

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**, **Wheat** Flour, Garlic, Ginger, Curry Powder, Chicken Booster, Salt.

Contains Wheat, Gluten and Dairy (Butter).

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, Tomato, Water, Onion, **Cheese**, Garlic, Oregano, Salt, Pepper.

Contains Wheat, Gluten, and Dairy (Cheese).

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 (**Butter, Wheat** Flour, **Milk**, Salt, Pepper), Gravy (Modified Starch (1422), **Wheat** flour, 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), Salt, Pepper, Parsley.

Contains Wheat, Gluten, Soy and Dairy (Butter 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, **Cheese, Butter**, Bacon, **Wheat** Flour, Onion, Salt, Pepper.

Contains Wheat, Gluten and Dairy (Butter, Cheese 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, 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**, **Wheat** Flour, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot, Tomato, **Rolled Oats**, Onion, **Egg**, Garlic, Thyme, Salt, Pepper.

Contains Wheat, Gluten, Soy, Egg and Dairy (Butter and Milk).

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**, Garlic, Oregano, Salt, Pepper.

Contains Dairy (Cheese).

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, **Egg**, Vinegar, Mustard, Salt, Pepper.

Contains 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, 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), Peas, Carrot, Onion.

Contains Wheat, Gluten 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.

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, 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**, **Wheat** Flour, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains Wheat, Gluten, Soy, and Dairy (Butter 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, 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**, **Wheat** Flour, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains Wheat, Gluten, Soy, and Dairy (Butter 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, 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**, **Wheat** Flour, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains Wheat, Gluten, Soy, and Dairy (Butter 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, 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**, **Wheat** Flour, **Milk**, Salt, Pepper), Cauliflower, Broccoli, Peas, Carrot.

Contains Wheat, Gluten, Soy, and Dairy (Butter 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, **Wheat** Flour, Cauliflower, Peas, Parsley, Salt, Pepper.

Contains Fish, Wheat, Gluten and Dairy (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, Vinegar, **Egg**, Mustard, Salt, Pepper.

Contains Wheat, Gluten and Egg.

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**, **Wheat** Flour, **Milk**, Salt, Pepper), Water, Tomato, Onion, Capsicum, Mushroom, Gravy (Modified Starch (1422), **Wheat** flour, 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), Garlic, Oregano, Salt, Pepper.

Contains Wheat, Gluten, Soy and Dairy (Butter 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), Corriander 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, Chicken (39%), Tomatoes, **Cheese**.

Contains Wheat, Gluten and Dairy (Cheese).

Bread and Butter

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%), **Milk**, Sugar, Raisins, **Butter** (3.3%), Jam, **Egg**.

Contains Wheat, Gluten, Egg and Dairy (Milk and Butter)

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, 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**, 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 Dairy (Butter and Milk).

Steamed Fruit

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, Flour, Sugar, Currants, Sultanas, Bicarbonate of Soda, **Butter**, Mixed Spice.

Contains Dairy (Butter 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, **Butter**, **Oats**, Coconut, Cinnamon, Ginger.

Contains Wheat, Gluten, Oats and Dairy (Butter and Milk).