'cf'gcmWYub'c]žfYX'dYddYfž[Uf]Wž
gJhžgd]Wg

ALLERGENS

CONTAINS ; @ H9B žK < 95HžSOY.

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NUTRITION FACTS



COMMONS KITCHEN

Sundried Tomato Pesto Salmon

Nutrition Facts

Serving Size (163 g)

Amount	% Daily Value
--------	---------------

Calories 290

Fat 19 g	29 %
-----------------	-------------

Saturated 3 g + Trans 0 g	15 %
------------------------------	-------------

Cholesterol 45 mg

Sodium 350 mg	15 %
----------------------	-------------

Carbohydrate 3 g	1 %
-------------------------	------------

Fibre 2 g	8 %
-----------	------------

Sugars 1 g	
------------	--

Protein 27 g

Vitamin A	4 %
------------------	------------

Vitamin C	2 %
------------------	------------

Calcium	6 %
----------------	------------

Iron	6 %
-------------	------------

INGREDIENTS

Pacific salmon, sundried tomatoes, canola/olive/sunflower oils, red onion, capers, spices, herbs, lemon juice concentrate, salt, black pepper.

ALLERGENS

CONTAINS FISH, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Swedish Meatballs

Nutrition Facts

Serving Size 1 Portion (299 g)

Amount	% Daily Value
--------	---------------

Calories 490	
---------------------	--

Fat 30 g	46 %
-----------------	-------------

Saturated 10 g + Trans 1 g	55 %
-------------------------------	-------------

Cholesterol 50 mg	
--------------------------	--

Sodium 1130 mg	47 %
-----------------------	-------------

Carbohydrate 33 g	11 %
--------------------------	-------------

Fibre 3 g	12 %
-----------	-------------

Sugars 17 g	
-------------	--

Protein 20 g	
---------------------	--

Vitamin A	4 %
------------------	------------

Vitamin C	6 %
------------------	------------

Calcium	8 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Beef, soy protein, egg, corn syrup, bread crumbs, soy flour, onions, celery, sea salt, romano cheese, parsley, spices, garlic powder, sour cream, veal, mushrooms, wheat flour, corn starch, canola oil, tomato paste, red wine vinegar, beef base, vegetable base, sugar, garlic, caramel.

ALLERGENS

CONTAINS EGG, GLUTEN, MILK, SOY, WHEAT, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Sweet & Sour Pork

Nutrition Facts

Serving Size 1 Portion (233 g)

Amount	% Daily Value
--------	---------------

Calories 540

Fat 23 g	35 %
-----------------	-------------

Saturated 3 g + Trans 0 g	15 %
------------------------------	-------------

Cholesterol 50 mg

Sodium 400 mg	17 %
----------------------	-------------

Carbohydrate 50 g	17 %
--------------------------	-------------

Fibre 4 g	16 %
-----------	-------------

Sugars 23 g

Protein 33 g

Vitamin A	2 %
------------------	------------

Vitamin C	25 %
------------------	-------------

Calcium	6 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

Pork ribs, wheat flour, corn flour, baking powder, ketchup, canola oil, pineapple, red onion, green pepper, brown sugar, white wine vinegar, soy protein, soy sauce, corn starch, salt, chili pepper flakes, garlic powder, spices.

ALLERGENS

CONTAINS WHEAT, GLUTEN, SOY, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Gk]ggjGhYU_

Nutrition Facts

Serving Size (237 g)

Amount	% Daily Value
--------	---------------

Calories 370

Fat 17 g	26 %
-----------------	-------------

Saturated 4 g + Trans 0.2 g	21 %
--------------------------------	-------------

Cholesterol 115 mg

Sodium 450 mg	19 %
----------------------	-------------

Carbohydrate 7 g	2 %
-------------------------	------------

Fibre 1 g	4 %
-----------	------------

Sugars 2 g

Protein 44 g

Vitamin A	2 %
------------------	------------

Vitamin C	4 %
------------------	------------

Calcium	4 %
----------------	------------

Iron	20 %
-------------	-------------

INGREDIENTS

6YYZa i g\fcc a gžcb]cbgžWbc`Uc]žj YU`
ghcWžk \YuhZci fžhca Uhc`dUghYžVYZ`
VUgYžVčfbghUfVžžW`YfmžWuffchgž[Uf]Mž
8]čb`a i ghUfXžj]bY[UfžgUhž\YfVgž
gd]Wg'

ALLERGENS

CONTAINS GLUTEN, WHEATŽ
A I GH5F 8 ŽGI @D< ‡9G.

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NUTRITION FACTS



COMMONS KITCHEN

Teriyaki Salmon

Nutrition Facts

Serving Size 1 portion (153 g)

Amount	% Daily Value
--------	---------------

Calories 240

Fat 12 g	18 %
-----------------	-------------

Saturated 3.5 g + Trans 0 g	18 %
--------------------------------	-------------

Cholesterol 55 mg

Sodium 500 mg	21 %
----------------------	-------------

Carbohydrate 10 g	3 %
--------------------------	------------

Fibre 0 g	0 %
-----------	------------

Sugars 7 g	
------------	--

Protein 23 g

Vitamin A	15 %
------------------	-------------

Vitamin C	15 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	4 %
-------------	------------

INGREDIENTS

Pacific salmon, soy sauce, brown sugar, green onion, ketchup, orange juice, vinegar, cornstarch, sesame seeds, garlic, ginger.

ALLERGENS

CONTAINS FISH, SESAME, SOY.

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NUTRITION FACTS



COMMONS

Tex Mex Chicken Rice Bowl

Nutrition Facts

Serving Size 1 Portion (241 g)

Amount	% Daily Value
--------	---------------

Calories 340	
---------------------	--

Fat 18 g	28 %
-----------------	-------------

Saturated 3.5 g + Trans 0 g	18 %
--------------------------------	-------------

Cholesterol 140 mg	
---------------------------	--

Sodium 930 mg	39 %
----------------------	-------------

Carbohydrate 16 g	5 %
--------------------------	------------

Fibre 4 g	16 %
-----------	-------------

Sugars 7 g	
------------	--

Protein 30 g	
---------------------	--

Vitamin A	10 %
-----------	------

Vitamin C	20 %
-----------	------

Calcium	15 %
---------	------

Iron	35 %
------	------

INGREDIENTS

Tomatoes, black beans, chicken, bell peppers, onions, corn, corn tortilla chips, brown rice, salsa, jalapeno pepper, green onion, olive oil, spices, sea salt, chicken base.

ALLERGENS

MAY CONTAIN SULPHITES.

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NUTRITION FACTS



COMMONS

Turkey & Quinoa Meatloaf with Compote

Nutrition Facts

Serving Size (182 g)

Amount	% Daily Value
--------	---------------

Calories 260

Fat 8 g	12 %
----------------	-------------

Saturated 2 g + Trans 0.1 g	11 %
--------------------------------	-------------

Cholesterol 65 mg

Sodium 730 mg	30 %
----------------------	-------------

Carbohydrate 26 g	9 %
--------------------------	------------

Fibre 3 g	12 %
-----------	-------------

Sugars 16 g	
-------------	--

Protein 22 g

Vitamin A	8 %
------------------	------------

Vitamin C	15 %
------------------	-------------

Calcium	4 %
----------------	------------

Iron	15 %
-------------	-------------

INGREDIENTS

Turkey, quinoa, onion, carrots, tomato paste, garbanzo beans, worcestershire sauce, mustard bran, molasses, corn syrup, cranberries, orange, sugar, garlic, vinegar, honey, lemon juice concentrate, spices, salt.

ALLERGENS

CONTAINS MUSTARD, SULPHITES.

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NUTRITION FACTS



COMMONS KITCHEN

Turkey Chili with Cheese

Nutrition Facts

Serving Size (272 g)

Amount	% Daily Value
--------	---------------

Calories 360

Fat 17 g	26 %
-----------------	-------------

Saturated 6 g + Trans 0.1 g	31 %
--------------------------------	-------------

Cholesterol 100 mg

Sodium 800 mg	33 %
----------------------	-------------

Carbohydrate 19 g	6 %
--------------------------	------------

Fibre 5 g	20 %
-----------	-------------

Sugars 5 g	
------------	--

Protein 34 g

Vitamin A	35 %
------------------	-------------

Vitamin C	50 %
------------------	-------------

Calcium	20 %
----------------	-------------

Iron	20 %
-------------	-------------

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INGREDIENTS

Turkey, tomatoes, mozzarella cheese, corn , kidney beans, black beans, garbanzo beans, bell peppers, mushrooms, celery, yellow onion, carrots, tomato chili sauce, corn syrup, vinegar, onion powder, spices, canola oil, garlic, salt.

ALLERGENS

CONTAINS MILK (from cheese).



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NUTRITION FACTS



COMMONS

Turkey Chili without Cheese

Nutrition Facts

Serving Size (272 g)

Amount	% Daily Value
--------	---------------

Calories 360

Fat 17 g	26 %
-----------------	-------------

Saturated 6 g + Trans 0.1 g	31 %
--------------------------------	-------------

Cholesterol 100 mg

Sodium 800 mg	33 %
----------------------	-------------

Carbohydrate 19 g	6 %
--------------------------	------------

Fibre 5 g	20 %
-----------	-------------

Sugars 5 g

Protein 34 g

Vitamin A	35 %
-----------	------

Vitamin C	50 %
-----------	------

Calcium	20 %
---------	------

Iron	20 %
------	------

INGREDIENTS

Turkey, tomatoes, corn , kidney beans, black beans, garbanzo beans, bell peppers, mushrooms, celery, yellow onion, carrots, tomato chili sauce, corn syrup, vinegar, onion powder, spices, canola oil, garlic, salt.

ALLERGENS

NO KNOWN PRIORITY
ALLERGENS**.

*MUST ASK FOR NO CHEESE

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