

Chicken Curry and Rice

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	400 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1989 kJ	497.3 kJ
Protein	40.4 g	10.1 g
Fat, total	7.8 g	2 g
- saturated	4 g	1 g
Carbohydrate	58 g	14.5 g
- sugars	1 g	0.3 g
Sodium	342 mg	85.5 mg

Ingredients: Chicken (47%), Water, Rice, Onion, Butter (**Milk**), **Wheat** Flour (**Wheat, Gluten**), Garlic, Ginger, Curry Powder, Chicken Booster, Salt.

Contains: Milk, Wheat, and Gluten

Spaghetti Bolognese

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	450 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2680 kJ	595.5 kJ
Protein	46.6 g	10.4 g
Fat, total	22.5 g	5 g
- saturated	10.8 g	2.4 g
Carbohydrate	59.8 g	13.3 g
- sugars	3.2 g	0.7 g
Sodium	451 mg	100 mg

Ingredients: Beef mince, **Wheat** Pasta (**Wheat, Gluten**) Tomato, Water, Onion, Cheese (**Milk**), Garlic, Oregano, Salt, Pepper.

Contains: Wheat, Gluten, and Milk

Steak and Kidney Casserole

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	520	g
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1492 kJ	287 kJ
Protein	33.9 g	6.6 g
Fat, total	8.9 g	1.8 g
- saturated	4.7 g	1 g
Carbohydrate	28.2 g	5.5 g
- sugars	11 g	2.2 g
Sodium	495 mg	95.2 mg

Ingredients: Steak and Kidney (18%), Potato, Peas, Carrot, Cauliflower, Broccoli, Water, Onion, White Sauce (**Wheat, Gluten, Milk**, Salt, Pepper), Gravy (Modified Starch (1422), **Wheat** flour (**Wheat, Gluten**), Sugar, Iodised Salt, Flavour (Contains **Gluten** and **Soy**), Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), Salt, Pepper, Parsley.

Contains: Wheat, Gluten, Soy, and Milk

Macaroni Cheese

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	300	g
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3420 kJ	1140 kJ
Protein	29.4 g	9.8 g
Fat, total	51.4 g	17.1 g
- saturated	33.2 g	11.1 g
Carbohydrate	58.2 g	19.4 g
- sugars	7.8 g	2.6 g
Sodium	1790 mg	596 mg

Ingredients: Milk, Wheat Pasta (**Wheat, Gluten**), Cheese (**Milk**), Butter (**Milk**), Bacon, Wheat Flour (**Wheat, Gluten**), Onion, Salt, Pepper.

Contains: Wheat, Gluten, and Milk

Meatloaf

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	500 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1819 kJ	363.8 kJ
Protein	33.8 g	6.8 g
Fat, total	17.4 g	3.6 g
- saturated	8.7 g	1.8 g
Carbohydrate	29.5 g	5.9 g
- sugars	10.7 g	2.2 g
Sodium	534 mg	106.8 mg

Ingredients: Beef Mince, Potato, Gravy (Modified Starch (1422), **Wheat** flour (**Wheat, Gluten**), Sugar, Iodised Salt, Flavour (Contains **Wheat** and **Soy**), Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), White Sauce (Butter (**milk**), **Wheat** Flour (**Wheat, Gluten**), **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot, Tomato, Rolled Oats (**Gluten**), Onion, **Egg**, Garlic, Thyme, Salt, Pepper.

Contains: Wheat, Gluten, Milk, Soy, and Egg

Cottage Pie

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	510 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2411 kJ	472.7 kJ
Protein	48.6 g	9.3 g
Fat, total	21.7 g	4.2 g
- saturated	10.1 g	1.9 g
Carbohydrate	41.2 g	7.9 g
- sugars	5.4 g	1 g
Sodium	309 mg	59.4 mg

Ingredients: Potato, Beef Mince, Peas, Carrot, Tomato, Cheese (**Milk**), Butter (**Milk**), **Milk**, Garlic, Oregano, Salt, Pepper.

Contains: Milk

Pickled Pork

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	270 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1305 kJ	483.3 kJ
Protein	33.1 g	12.3 g
Fat, total	11.8 g	4.4 g
- saturated	4.7 g	1.7 g
Carbohydrate	16.2 g	6 g
- sugars	5.5 g	2 g
Sodium	1167 mg	432.2 mg

Ingredients: Pickled Pork (42%), Potato, Stock (Water, Golden Syrup, Vinegar), Sugar, **Wheat Flour (Wheat, Gluten), Egg**, Vinegar, Mustard, White Sauce (Butter (**Milk**), **Wheat Flour (Wheat, Gluten), Milk**, Salt, Pepper), Peas, Carrots, Onion, Butter (**Milk**), **Milk**.

Contains: Milk, Wheat, Gluten, and Egg

Sausages and Mash

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	440 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1770 kJ	368.2 kJ
Protein	21.9 g	4.9 g
Fat, total	20.5 g	4.6 g
- saturated	9.7 g	2.2 g
Carbohydrate	31.9 g	5.8 g
- sugars	9.3 g	1.8 g
Sodium	1374 mg	189.6 mg

Ingredients: Potato, Sausage (28%), Gravy (Modified Starch (1422), **Wheat flour (Gluten)**, Sugar, Iodised Salt, Flavour (Contains **Gluten and Soy**), Butter (**Milk**), **Milk**, Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), Peas, Carrot, Onion.

Contains: Wheat, Gluten, Milk, and Soy

Lambs Fry

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	510 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1799 kJ	352.7 kJ
Protein	53.5 g	10.5 g
Fat, total	10.6 g	2.1 g
- saturated	3.4 g	0.7 g
Carbohydrate	25.1 g	4.9 g
- sugars	7.4 g	1.4 g
Sodium	911 mg	178.6 mg

Ingredients: Lamb's Fry, Potato, Bacon, Tomato, Onion, Peas, Carrots, Garlic, Salt, Pepper, Butter **(Milk), Milk.**

Contains: Milk

Lamb Roast

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	550 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2152 kJ	391.3 kJ
Protein	53.9 g	9.8 g
Fat, total	18.9 g	3.5 g
- saturated	9.1 g	1.7 g
Carbohydrate	44.5 g	8.1 g
- sugars	10.9 g	2 g
Sodium	1508 mg	274.2 mg

Ingredients: Lamb (38%), Potato, Gravy (Modified Starch (1422), **Wheat flour (Wheat, Gluten)**, Sugar, Iodised Salt, Flavour (Contains **Wheat (Gluten) and Soy**), Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), White Sauce (Butter **(Milk), Wheat Flour (Wheat, Gluten), Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains: Wheat, Gluten, Soy, and Milk

Beef Roast

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	550 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2152 kJ	391.3 kJ
Protein	57.7 g	10.5 g
Fat, total	17.1 g	3.2 g
- saturated	7.6 g	1.4 g
Carbohydrate	44.5 g	8.1 g
- sugars	10.9 g	2 g
Sodium	1485 mg	270 mg

Ingredients: Beef (38%), Potato, Gravy (Modified Starch (1422), **Wheat flour (Wheat, Gluten)**, Sugar, Iodised Salt, Flavour (Contains **Wheat (Gluten)** and **Soy**), Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), White Sauce (Butter (**Milk**), **Wheat Flour (Wheat, Gluten)**, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains: Wheat, Gluten, Soy, and Milk

Pork Roast

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	550 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2352 kJ	427.7 kJ
Protein	57.5 g	10.5 g
Fat, total	22.5 g	4.1 g
- saturated	9.7 g	1.8 g
Carbohydrate	44.5 g	8.1 g
- sugars	10.9 g	2 g
Sodium	1488 mg	270.6 mg

Ingredients: Pork (38%), Potato, Gravy (Modified Starch (1422), **Wheat flour (Wheat, Gluten)**, Sugar, Iodised Salt, Flavour (Contains **Wheat (Gluten)** and **Soy**), Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), White Sauce (Butter (**Milk**), **Wheat Flour (Wheat, Gluten)**, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains: Wheat, Gluten, Soy, and Milk

Chicken Roast

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	550 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1918 kJ	348.8 kJ
Protein	52.4 g	9.6 g
Fat, total	13.1 g	2.4 g
- saturated	6.1 g	1.2 g
Carbohydrate	44.5 g	8.1 g
- sugars	10.9 g	2 g
Sodium	1495 mg	271.9 mg

Ingredients: Chicken (38%), Potato, Gravy (Modified Starch (1422), **Wheat flour (Wheat, Gluten)**, Sugar, Iodised Salt, Flavour (Contains **Wheat (Gluten)** and **Soy**), Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), White Sauce (Butter (**Milk**), **Wheat Flour (Wheat, Gluten)**, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains: Wheat, Gluten, Soy, and Milk

Fish Pie

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	600 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2501 kJ	416.8 kJ
Protein	30.3 g	5.1 g
Fat, total	28.8 g	4.8 g
- saturated	17.8 g	2.9 g
Carbohydrate	51.3 g	8.6 g
- sugars	11.6 g	1.9 g
Sodium	1033 mg	172.2 mg

Ingredients: Smoked **Fish**, Potato, **Milk**, Butter (**Milk**), **Wheat Flour (Wheat, Gluten)**, Cauliflower, Peas, Parsley, Salt, Pepper.

Contains: Fish, Wheat, Gluten, and Milk

Corned Beef

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	290 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1172 kJ	404.2 kJ
Protein	23.9 g	8.3 g
Fat, total	11 g	3.8 g
- saturated	4.8 g	1.7 g
Carbohydrate	19.2 g	6.7 g
- sugars	6.5 g	2.3 g
Sodium	1397 mg	481.8 mg

Ingredients: Corned Beef (44%), Potato, Stock (Water, Golden Syrup, Vinegar), Sugar, **Wheat Flour (Wheat, Gluten)**, Vinegar, **Egg**, Mustard, Salt, Pepper, Butter (**Milk**), **Milk**.

Contains: Wheat, Gluten, Egg, and Milk

Steak Casserole

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	520 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1422 kJ	273.5 kJ
Protein	30.1 g	5.8 g
Fat, total	8.7 g	1.7 g
- saturated	4.7 g	1 g
Carbohydrate	28.1 g	5.5 g
- sugars	11.3 g	2.2 g
Sodium	339.2 mg	65.3 mg

Ingredients: Beef Steak (28%), Potato, Cauliflower, Broccoli, Peas, Carrots, White Sauce (Butter (**milk**), **Milk**, Salt, Pepper), Water, Tomato, Onion, Capsicum, Mushroom, Gravy (Modified Starch (1422), **Wheat** flour (**Wheat, Gluten**), Sugar, Iodised Salt, Flavour (Contains **Gluten** and **Soy**), Maltodextrin (From Corn), Vegetable Fat, Tomato Powder, Yeast Extract, Onion Powder, Colour (150c), Beef Powder, Garlic Powder, Flavour Enhancer (636), Food Acid (330), Spice, Herb), Garlic, Oregano, Salt, Pepper.

Contains: Wheat, Gluten, Soy, and Milk

Sweet and Sour

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	400 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2280 kJ	570 kJ
Protein	40.6 g	10.2 g
Fat, total	5.9 g	1.5 g
- saturated	1.8 g	0.5 g
Carbohydrate	79.2 g	19.8 g
- sugars	22.5 g	5.7 g
Sodium	435 mg	108.8 mg

Ingredients: Chicken, Sweet and Sour Sauce (Water, Sugar, Vegetables 9% (Onion 4%, Capsicum 2.5%, Carrot 1.5%, Pineapple 0.5%), Tomatoes (from Paste), Thickeners (Modified Cornstarch, Xathan Gum (Contains **Soy**)), Food Acid (Acetic), Salt, Colours (Paprika, Chilean), Coriander Seed, Chive, Chilli, Ginger, Pepper), Rice, Water, Onion, Capsicum, Pineapple.

Contains: Soy

Chicken Pasta

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	420 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2030 kJ	483 kJ
Protein	51 g	12.1 g
Fat, total	9.7 g	2.3 g
- saturated	3.9 g	0.9 g
Carbohydrate	45 g	10.7 g
- sugars	3.9 g	0.9 g
Sodium	231 mg	55 mg

Ingredients: Wheat Pasta (Wheat, Gluten), Chicken (39%), Tomatoes, Cheese (Milk).

Contains: Wheat, Gluten, and Milk

Bread and Butter Pudding

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	200	g
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1569 kJ	784.5 kJ
Protein	8.1 g	4.1 g
Fat, total	10.9 g	5.5 g
- saturated	6.6 g	3.3 g
Carbohydrate	59.7 g	29.9 g
- sugars	39.5 g	19.8 g
Sodium	243 mg	121.5 mg

Ingredients: Custard (**Milk**, Sugar, Custard Powder), **Wheat** Bread (24%) (**Wheat, Gluten**), **Milk**, Sugar, Raisins, Butter (**Milk**) (3.3%), Jam, **Egg**.

Contains: Wheat, Gluten, Egg, and Milk

Apple Shortcake

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	200	g
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1623 kJ	811.5 kJ
Protein	5.9 g	3 g
Fat, total	11.9 g	6 g
- saturated	6.9 g	3.5 g
Carbohydrate	63.7 g	31.9 g
- sugars	35.5 g	17.8 g
Sodium	121 mg	60.5 mg

Ingredients: Apple Shortcake (50%) (Diced Apple (Apple, Ascorbic Acid, Calcium Chloride) (69%), **Wheat** Flour (**Wheat, Gluten**), Sugar, Water, Margarine (Palm Oil (RSPD cert), Water, Salt, Emulsifier (322, 421 fro **Soy**), Flavour, Antioxidant (3076 from **Soy**), Colour (1605), Food Acid (330)), **Egg**, Butter (**Milk**), Thickeners (2122), Baking Powder (500, 450, 120), Lemon Juice (Contains preservative (223)), Natural Flavour, Vanilla Bean Paste, Natural Vanilla Flavour, Spice), Custard (**Milk**, Sugar, Custard Powder).

Contains: Wheat, Gluten, Egg, Soy, and Milk

Steamed Fruit Pudding

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	200	g
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1512 kJ	756 kJ
Protein	5.5 g	2.8 g
Fat, total	3.5 g	1.8 g
- saturated	2.1 g	1.1 g
Carbohydrate	74.4 g	37.2 g
- sugars	52.5 g	26.3 g
Sodium	167 mg	83.5 mg

Ingredients: Custard (**Milk**, Sugar, Custard Powder), Water, **Wheat Flour (Wheat, Gluten)**, Sugar, Currants, Sultanas, Bicarbonate of Soda, Butter (**milk**), Mixed Spice.

Contains: Wheat, Gluten, and Milk

Peach Crumble

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	300	g
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2752 kJ	917.4 kJ
Protein	9.1 g	3.1 g
Fat, total	24.5 g	8.2 g
- saturated	16.1 g	5.4 g
Carbohydrate	95.5 g	31.9 g
- sugars	58 g	19.4 g
Sodium	161 mg	53.7 mg

Ingredients: Peaches (33.3%), Custard (**Milk**, Sugar, Custard Powder), Brown Sugar, **Wheat Flour (Wheat, Gluten)**, **Butter (milk)**, Rolled Oats (**Gluten**), Coconut, Cinnamon, Ginger.

Contains: Wheat, Gluten, and Milk