

## Nutrition Facts

DV: Recommended Daily Value

Menu	Serving	Calories	Fat (g)	%DV Fat	Saturated fat (g)	Trans fat (g)	%DV Saturated + trans fat	Cholesterol (mg)	Sodium (mg)	%DV Sodium	Carbohydrate (g)	%DV Carbohydrate	Fibre (g)	%DV Fibre	Sugars (g)	Protein (g)	%DV Vitamin A	%DV Vitamin C	%DV Calcium	%DV Iron	
<b>Soups</b>																					
Cream of Broccoli	250ml	140	10	15	3	0,2	16	10	540	23	11	4	1	4	2	2	15	20	2	4	
Cream of Celery	250ml	140	10	15	3	0,2	16	10	550	23	11	4	1	4	2	2	10	2	2	4	
Cream of Mushroom	250ml	140	10	15	3,5	0,2	19	10	610	25	11	4	1	4	1	2	10	2	2	4	
Cream of Cauliflower	250ml	140	10	15	3	0,2	16	10	540	23	11	4	1	4	2	2	10	10	2	4	
Cream of Spinach	250ml	140	10	15	3	0,2	16	10	550	23	11	4	1	4	1	2	30	8	4	6	
Cream of Leek	250ml	140	10	15	3	0,2	16	10	540	23	12	4	1	4	2	2	15	4	2	6	
Chicken Royal Soup	250ml	160	10	15	3	0,2	16	10	540	23	12	4	1	4	2	5	15	4	2	4	
Lentil Soup	250ml	170	7	11	1	0,1	6	5	450	19	20	7	8	32	2	7	4	10	2	15	
Minestrone Soup	250ml	70	2	3	0,5	0	3	5	780	33	10	3	1	4	3	2	15	25	2	4	
Pea Soup	250ml	110	2	3	0,3	0	2	0	490	20	20	7	5	20	4	6	8	4	4	15	
Chicken Soup	250ml	80	1,5	2	0,5	0	3	0	750	31	8	3	1	4	2	8	6	0	2	4	