

# **Standard Menu Nutritional & Allergen Information**



School  
Lunch  
Collective

# Beef Bolognese Sauce with Pasta

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**1166.9 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1166.9 kJ                       | 486.2 kJ                        |
| <b>Protein</b>      | 12.9 g                          | 5.4 g                           |
| <b>Fat, total</b>   | 5.5 g                           | 2.3 g                           |
| – saturated         | 2.0 g                           | 0.8 g                           |
| <b>Carbohydrate</b> | 41.9 g                          | 17.5 g                          |
| – sugars            | 3.0 g                           | 1.3 g                           |
| <b>Sodium</b>       | 366.8 mg                        | 152.9 mg                        |

## Ingredients

Cooked Pasta (42%) (Water, Pasta (**Wheat**)), Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Beef Mince (Beef Trim/heart) (12%), Water, Lentils (7%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Maize Starch, Salt, Italian Mixed Herbs.

**Contains: Gluten, Wheat.**

# Beef Meatballs, Vegeful Sauce On Pasta

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**1133.9 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1133.9 kJ                       | 472.5 kJ                        |
| <b>Protein</b>      | 14.6 g                          | 6.1 g                           |
| <b>Fat, total</b>   | 3.4 g                           | 1.4 g                           |
| – saturated         | 1.1 g                           | 0.5 g                           |
| <b>Carbohydrate</b> | 42.8 g                          | 17.8 g                          |
| – sugars            | 3.6 g                           | 1.5 g                           |
| <b>Sodium</b>       | 467.6 mg                        | 194.8 mg                        |

## Ingredients

Cooked Pasta (42%) (Water, Pasta (**Wheat**)), Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrot, Onion), Beef Meatballs (19%) (**Barley, Oats, Soy**) (Beef (48%), Water, Breadcrumbs [**Wheat** flour, Water, Yeast, Salt, Black Pepper, Canola Oil, Vegetable Fibre, **Rye** flour, **Gluten (Wheat)**, Acidity Regulator (263), Mixed Grains (**Rye, Wheat, Oats**), **Soy** flour, Vinegar, Emulsifiers (481, 472e), **Barley** malt (Extract, Roasted Flour), Sugar, Thickener (412), Mineral (Iron), **Wheat** (Starch), Vitamins (B3, B1, B2, Folic Acid)], Textured **Soy** protein, **Soy** protein Isolate, Thickener (1412), Seasoning (2.5%) [Dehydrated Vegetables, Salt, Herb, Spice, Canola Oil], Parmesan Cheese (**Milk**), Colour (150c), Emulsifiers (450, 451)), Water, Maize Starch, Salt, Italian Herbs.

**Contains: Gluten, Wheat, Milk, Soy.**

# Butter Chicken & Veg on Rice

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**996.9 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 996.9 kJ                        | 415.4 kJ                        |
| <b>Protein</b>      | 15.4 g                          | 6.4 g                           |
| <b>Fat, total</b>   | 4.9 g                           | 2.0 g                           |
| – saturated         | 3.5 g                           | 1.4 g                           |
| <b>Carbohydrate</b> | 32.6 g                          | 13.6 g                          |
| – sugars            | 3.5 g                           | 1.4 g                           |
| <b>Sodium</b>       | 282.8 mg                        | 117.8 mg                        |

## Ingredients

Cooked Rice (42%) (Water, Rice), Vegetables (33%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Carrots), Sliced Chicken (17%), Coconut Cream (Coconut Extract (80%), Water (20%)), Water, Butter Chicken Spice Mix (1.5%) (Rice Flour, Tomato Powder (30%), Spices, Garlic Powder, Salt), Salt.

# Butter Chicken & Vege on Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 240 g**

ENERGY PER SERVING  
**971.9 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 971.9 kJ                        | 404.9 kJ                        |
| <b>Protein</b>      | 15.4 g                          | 6.4 g                           |
| <b>Fat, total</b>   | 4.3 g                           | 1.8 g                           |
| – saturated         | 3.0 g                           | 1.2 g                           |
| <b>Carbohydrate</b> | 32.4 g                          | 13.5 g                          |
| – sugars            | 3.8 g                           | 1.6 g                           |
| <b>Sodium</b>       | 705.8 mg                        | 294.1 mg                        |

## Ingredients

Cooked Rice (42%) (Water, Rice), Vegetables (32%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Onion, Carrots), Sliced Chicken (17%), Coconut Cream (Coconut Extract (80%), Water (20%)), Water, Butter Chicken Spice Mix (1.5%) (Rice Flour, Tomato Powder (30%), Spices, Garlic Powder, Salt), Salt.

# Cheesy Beef Pasta Bake

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 240 g**

ENERGY PER SERVING  
**1442.8 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1442.8 kJ                       | 601.2 kJ                        |
| <b>Protein</b>      | 16.5 g                          | 6.9 g                           |
| <b>Fat, total</b>   | 12.6 g                          | 5.3 g                           |
| – saturated         | 6.4 g                           | 2.7 g                           |
| <b>Carbohydrate</b> | 39.4 g                          | 16.4 g                          |
| – sugars            | 6.0 g                           | 2.5 g                           |
| <b>Sodium</b>       | 685.3 mg                        | 285.5 mg                        |

## Ingredients

Cooked Pasta (38%) (Water, Pasta (**Wheat**)), Vegetables (32%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Water, Beef Mince (Beef Trim/heart) (9%), Cheese (8%) (Pasteurised **Milk**, Salt, Cultures, Enzymes (Non-animal Rennet), Anti Caking Agent (460), Preservatives (200)), **Milk** Powder (**Soy**), Maize Starch, Vegetable Stock, Salt, Italian Mixed Herbs, Citrus Fibre, Nutmeg, White Pepper.

**Contains: Gluten, Wheat, Milk, Soy.**

# Chicken Burrito Rice Bowl

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 240 g**

ENERGY PER SERVING  
**853.1 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 853.1 kJ                        | 355.4 kJ                        |
| <b>Protein</b>      | 12.2 g                          | 5.1 g                           |
| <b>Fat, total</b>   | 1.3 g                           | 0.6 g                           |
| – saturated         | 0.5 g                           | 0.2 g                           |
| <b>Carbohydrate</b> | 33.4 g                          | 13.9 g                          |
| – sugars            | 2.8 g                           | 1.2 g                           |
| <b>Sodium</b>       | 342.8 mg                        | 142.8 mg                        |

## Ingredients

Cooked Rice (42%) (Water, Rice), Vegetables (29%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Sweetcorn, Capsicum, Spinach), Sliced Chicken (10%), Kidney Beans (9%) (Red Kidney Beans, Water, Salt), Water, Spice Mix, Maize Starch, Salt.

# Chicken Meatball Rice Bowl

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 265 g**

ENERGY PER SERVING  
**1015.3 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1015.3 kJ                       | 383.1 kJ                        |
| <b>Protein</b>      | 11.6 g                          | 4.4 g                           |
| <b>Fat, total</b>   | 5.8 g                           | 2.2 g                           |
| – saturated         | 1.9 g                           | 0.7 g                           |
| <b>Carbohydrate</b> | 36.1 g                          | 13.6 g                          |
| – sugars            | 9.2 g                           | 3.5 g                           |
| <b>Sodium</b>       | 541.7 mg                        | 204.4 mg                        |

## Ingredients

Cooked Rice (30%) (Water, Rice), Vegetables (23%) (Green Beans, Tomato Paste), Water, Chicken Meatball (17%) (Chicken (82%), Water, **Soy** Protein Concentrate, Seasoning [Phosphate (451), Hydrolysed Vegetable Protein (**Soy**), Flavour Enhancer (920)], Onion Powder, Phosphate (450, 451), Salt, Ground White Pepper), **Soy** Sauce (**Sulphites**, **Wheat**), Maize Starch, White Vinegar, **Soy** Sauce (Water, Salt, **Soybeans** (10%), High Fructose Corn Syrup, **Wheat** Flour, Flavour Enhancers (621,631,627), Colour (150c), Preservative (202), Sweetener (951)), Brown Sugar, Ginger Crushed, Garlic Powder.

**Contains: Gluten, Wheat, Soy, Sulphites.**

# Chicken Pasta with Ricotta

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 250 g**

ENERGY PER SERVING  
**1059.3 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1059.3 kJ                       | 423.7 kJ                        |
| <b>Protein</b>      | 15.6 g                          | 6.2 g                           |
| <b>Fat, total</b>   | 5.8 g                           | 2.3 g                           |
| – saturated         | 3.6 g                           | 1.4 g                           |
| <b>Carbohydrate</b> | 33.5 g                          | 13.4 g                          |
| – sugars            | 3.8 g                           | 1.5 g                           |
| <b>Sodium</b>       | 315.4 mg                        | 126.1 mg                        |

## Ingredients

Cooked Pasta (32%) (Water, Pasta (**Wheat**)), Vegetables (27%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Pumpkin, Onion), Water, Sliced Chicken (12%), Coconut Cream, Ricotta Cheese (4%) (**Milk**), Maize Starch, Salt, Ginger Crushed, Chicken Stock Powder, Nutmeg, Black Pepper.

**Contains: Gluten, Wheat, Milk.**

# Chicken Pasta Salad

SERVINGS PER PACK  
**1**

SERVING SIZE  
**240 g**

ENERGY PER SERVING  
**1726.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1726.0 kJ                       | 719.0 kJ                        |
| <b>Protein</b>      | 16.3 g                          | 6.8 g                           |
| <b>Fat, total</b>   | 20.9 g                          | 8.7 g                           |
| – saturated         | 2.9 g                           | 1.3 g                           |
| <b>Carbohydrate</b> | 36.5 g                          | 15.2 g                          |
| – sugars            | 4.5 g                           | 1.9 g                           |
| <b>Sodium</b>       | 558.0 mg                        | 233.0 mg                        |

## Ingredients

Pasta (51%) (Water, Durum **Wheat** Semolina), Dressing (16%) (Water, Canola Oil, Sugar, **Egg** Yolk, Sour Cream (**Milk**), Thickener (1442, 415), Mustard Powder, Skim **Milk** Powder, Salt, Garlic, Acidity Regulator (260, 330), Parmesan Cheese (**Milk**), Emulsifier (433), Parsley, Preservative (202), Pepper), Cooked Chicken (14.5%) (Chicken, Brine [Acidity Regulator (326, 262), Cure (Salt, Mineral Salts (451, 450, 452), Sugar, Thickeners (1412, 407a, 415), Stabiliser (508), Canola Oil), Preservative (234)], Carrots, Capsicum, Basil Pesto (2%) (**Milk**, Acidity Regulator (260, 330, 300))), Cheese (**Milk**).

**Contains: Wheat, Gluten, Milk, Egg.**

# Chicken and Pineapple Pasta Salad

SERVINGS PER PACK

1

SERVING SIZE

240 g

ENERGY PER SERVING

1505.0 kJ

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1505.0 kJ                       | 627.0 kJ                        |
| <b>Protein</b>      | 14.8 g                          | 6.2 g                           |
| <b>Fat, total</b>   | 13.5 g                          | 5.6 g                           |
| – saturated         | 1.3 g                           | 0.6 g                           |
| <b>Carbohydrate</b> | 41.2 g                          | 17.2 g                          |
| – sugars            | 10.8 g                          | 4.5 g                           |
| <b>Sodium</b>       | 708.0 mg                        | 295.0 mg                        |

## Ingredients

[Pasta (47%) (Durum **Wheat** Semolina, Water), Dressing (16%) (Water, Canola Oil, Sugar, Thickeners (1442, 1450, 415), Salt, Acidity Regulators (260, 330), Mustard Flour, **Egg** Yolk Powder, Onion Powder, Preservative (202), Black Pepper, Emulsifier (433), Antioxidant (385), Natural Colour (160a)), Chicken (17%) (Chicken, Brine (Acidity Regulator (326, 262), Cure (Salt, Mineral Salts (451, 450, 452), Sugar, Thickeners (1412, 407a, 415), Stabiliser (508), Canola Oil), Preservative (234)), Carrots, Pineapple (4%), Red Capsicum, Spring Onion, Dijon Mustard.

**Contains: Wheat, Gluten, Egg.**

# Country-Style Chicken and Potatoes

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 250 g**

ENERGY PER SERVING

**915.4 kJ**

## Nutrition information

|              | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|--------------|---------------------------------|---------------------------------|
| Energy       | 915.4 kJ                        | 366.2 kJ                        |
| Protein      | 15.9 g                          | 6.4 g                           |
| Fat, total   | 4.6 g                           | 1.8 g                           |
| – saturated  | 0.4 g                           | 0.2 g                           |
| Carbohydrate | 24.1 g                          | 9.6 g                           |
| – sugars     | 4.5 g                           | 1.8 g                           |
| Sodium       | 703.4 mg                        | 281.4 mg                        |

## Ingredients

Potato Cube (36%), Vegetables (28%) (Onion, Carrots, Peas, Tomato Paste), Water, Sliced Chicken (16%), Salt, Maize Starch, Italian Mixed Herbs, Worcester Sauce, Gravy (**Milk, Soy, Sulphites**).

**Contains: Milk, Soy, Sulphites.**

# Country-Style Chicken Meatballs & Potatoes

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**998.6 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 998.6 kJ                        | 416.1 kJ                        |
| <b>Protein</b>      | 12.2 g                          | 5.1 g                           |
| <b>Fat, total</b>   | 9.1 g                           | 3.8 g                           |
| – saturated         | 1.7 g                           | 0.7 g                           |
| <b>Carbohydrate</b> | 23.6 g                          | 9.8 g                           |
| – sugars            | 4.3 g                           | 1.8 g                           |
| <b>Sodium</b>       | 406.1 mg                        | 169.2 mg                        |

## Ingredients

Potato Cube (38%), Vegetables (28%) (Onion, Carrots, Mixed Vegetables (Peas, Carrots, Corn), Tomato Paste, Spinach), Chicken Meatball (19%) (Chicken (82%), Water, **Soy** Protein Concentrate, Seasoning [Phosphate (451), Hydrolysed Vegetable Protein (**Soy**), Flavour Enhancer (920)], Onion Powder, Phosphate (450, 451), Salt, Ground White Pepper), Water, Maize Starch, Worcester Sauce, Italian Mixed Herbs, Gravy (**Milk, Soy, Sulphites**), Salt.

**Contains: Milk, Soy, Sulphites.**

# Creamy Chicken Meatballs and Potatoes

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**1133.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1133.0 kJ                       | 472.1 kJ                        |
| <b>Protein</b>      | 13.2 g                          | 5.5 g                           |
| <b>Fat, total</b>   | 12.3 g                          | 5.1 g                           |
| – saturated         | 4.6 g                           | 1.9 g                           |
| <b>Carbohydrate</b> | 23.7 g                          | 9.9 g                           |
| – sugars            | 7.3 g                           | 3.0 g                           |
| <b>Sodium</b>       | 515.7 mg                        | 214.9 mg                        |

## Ingredients

Potato Cube (33%), Vegetables (28%) (Carrots, Onion, Tomato Paste), Water (18%), Chicken Meatball (13%) (Chicken (82%), Water, **Soy** Protein Concentrate, Seasoning [Phosphate (451), Hydrolysed Vegetable Protein (**Soy**), Flavour Enhancer (920)], Onion Powder, Phosphate (450, 451), Salt, Ground White Pepper), Cheese (4.5%) (**Milk**), **Milk** Powder (**Soy**), Worcester Sauce, Maize Starch, Salt, Italian Mixed Herbs.

**Contains: Milk, Soy.**

# Creamy 3 Chicken Meatballs and Potatoes

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 250 g**

ENERGY PER SERVING

**1225.9 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1225.9 kJ                       | 490.4 kJ                        |
| <b>Protein</b>      | 15.5 g                          | 6.2 g                           |
| <b>Fat, total</b>   | 13.5 g                          | 5.4 g                           |
| – saturated         | 4.7 g                           | 1.9 g                           |
| <b>Carbohydrate</b> | 24.4 g                          | 9.8 g                           |
| – sugars            | 7.4 g                           | 3.0 g                           |
| <b>Sodium</b>       | 596.6 mg                        | 238.7 mg                        |

## Ingredients

Potato Cube (32%), Vegetables (27%) (Carrots, Onion, Tomato Paste), Chicken Meatball (18%) (Chicken (82%), Water, **Soy** Protein Concentrate, Seasoning [Phosphate (451), Hydrolysed Vegetable Protein (**Soy**), Flavour Enhancer (920)], Onion Powder, Phosphate (450, 451), Salt, Ground White Pepper), Water, Cheese (3.5%) (**Milk**), **Milk** Powder (**Soy**), Maize Starch, Worcester Sauce, Salt, Italian Mixed Herbs.

**Contains: Milk, Soy.**

# Curried Mince with Potatoes

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 240 g**

ENERGY PER SERVING  
**1129.5 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1129.5 kJ                       | 470.6 kJ                        |
| <b>Protein</b>      | 9.9 g                           | 4.1 g                           |
| <b>Fat, total</b>   | 11.6 g                          | 4.8 g                           |
| – saturated         | 5.1 g                           | 2.1 g                           |
| <b>Carbohydrate</b> | 27.7 g                          | 11.6 g                          |
| – sugars            | 4.4 g                           | 1.8 g                           |
| <b>Sodium</b>       | 634.1 mg                        | 264.2 mg                        |

## Ingredients

Diced Potato (38%), Vegetables (25%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Carrots, Onion), Beef Mince (Beef Trim/heart) (12%), Water, Lentils (6%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Coconut Cream, Gravy (**Milk, Sulphites**), Beef Stock Powder, Ginger Crushed, Maize Starch, Turmeric, Garlic Powder, Coriander, Cumin, Fenugreek.

**Contains: Milk, Sulphites.**

# Curried Mince with Potatoes (L)

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 300 g**

ENERGY PER SERVING  
**1423.5 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1423.5 kJ                       | 474.5 kJ                        |
| <b>Protein</b>      | 12.2 g                          | 4.1 g                           |
| <b>Fat, total</b>   | 14.4 g                          | 4.81g                           |
| – saturated         | 6.2 g                           | 2.1 g                           |
| <b>Carbohydrate</b> | 35.5 g                          | 11.9 g                          |
| – sugars            | 5.4 g                           | 1.8 g                           |
| <b>Sodium</b>       | 765.4 mg                        | 255.1 mg                        |

## Ingredients

Diced Potato (40%), Vegetables (24%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Carrots, Onion), Beef Mince (Beef Trim/heart) (11%), Water, Lentils (6%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Coconut Cream, Gravy (**Milk, Sulphites**), Beef Stock Powder, Ginger Crushed, Maize Starch, Turmeric, Garlic Powder, Coriander, Cumin, Fenugreek.

**Contains: Milk, Sulphites.**

# Golden Chicken on Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 240 g**

ENERGY PER SERVING  
**842.9 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 842.9 kJ                        | 351.2 kJ                        |
| <b>Protein</b>      | 14.8 g                          | 6.2 g                           |
| <b>Fat, total</b>   | 2.1 g                           | 0.9 g                           |
| – saturated         | 1.2 g                           | 0.5 g                           |
| <b>Carbohydrate</b> | 29.9 g                          | 12.4 g                          |
| – sugars            | 3.5 g                           | 1.5 g                           |
| <b>Sodium</b>       | 331.9 mg                        | 138.3 mg                        |

## Ingredients

Cooked Rice (38%) (Water, Rice), Vegetables (33%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Onion, Capsicum), Sliced Chicken (17%), Water, Coconut Cream, Brown Sugar, Maize Starch, Salt, Cumin, Turmeric, Garlic Powder, Vegetable Stock, Coriander, Garam Masala, Fenugreek.

# Italian Minced Beef with Rustic Potatoes

SERVINGS PER PACK

**1**

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**1020.2 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1020.2 kJ                       | 425.1 kJ                        |
| <b>Protein</b>      | 9.5 g                           | 4.0 g                           |
| <b>Fat, total</b>   | 8.9 g                           | 3.7 g                           |
| – saturated         | 2.0 g                           | 0.8 g                           |
| <b>Carbohydrate</b> | 26.6 g                          | 11.1 g                          |
| – sugars            | 1.7 g                           | 0.7 g                           |
| <b>Sodium</b>       | 402.9 mg                        | 167.9 mg                        |

## Ingredients

Potato Cube (42%), Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Beef Mince (Beef Trim/heart) (12%), Water, Lentils (7%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Maize Starch, Salt, Italian Mixed Herbs.

# Nacho Beef and Beans with Corn Chips

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**1295.8 kJ**

## Nutrition information

|                      | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|----------------------|---------------------------------|---------------------------------|
| <b>Energy</b>        | 1295.8 kJ                       | 539.9 kJ                        |
| <b>Protein</b>       | 11.3 g                          | 4.7 g                           |
| <b>Fat, total</b>    | 9.8 g                           | 4.1 g                           |
| – saturated          | 2.9 g                           | 1.2 g                           |
| <b>Carbohydrate*</b> | 42.2 g                          | 17.6 g                          |
| – sugars             | 2.3 g                           | 1.0 g                           |
| <b>Sodium</b>        | 675.8 mg                        | 281.6 mg                        |

## Ingredients

Cooked Rice (33%) (Water, Rice), Vegetables (32%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Capsicum, Sweetcorn, Spinach), Beef Mince (Beef Trim/heart) (12%), Kidney Beans (11%) (Red Kidney Beans, Water, Salt), Corn Chips (8%) (Corn (77%), Edible Vegetable Oil (Corn Oil) (21%), Iodized Salt (1.52%), Maltodextrin (From Corn) (0.2%), Sugar (0.15%), Rock Salt (0.1%), Acidity Regulator (Ins 330), Anticaking Agent (Ins 551), Natural Flavours (Vinegar Powder)), Water, Maize Starch, Salt, Vegetable Stock, Paprika, Cumin.

**\*Please note:** Includes 14g carbohydrate per serving contributed by the Corn Chips. For individual Corn Chips nutritional breakdown, please see the 'Snack Menu' section.

# Nacho Beef and Beans (Soy)

Nacho Made with a Beef & Soy Protein Blend with Corn Chips

SERVINGS PER PACK

**1**

SERVING SIZE

**Approx. 250 g**

ENERGY PER SERVING

**1320.7 kJ**

## Nutrition information

|                      | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|----------------------|---------------------------------|---------------------------------|
| <b>Energy</b>        | 1320.7 kJ                       | 528.3 kJ                        |
| <b>Protein</b>       | 13.5 g                          | 5.4 g                           |
| <b>Fat, total</b>    | 9.9 g                           | 3.9 g                           |
| – saturated          | 2.7 g                           | 1.1 g                           |
| <b>Carbohydrate*</b> | 41.1 g                          | 16.5 g                          |
| – sugars             | 2.8 g                           | 1.1 g                           |
| <b>Sodium</b>        | 559.5 mg                        | 223.8 mg                        |

## Ingredients

Vegetables (30%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Capsicum, Onion, Sweetcorn, Spinach), Cooked Rice (28%) (Water, Rice), Kidney Beans (11%) (Red Kidney Beans, Water, Salt), Beef Mince (Beef Trim/heart) (10%), Rehydrated **Soy** Protein (9%) (Water, **Soy** Protein), Corn Chips (8%) (Corn (77%), Edible Vegetable Oil (Corn Oil) (21%), Iodized Salt (1.52%), Maltodextrin (From Corn) (0.2%), Sugar (0.15%), Rock Salt (0.1%), Acidity Regulator (Ins 330), Anticaking Agent (Ins 551), Natural Flavours (Vinegar Powder)), Water, Maize Starch, Vegetable Stock, Cumin, Paprika, Salt.

**Contains: Soy.**

**\*Please note:** Includes 14g carbohydrate per serving contributed by the Corn Chips. For individual Corn Chips nutritional breakdown, please see the 'Snack Menu' section.

# Rich Gravy on Beef Rissoles & Potatoes

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 260 g**

ENERGY PER SERVING

**1264.6 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1264.6 kJ                       | 486.4 kJ                        |
| <b>Protein</b>      | 15.3 g                          | 5.9 g                           |
| <b>Fat, total</b>   | 10.5 g                          | 4.0 g                           |
| – saturated         | 2.1 g                           | 0.8 g                           |
| <b>Carbohydrate</b> | 31.9 g                          | 12.3 g                          |
| – sugars            | 5.5 g                           | 2.1 g                           |
| <b>Sodium</b>       | 468.4 mg                        | 180.2 mg                        |

## Ingredients

Potato Cube (35%), Beef & Veg Rissole (31%) (Beef (60%), Onion (13%), Carrot (7%), Breadcrumb [**Wheat** Flour, Emulsifier (471)], Seasoning [**Wheat** Flour, Hydrolysed Vegetable Protein (**Soy**), Mineral Salt (451), Flavour Enhancer (635), Spice Extracts, Anticaking Agent (551)], Water, Spinach (2.5%), **Soy** Protein Concentrate, Thickener (1412), Colour (150c)), Vegetables (19%) (Mixed Vegetables (Peas, Carrots, Corn)), Water, Bbq Sauce, Gravy (**Milk**, **Sulphites**).

**Contains: Gluten, Wheat, Milk, Soy, Sulphites.**

# Rustic Cottage Pie

Beef Cottage Pie

SERVINGS PER PACK

**1**

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**861.8 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 861.8 kJ                        | 359.1 kJ                        |
| <b>Protein</b>      | 12.0 g                          | 5.0 g                           |
| <b>Fat, total</b>   | 7.9 g                           | 3.3 g                           |
| – saturated         | 3.0 g                           | 1.3 g                           |
| <b>Carbohydrate</b> | 19.0 g                          | 7.9 g                           |
| – sugars            | 5.5 g                           | 2.3 g                           |
| <b>Sodium</b>       | 695.7 mg                        | 289.9 mg                        |

## Ingredients

Mash Potato (38%) (Water, Potato Flake (Potatoes (99%), Emulsifier (471), Stabiliser (450), Flavours, Processing Aid (**Sulphites**)), Salt), Vegetables (30%) (Mixed Vegetables (Peas, Carrots, Corn), Onion, Tomato Paste), Beef Mince (Beef Trim/heart) (18%), Water, Worcester Sauce, Citrus Fibre, Maize Starch, Vegetable Stock, Salt, Italian Mixed Herbs.

**Contains: Sulphites.**

# Rustic Cottage Pie (Soy)

Cottage Pie Made with a Beef & Soy Protein Blend

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**755.1 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 755.1 kJ                        | 314.6 kJ                        |
| <b>Protein</b>      | 10.6 g                          | 4.4 g                           |
| <b>Fat, total</b>   | 5.5 g                           | 2.3 g                           |
| – saturated         | 2.0 g                           | 0.8 g                           |
| <b>Carbohydrate</b> | 19.2 g                          | 8.0 g                           |
| – sugars            | 5.6 g                           | 2.3 g                           |
| <b>Sodium</b>       | 851.0 mg                        | 354.6 mg                        |

## Ingredients

Mash Potato (38%) (Water, Potato Flake (Potatoes (99%), Emulsifier (471), Stabiliser (450), Flavours, Processing Aid (**Sulphites**)), Salt), Vegetables (30%) (Mixed Vegetables (Peas, Carrots, Corn), Onion, Tomato Paste), Water, Beef Mince (Beef Trim/heart) (12%), Rehydrated **Soy** Protein (6%) (Water, **Soy** Protein), Citrus Fibre, Salt, Worcester Sauce, Vegetable Stock, Maize Starch, Italian Mixed Herbs.

**Contains: Soy, Sulphites.**

# Rustic Cottage Pie (L)

Cottage Pie Made with a Beef and Soy Protein Blend (L)

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 300 g**

ENERGY PER SERVING

**908.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 908.0 kJ                        | 302.7 kJ                        |
| <b>Protein</b>      | 12.7 g                          | 4.2 g                           |
| <b>Fat, total</b>   | 6.2 g                           | 2.0 g                           |
| – saturated         | 2.1 g                           | 0.7 g                           |
| <b>Carbohydrate</b> | 24.2 g                          | 8.1 g                           |
| – sugars            | 6.4 g                           | 2.1 g                           |
| <b>Sodium</b>       | 805.4 mg                        | 268.5 mg                        |

## Ingredients

Mash Potato (40%) (Water, Potato Flake (Potatoes (99%), Emulsifier (471), Stabiliser (450), Flavours, Processing Aid (**Sulphites**)), Salt), Vegetables (27%) (Mixed Vegetables (Peas, Carrots, Corn), Onion, Tomato Paste), Water, Beef Mince (Beef Trim/heart) (10%), Rehydrated **Soy** Protein (7%) (Water, **Soy** Protein), Citrus Fibre, Worcester Sauce, Vegetable Stock, Salt, Maize Starch, Italian Mixed Herbs.

**Contains: Soy, Sulphites.**

# Super Cheesy Pasta

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 240 g**

ENERGY PER SERVING

**1681.6 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1681.6 kJ                       | 700.7 kJ                        |
| <b>Protein</b>      | 19.0 g                          | 7.9 g                           |
| <b>Fat, total</b>   | 15.7 g                          | 6.6 g                           |
| – saturated         | 8.8 g                           | 3.7 g                           |
| <b>Carbohydrate</b> | 44.3 g                          | 18.4 g                          |
| – sugars            | 7.3 g                           | 3.1 g                           |
| <b>Sodium</b>       | 597.3 mg                        | 248.9 mg                        |

## Ingredients

Cooked Pasta (42%) (Water, Pasta (**Wheat**)), Vegetables (25%) (Mixed Vegetables (Peas, Carrots, Corn)), Cheese (17%) (Pasteurised **Milk**, Salt, Cultures, Enzymes (Non-animal Rennet), Anti Caking Agent (460), Preservatives (200)), Water, **Milk** Powder (**Soy**), Vegetable Stock, Citrus Fibre, Maize Starch, Salt, Nutmeg, White Pepper.

**Contains: Gluten, Wheat, Milk, Soy.**

# Sweet and Sour Chicken with Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 250 g**

ENERGY PER SERVING  
**869.4 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 869.4 kJ                        | 347.8 kJ                        |
| <b>Protein</b>      | 14.8 g                          | 5.9 g                           |
| <b>Fat, total</b>   | 1.3 g                           | 0.5 g                           |
| – saturated         | 0.6 g                           | 0.3 g                           |
| <b>Carbohydrate</b> | 33.8 g                          | 13.5 g                          |
| – sugars            | 10.5 g                          | 4.2 g                           |
| <b>Sodium</b>       | 618.7 mg                        | 247.5 mg                        |

## Ingredients

Cooked Yellow Rice (32%) (Water, Rice, Turmeric), Vegetables (26%) (Capsicum, Onion, Tomato Paste), Sliced Chicken (16%), Water, Pineapple, Sugar, White Vinegar, Maize Starch, Ginger Crushed, Salt.

# Sweet and Sour Chicken with Rice (L)

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 310 g**

ENERGY PER SERVING

**1081.9 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1081.9 kJ                       | 349.0 kJ                        |
| <b>Protein</b>      | 18.4 g                          | 5.9 g                           |
| <b>Fat, total</b>   | 1.6 g                           | 0.5 g                           |
| – saturated         | 0.8 g                           | 0.3 g                           |
| <b>Carbohydrate</b> | 42.0 g                          | 13.5 g                          |
| – sugars            | 13.0 g                          | 4.2 g                           |
| <b>Sodium</b>       | 762.0 mg                        | 245.8 mg                        |

## Ingredients

Cooked Yellow Rice (32%) (Water, Rice, Turmeric), Vegetables (25%) (Capsicum, Onion, Tomato Paste), Sliced Chicken (16%), Water, Pineapple, Sugar, White Vinegar, Maize Starch, Ginger Crushed, Salt.

# Teriyaki Chicken Rice & Veg Bowl

SERVINGS PER PACK

1

SERVING SIZE

**Approx. 250 g**

ENERGY PER SERVING

**1024.7 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1024.7 kJ                       | 409.9 kJ                        |
| <b>Protein</b>      | 16.3 g                          | 6.5 g                           |
| <b>Fat, total</b>   | 1.51g                           | 0.6 g                           |
| – saturated         | 0.7 g                           | 0.3 g                           |
| <b>Carbohydrate</b> | 39.6 g                          | 15.9 g                          |
| – sugars            | 10.3 g                          | 4.1 g                           |
| <b>Sodium</b>       | 207.7 mg                        | 83.1 mg                         |

## Ingredients

Cooked Rice (36%) (Water, Rice), Vegetables (28%) (Mixed Vegetables (Peas, Carrots, Corn), Tomato Paste), Sliced Chicken (16%), Water, **Soy Sauce (Sulphites, Wheat)**, Maize Starch, White Vinegar, Garlic Powder, Ginger.

**Contains: Gluten, Wheat, Soy, Sulphites.**

# Wholemeal Pizza Loaf

SERVINGS PER PACK  
**1**

SERVING SIZE  
**Approx. 250 g**

ENERGY PER SERVING  
**2032.5 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 2032.5 kJ                       | 813.0 kJ                        |
| <b>Protein</b>      | 21.8 g                          | 8.7 g                           |
| <b>Fat, total</b>   | 15.8 g                          | 6.3 g                           |
| – saturated         | 9.8 g                           | 3.9 g                           |
| <b>Carbohydrate</b> | 60.0 g                          | 24.0 g                          |
| – sugars            | 15.0 g                          | 6.0 g                           |
| <b>Sodium</b>       | 755.0 mg                        | 302.0 mg                        |

## Ingredients

Dough Recipe (Flour **Wheat** (Folic Acid), Water, **Wheat** Bran, Bakers Yeast 15.4%, Water 35.8%, Caster Sugar, Vegetable Fat (Water, Vegetable Oil, Sugar, Emulsifier (475)(**Soy**)), **Gluten**, Iodised Salt (Sodium Chloride, Additive (535, 917)), Improver (472e, 481, 471, 170, 300, (Contains **Soy**)), **Milk** Powder), Cheese (**Milk**, Salt, Anticaking Agent (460), Preservative (200), Cultures, Rennet), BBQ Margherita Filling (Vegetable 11.2% (Tomato (From Concentrate, Concentrate, Dice), Zucchini, Onion), Sugar, White Vinegar, Stabiliser (1442, 460, 466), Salt, Garlic, Spice, Herb, Preservative (202), Chilli, Smoke Flavour), Green Pepper, Red Pepper (Red Peppers, Water, Vinegar, Sugar, Salt), Spinach.

**Contains: Wheat, Gluten, Soy, Milk.**

# **Dietary Menu Nutritional & Allergen Information**



School  
Lunch  
Collective

# Asian Fried Rice Chicken

SERVINGS PER PACK  
**1**

SERVING SIZE  
**270 g**

ENERGY PER SERVING  
**2149.2 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 2149.2 kJ                       | 796.0 kJ                        |
| <b>Protein</b>      | 40.2 g                          | 14.9 g                          |
| <b>Fat, total</b>   | 17.0 g                          | 6.3 g                           |
| – saturated         | 2.7 g                           | 1.0 g                           |
| <b>Carbohydrate</b> | 51.8 g                          | 19.2 g                          |
| – sugars            | 3.2 g                           | 1.2 g                           |
| <b>Sodium</b>       | 504.9 mg                        | 187.0 mg                        |

## Ingredients

Carbohydrate 37.3% (Cooked Weight) (Rice), Vegetable 33.1% (Cooked Weight) (Carrot, Onion, Capsicum, Celery, Garlic, Cauliflower, Zucchini, Peas), Protein 25.2% (Cooked Weight) (Canberry/Borlotti Beans 12.1%, Chicken 13.1%), Gluten Free **Soy** Sauce 0.9% (**Soybeans** (20%), Rice, Salt, Sugar, Corn Starch), Water, Canola Oil, Yeast, Salt, Natural Herbs and Spices.

**Contains: Soy.**

# Baked Tofu & Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**250 g**

ENERGY PER SERVING  
**1167.5 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1167.5 kJ                       | 467.0 kJ                        |
| <b>Protein</b>      | 12.5 g                          | 5.0 g                           |
| <b>Fat, total</b>   | 7.5 g                           | 3.0 g                           |
| – saturated         | 1.2 g                           | 0.50 g                          |
| <b>Carbohydrate</b> | 38.3 g                          | 15.3 g                          |
| – sugars            | 3.0 g                           | 1.2 g                           |
| <b>Sodium</b>       | 130.0 mg                        | 52.0 mg                         |

## Ingredients

Vegetable Stock (28.8%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Tofu (26.0%) (Water, **Soybeans**, Firming Agent (Calcium Sulphate)), Rice Raw (15.8% Raw, 44% Cooked), Cauliflower (15.0%), Onion (8.8%), Capsicum (2.9%), Garlic (1.5%), Rice Bran Oil, Paprika, Salt, Cumin.

**Contains: Soy.**

# Butter Bean & Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**250 g**

ENERGY PER SERVING  
**1147.5 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1147.5 kJ                       | 459.0 kJ                        |
| <b>Protein</b>      | 9.5 g                           | 3.8 g                           |
| <b>Fat, total</b>   | 8.3 g                           | 3.3 g                           |
| – saturated         | 3.3 g                           | 1.3 g                           |
| <b>Carbohydrate</b> | 36.5 g                          | 14.6 g                          |
| – sugars            | 5.0 g                           | 2.0 g                           |
| <b>Sodium</b>       | 410.0 mg                        | 164.0 mg                        |

## Ingredients

Basmati Rice (36.0%), Cannellini Beans (26.0%), Peas (11.6%), Cauliflower (11.6%), Coconut Milk (4.6%), Vegetable Stock (2.6%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Onion (2.5%), Capsicum (1.5%), Rice Bran Oil, Sugar, Garlic (0.5%), Salt, Ginger, Garam Masala Powder, Maize Starch, Fennel Seeds, Cumin Seeds, Fenugreek Seeds, Cumin, Coriander, Turmeric Powder, Cardamom Powder, Chilli Powder Kashmir, Mint Dried, Bay Leaf Powder, Liquid Smoke, Paprika Oleoresin, Xanthan Gum.

# Chicken Potato Gravy

SERVINGS PER PACK

1

SERVING SIZE

250 g

ENERGY PER SERVING

725.0 kJ

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 725.0 kJ                        | 290.0 kJ                        |
| <b>Protein</b>      | 13.3 g                          | 5.3 g                           |
| <b>Fat, total</b>   | 3.5 g                           | 1.4 g                           |
| – saturated         | 0.8 g                           | 0.3 g                           |
| <b>Carbohydrate</b> | 20.0 g                          | 8.0 g                           |
| – sugars            | 4.0 g                           | 1.6 g                           |
| <b>Sodium</b>       | 280.0 mg                        | 112.0 mg                        |

## Ingredients

Potato (36.8%), Chicken (16.7%), Vegetable Stock (10.5%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Carrot (9.6%), Peas (9.6%), Water, Onion (6.3%), Rice Flour, Rice Bran Oil, Salt, Thyme, Rosemary, Sage, Onion Powder, Garlic (0%), Xanthan Gum, Yeast Extract, Mustard.

# Cottage Pie

SERVINGS PER PACK  
**1**

SERVING SIZE  
**250 g**

ENERGY PER SERVING  
**807.5 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 807.5 kJ                        | 323.0 kJ                        |
| <b>Protein</b>      | 7.5 g                           | 3.0 g                           |
| <b>Fat, total</b>   | 5.0 g                           | 2.0 g                           |
| – saturated         | 1.0 g                           | 0.4 g                           |
| <b>Carbohydrate</b> | 25.5 g                          | 10.2 g                          |
| – sugars            | 4.0 g                           | 1.6 g                           |
| <b>Sodium</b>       | 455.0 mg                        | 182.0 mg                        |

## Ingredients

Potato (38.4%), Black Beans (13.0%) (Black Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Red Kidney Beans (13.0%) (Red Kidney Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Carrot (8.2%), Onion (5.5%), Cabbage (5.5%), Corn (5.5%), Vegetable Stock (2.7%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Rice Bran Oil, Maize Starch, Salt, Garlic (0.3%), Cider Vinegar, Sugar, Xanthan Gum, Cumin, Paprika, Coriander, Yeast Extract.

# Creamy Veggie Stroganoff with Mash

SERVINGS PER PACK

1

SERVING SIZE

270 g

ENERGY PER SERVING

1946.7 kJ

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1946.7 kJ                       | 721.0 kJ                        |
| <b>Protein</b>      | 22.4 g                          | 8.3 g                           |
| <b>Fat, total</b>   | 8.4 g                           | 3.1 g                           |
| – saturated         | 3.8 g                           | 1.4 g                           |
| <b>Carbohydrate</b> | 76.4 g                          | 28.3 g                          |
| – sugars            | 8.4 g                           | 3.1 g                           |
| <b>Sodium</b>       | 359.1 mg                        | 133.0 mg                        |

## Ingredients

Carbohydrate 36.7% (Cooked Weight) (Sweet Potato, Potato Mash Flakes (Just Potato) (Potato 99%, Emulsifier (471), Stabilizer (450), Flavours)), Plant Protein 27.9% (Cooked Weight) (Lentils & Canberry/Borlotti Beans), Vegetable 26.4% (Cooked Weight) (Mushroom, Corn Sweet, Onion, Capsicum, Garlic), Coconut Cream 4.9% (Coconut Extract, Xanthan Gum (E415), Guar Gum (E412)), Water, Canola Oil, Balsamic Vinega, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

# Italian Bean and Tomato Pasta Salad

SERVINGS PER PACK

1

SERVING SIZE

240 g

ENERGY PER SERVING

1090.0kJ

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1090.0kJ                        | 454.0 kJ                        |
| <b>Protein</b>      | 9.2 g                           | 3.8 g                           |
| <b>Fat, total</b>   | 6.1 g                           | 2.5 g                           |
| – saturated         | 0.9 g                           | 0.4 g                           |
| <b>Carbohydrate</b> | 36.9 g                          | 15.4 g                          |
| – sugars            | 4.2 g                           | 1.8 g                           |
| <b>Sodium</b>       | 609.0 mg                        | 254.0 mg                        |

## Ingredients

Pasta (39%) (Durum **Wheat** Semolina, Water), Cannellini Beans (27%) (Cannellini beans, water, salt), Tuscan Tomato Dressing (16%) (Water, Tomato (Tomatoes, Acidity Regulator (330), Firming Agent (509)), Olive Oil, Capsicum, Onion, Sugar, White Vinegar, Carrot, Salt, Garlic, Thickener (1442, 415), Spices, Herbs, Sunflower Seeds, Acidity Regulator (330), Preservative (202), Plant Extract, Antioxidant (385)), Celery, Capsicum, Dijon Mustard, Dried Parsley.

**Contains: Wheat, Gluten.**

# Katsu Vegan Curry & Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**260 g**

ENERGY PER SERVING  
**1443.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1443.0 kJ                       | 555.0 kJ                        |
| <b>Protein</b>      | 20.5 g                          | 7.9 g                           |
| <b>Fat, total</b>   | 9.4 g                           | 3.6 g                           |
| – saturated         | 2.9 g                           | 1.1 g                           |
| <b>Carbohydrate</b> | 49.1 g                          | 18.9 g                          |
| – sugars            | 10.4 g                          | 4.0 g                           |
| <b>Sodium</b>       | 611.0 mg                        | 235.0 mg                        |

## Ingredients

Carbohydrate 34.6% (White Rice 34.7% (Cooked Weight)), Vegetable 27% (Cooked Weight) (Onion, Carrots Capsicum), Protein 24% (**Soy** Chunks 8.4% (Cooked Weight), Lentils 15.6% (Cooked Weight)) Water 7%, Coconut Cream 3.7%, Glu-ten Free **Soy** Sauce 0.9% (**Soybeans** (20%), Corn Starch), Canola Oil, Sugar, Tapioca Starch (E1442), Salt, Yeast, Natural Herbs and Spices.

**Contains: Soy.**

# Lentil Curry & Rice

SERVINGS PER PACK

1

SERVING SIZE

260 g

ENERGY PER SERVING

1232.4 kJ

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1232.4 kJ                       | 474.0 kJ                        |
| <b>Protein</b>      | 9.9 g                           | 3.8 g                           |
| <b>Fat, total</b>   | 9.4 g                           | 3.6 g                           |
| – saturated         | 2.6 g                           | 1.0 g                           |
| <b>Carbohydrate</b> | 42.6 g                          | 16.4 g                          |
| – sugars            | 2.6 g                           | 1.0 g                           |
| <b>Sodium</b>       | 626.6 mg                        | 241.0 mg                        |

## Ingredients

Carbohydrate 34.8% (White Rice 34% (Cook weight), Sweet Potato 1.5% (Cook weight), Potato 0.2% (Cook weight)), Vegetable 27% (Cook weight) (Onion, Broccoli, Carrot, Peas, Pumpkin), Protein 25.1% (Cook weight)), Water 8.2%, Canola Oil, Salt, Tapioca Starch (E1422), Yeast, Natural Herbs & Spices.

# Malaccan Veg Curry & Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**270 g**

ENERGY PER SERVING  
**1817.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1817.0 kJ                       | 673.0 kJ                        |
| <b>Protein</b>      | 22.0 g                          | 8.2 g                           |
| <b>Fat, total</b>   | 4.1 g                           | 1.5 g                           |
| – saturated         | 2.9 g                           | 1.1 g                           |
| <b>Carbohydrate</b> | 78.4 g                          | 29.0 g                          |
| – sugars            | 6.8 g                           | 2.5 g                           |
| <b>Sodium</b>       | 634.0 mg                        | 235.0 mg                        |

## Ingredients

Carbohydrate 34% (Cooked Weight) (Rice, Sugar), Plant Protein 28% (Cooked Weight) (Lentils & Canberry/Borlotti Beans), Vegetable 28.1% (Cooked Weight) (Onion, Capsicum, Garlic, Cauliflower), Coconut Cream 4.1% (Coconut Extract, Xanthan Gum (E415), Guar Gum (E412)), Water, Pineapple, Citric Acid, Chilli Powder, Yeast, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

# Malay Veg & Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**260 g**

ENERGY PER SERVING  
**1112.8 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1112.8 kJ                       | 428.0 kJ                        |
| <b>Protein</b>      | 8.3 g                           | 3.2 g                           |
| <b>Fat, total</b>   | 3.6 g                           | 1.4 g                           |
| – saturated         | 2.6 g                           | 1.0 g                           |
| <b>Carbohydrate</b> | 49.4 g                          | 19.0 g                          |
| – sugars            | 2.9 g                           | 1.1 g                           |
| <b>Sodium</b>       | 618.8 mg                        | 238.0 mg                        |

## Ingredients

Carbohydrate 35.1% (White Rice 35.1%, (Cooked Weight), Vegetable 27% (Cooked Weight) (Cauliflower, Broccoli, Onion, Carrot, Capsicum), Protein 25% (Chick Peas 18% (Cooked Weight), Tofu 7% (**Soybeans**, Calcium Sulfate (E516), Antifoaming agent (E471 and E900a)), Water 5.4%, Sweet Potato 2.3% (Cooked Weight), Coconut Cream 2.2%, Canola Oil, Yeast, Apple Juice, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

**Contains: Soy.**

# Mex Bean Casserole & Rice

SERVINGS PER PACK  
**1**

SERVING SIZE  
**260 g**

ENERGY PER SERVING  
**1003.6 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1003.6 kJ                       | 386.0 kJ                        |
| <b>Protein</b>      | 7.5 g                           | 2.9 g                           |
| <b>Fat, total</b>   | 2.6 g                           | 1.0 g                           |
| – saturated         | 2.6 g                           | 1.0 g                           |
| <b>Carbohydrate</b> | 45.8 g                          | 17.6 g                          |
| – sugars            | 3.4 g                           | 1.3 g                           |
| <b>Sodium</b>       | 637.0 mg                        | 245.0 mg                        |

## Ingredients

White Rice 35% (Cooked Weight), Vegetable 28.1% (Cooked Weight) (Cauliflower, Broccoli, Onion, Capsicum, Green Bean, Corn Sweet), Beans Red Kidney 13.7% (Cooked Weight), Chickpeas 13.7% (Cooked Weight), Water 3.6%, Sweet Potato 2.3% (Cooked Weight), Coconut Cream 1.5%, Canola Oil, Yeast, Molasses, Apple Juice, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

# Mornay Veg & Mash

SERVINGS PER PACK

1

SERVING SIZE

260 g

ENERGY PER SERVING

1131.0 kJ

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1131.0 kJ                       | 435.0 kJ                        |
| <b>Protein</b>      | 9.6 g                           | 3.7 g                           |
| <b>Fat, total</b>   | 5.7 g                           | 2.2 g                           |
| – saturated         | 4.2 g                           | 1.6 g                           |
| <b>Carbohydrate</b> | 42.1 g                          | 16.2 g                          |
| – sugars            | 7.8 g                           | 3.0 g                           |
| <b>Sodium</b>       | 634.0 mg                        | 244.0 mg                        |

## Ingredients

Potato Simple Mash Kumara 32.9% (Cooked Weight) (Sweet Potato, Potato Mash, Coconut Cream, Salt), Vegetable 27% (Cooked Weight) (Cauliflower, Broccoli, Onion, Pumpkin, Carrot, Capsicum, Green Beans), Canberry/Borlotti Beans 26.1% (Cooked Weight), Water 6.8%, Sweet Potato 3% (Cooked Weight), Coconut Cream 2.2%, Canola Oil, Yeast, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

# Potato Bean Salad

SERVINGS PER PACK  
**1**

SERVING SIZE  
**240 g**

ENERGY PER SERVING  
**806.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 806.0 kJ                        | 336.0 kJ                        |
| <b>Protein</b>      | 5.9 g                           | 2.5 g                           |
| <b>Fat, total</b>   | 0.6 g                           | 0.2 g                           |
| – saturated         | 0.0 g                           | 0.0 g                           |
| <b>Carbohydrate</b> | 36.5 g                          | 15.2 g                          |
| – sugars            | 13.9 g                          | 5.8 g                           |
| <b>Sodium</b>       | 434.0 mg                        | 181.0 mg                        |

## Ingredients

Potato (42%), Cannellini Beans (27%) (Cannellini beans, water, salt), Dressing (16%) (Water, Sugar, Salt, Acidity Regulator (260), Spices, Thickener (412, 415), Spice Extract), Celery, Capsicum, Dried Parsley.

# Savoury Bean Cottage Pie

SERVINGS PER PACK  
**1**

SERVING SIZE  
**270 g**

ENERGY PER SERVING  
**861.3 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 861.3 kJ                        | 319.0 kJ                        |
| <b>Protein</b>      | 8.4 g                           | 3.1 g                           |
| <b>Fat, total</b>   | 5.1 g                           | 1.9 g                           |
| – saturated         | 1.1 g                           | 0.4 g                           |
| <b>Carbohydrate</b> | 27.3 g                          | 10.1 g                          |
| – sugars            | 4.6 g                           | 1.7 g                           |
| <b>Sodium</b>       | 513.0 mg                        | 190.0 mg                        |

## Ingredients

Potato (34.1%), Black Beans (14.2%) (Black Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Red Kidney Beans (14.2%) (Red Kidney Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Carrot (9.6%), Onion (5.6%), Cabbage (5.6%), Corn (5.6%), Vegetable Stock (2.9%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Rice Bran Oil, Maize Starch, Salt, Garlic (0.3%), Cider Vinegar, Sugar, Xanthan Gum, Cumin, Paprika, Coriander, Yeast Extract.

# Thai Vege Curry & Rice

SERVINGS PER PACK

1

SERVING SIZE

260 g

ENERGY PER SERVING

1089.4 kJ

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 1089.4 kJ                       | 419.0 kJ                        |
| <b>Protein</b>      | 6.8 g                           | 2.6 g                           |
| <b>Fat, total</b>   | 2.6 g                           | 1.0 g                           |
| – saturated         | 2.6 g                           | 1.0 g                           |
| <b>Carbohydrate</b> | 54.9 g                          | 21.1 g                          |
| – sugars            | 2.6 g                           | 1.0 g                           |
| <b>Sodium</b>       | 712.0 mg                        | 274.0 mg                        |

## Ingredients

Carbohydrate 36% (White Rice 34.1% (Cooked), Sweet Potato 1.9% (Cook weight)), Vegetable 26.5% (Cooked) (Pumpkin, Cauliflower, Capsicum, Broccoli, Onion), Protein 26% (Chickpeas 26% (Cooked)), Water 8%, Coconut Cream 1.8%, Tapioca Starch (E1422), Canola Oil, Salt, Acetic Acid, Yeast Powder, Natural Herbs & Spices.

# Vegan Tomato Balti & Rice

SERVINGS PER PACK

1

SERVING SIZE

260 g

ENERGY PER SERVING

1586.0 kJ

## Nutrition information

|              | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|--------------|---------------------------------|---------------------------------|
| Energy       | 1586.0 kJ                       | 610.0 kJ                        |
| Protein      | 32.2 g                          | 12.4 g                          |
| Fat, total   | 7.0 g                           | 2.7 g                           |
| – saturated  | 2.6 g                           | 1.0 g                           |
| Carbohydrate | 49.1 g                          | 18.9 g                          |
| – sugars     | 12.5 g                          | 4.8 g                           |
| Sodium       | 644.8 mg                        | 248.0 mg                        |

## Ingredients

Carbohydrate (White Rice 34.7% (Cooked Weight)), Vegetable 27.1% (Cooked Weight) (Cauliflower, Broccoli, Onion, Tomato), Protein 24% (**Soy** Chunks 16.8% (Cooked Weight), Lentils 7.2% (Cooked Weight)) Water 9.2%, Coconut Cream 3.0%, Sugar, Canola Oil, Yeast, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

**Contains: Soy.**

# **Snack Menu Nutritional & Allergen Information**



School  
Lunch  
Collective

# Cheese Stick

SERVINGS PER PACK

1

SERVING SIZE

20 g

ENERGY PER SERVING

292.0 kJ

## Nutrition information

|              | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|--------------|---------------------------------|---------------------------------|
| Energy       | 292.0 kJ                        | 1460.0 kJ                       |
| Protein      | 5.3 g                           | 26.4 g                          |
| Fat, total   | 5.3 g                           | 26.7 g                          |
| – saturated  | 3.2 g                           | 16.0 g                          |
| Carbohydrate | 0.2 g                           | 1.0 g                           |
| – sugars     | 0.2 g                           | 1.0 g                           |
| Sodium       | 141.6 mg                        | 708.0 mg                        |

## Ingredients

Pasteurised **Milk**, Salt, Cultures, Enzymes (Non Animal Rennet).

**Contains: Milk.**

# Chickpea Crackers (Sour Cream & Chives)

SERVINGS PER PACK

1

SERVING SIZE

20 g

ENERGY PER SERVING

334.0 kJ

## Nutrition information

|              | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|--------------|---------------------------------|---------------------------------|
| Energy       | 334.0 kJ                        | 1670.0 kJ                       |
| Protein      | 3.7 g                           | 18.3 g                          |
| Fat, total   | 2.7 g                           | 13.6 g                          |
| – saturated  | 0.5 g                           | 2.5 g                           |
| Carbohydrate | 9.2 g                           | 46.0 g                          |
| – sugars     | 0.7 g                           | 3.6 g                           |
| Sodium       | 136.8 mg                        | 684.0 mg                        |

## Ingredients

Chickpea flour (67%), Rice Flour, Sour Cream & Chive Seasoning (Skimmed **Milk** Yoghurt Powder, Dehydrated Vegetables, Salt, Sugar, Herb, Yeast Extract, Food Acids (330, 270, 327), Natural Flavour (Contains **Milk**)), Rice Bran Oil, Modified Tapioca Starch, Yeast Extract, Emulsifier (**Soy** Lecithin)

**Contains: Milk, Soy.**

# Corn Chips

SERVINGS PER PACK

**1**

SERVING SIZE

**20 g**

ENERGY PER SERVING

**413.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average quantity<br>per 100g |
|---------------------|---------------------------------|------------------------------|
| <b>Energy</b>       | 413.0 kJ                        | 2067.0 kJ                    |
| <b>Protein</b>      | 1.4 g                           | 7.0 g                        |
| <b>Fat, total</b>   | 4.3 g                           | 21.3 g                       |
| – saturated         | 0.9 g                           | 4.2 g                        |
| <b>Carbohydrate</b> | 13.7 g                          | 68.6 g                       |
| – sugars            | 0.1 g                           | 0.1 g                        |
| <b>Sodium</b>       | 76.0 mg                         | 381 mg                       |

## Ingredients

Corn (77%), Edible Vegetable Oil (Corn Oil) (21%), Iodized Salt (1.52%), Maltodextrin (from corn) (0.2%), Sugar (0.15%), Rock Salt (0.1%), Acidity Regulator (INS 330), Anticaking Agent (INS 551), Natural Flavours (Vinegar Powder).

# Crispy Corn and Chickpea (Salt & Vinegar)

SERVINGS PER PACK

**1**

SERVING SIZE

**20 g**

ENERGY PER SERVING

**341.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average quantity<br>per 100g |
|---------------------|---------------------------------|------------------------------|
| <b>Energy</b>       | 341.0 kJ                        | 1705.0 kJ                    |
| <b>Protein</b>      | 3.4 g                           | 16.9 g                       |
| <b>Fat, total</b>   | 2.1 g                           | 10.3 g                       |
| – saturated         | 0.2 g                           | 0.9 g                        |
| <b>Carbohydrate</b> | 13.0 g                          | 65.1 g                       |
| – sugars            | 1.2 g                           | 5.8 g                        |
| <b>Sodium</b>       | 61.0 mg                         | 305.0 mg                     |

## Ingredients

Whole Chickpeas (50%), Whole Corn (46%), Sunflower oil, Salt and vinegar seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancer (621, 635), Anti-Caking Agent (551), Acid (Malic), Acidity Regulator (Citric Acid)], Maltodextrin, Hydrolysed Vegetable Protein (maize), Dehydrated Onion, Yeast Extract.

# Lentil and Pea Puffs BBQ

SERVINGS PER PACK  
**1**

SERVING SIZE  
**20 g**

ENERGY PER SERVING  
**336.8 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 336.8 kJ                        | 1684.0 kJ                       |
| <b>Protein</b>      | 3.8 g                           | 18.8 g                          |
| <b>Fat, total</b>   | 2.7 g                           | 13.4 g                          |
| – saturated         | 0.3 g                           | 1.5 g                           |
| <b>Carbohydrate</b> | 9.2 g                           | 45.8 g                          |
| – sugars            | 0.5 g                           | 2.4 g                           |
| <b>Sodium</b>       | 106.2 mg                        | 531.0 mg                        |

## Ingredients

Green Peas Flour (50%), Red Lentils (35%), Maize (5%), Sunflower Oil, BBQ Seasoning (Salt, Sugar, Maltodextrin (Maize), Flavour Enhancers (621, 627, 631), Dehydrated Vegetables (Tomato, Onion, Garlic), Hydrolysed **Soy** Protein, Flavours (contain **Wheat, Soy**), Spices and Spice Extract, Acidity Regulators (262, 330), Colour (150c)), Salt.

**Contains: Wheat, Gluten, Soy.**

# Lentil Puffs (Salt & Vinegar)

SERVINGS PER PACK  
**1**

SERVING SIZE  
**20 g**

ENERGY PER SERVING  
**306.3 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average quantity<br>per 100g |
|---------------------|---------------------------------|------------------------------|
| <b>Energy</b>       | 306.3 kJ                        | 1531.7 kJ                    |
| <b>Protein</b>      | 4.1 g                           | 20.7 g                       |
| <b>Fat, total</b>   | 0.7 g                           | 3.4 g                        |
| – saturated         | 0.1 g                           | 0.3 g                        |
| <b>Carbohydrate</b> | 10.3 g                          | 51.6 g                       |
| – sugars            | 0.6 g                           | 2.9 g                        |
| <b>Sodium</b>       | 45.5 mg                         | 227.4 mg                     |

## Ingredients

Red Lentils (80%), Corn (15%), Sunflower Oil, Salt and vinegar seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancer (621, 635), Anti-Caking Agent (551), Acid (Malic), Acidity Regulator (Citric Acid)], Maltodextrin, Hydrolysed Vegetable Protein (maize), Dehydrated Onion, Yeast Extract.

# Pea & Lentil Puffs Salt & Vinegar

SERVINGS PER PACK  
**1**

SERVING SIZE  
**20 g**

ENERGY PER SERVING  
**336.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 336.0 kJ                        | 1680.0 kJ                       |
| <b>Protein</b>      | 3.8 g                           | 18.9 g                          |
| <b>Fat, total</b>   | 2.7 g                           | 13.4 g                          |
| – saturated         | 0.3 g                           | 1.5 g                           |
| <b>Carbohydrate</b> | 9.1 g                           | 45.5 g                          |
| – sugars            | 0.5 g                           | 2.3 g                           |
| <b>Sodium</b>       | 120.6 mg                        | 603.0 mg                        |

## Ingredients

Green Pea Flour (50%), Red Lentils (35%), Sunflower Oil, Maize (5%), Salt and Vinegar Seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancers (621, 635), Anticaking Agent (551), Food Acid (Malic Acid), Acidity Regulator (Citric Acid), Maltodextrin, Hydrolysed Vegetable Protein (Maize), Dehydrated Onion), Salt.

# Pea and Chickpea Snack Mix (Salt & Vinegar)

SERVINGS PER PACK

**1**

SERVING SIZE

**20 g**

ENERGY PER SERVING

**379.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average quantity<br>per 100g |
|---------------------|---------------------------------|------------------------------|
| <b>Energy</b>       | 379.0 kJ                        | 1895.0 kJ                    |
| <b>Protein</b>      | 4.1 g                           | 20.3 g                       |
| <b>Fat, total</b>   | 3.0 g                           | 15.2 g                       |
| – saturated         | 0.3 g                           | 1.4 g                        |
| <b>Carbohydrate</b> | 11.4 g                          | 57.2 g                       |
| – sugars            | 0.6 g                           | 2.8 g                        |
| <b>Sodium</b>       | 93.1 mg                         | 465.5 mg                     |

## Ingredients

Chickpeas (49%), Peas (49%), Sunflower oil, Salt and vinegar seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancer (621, 635), Anti-Caking Agent (551), Acid (Malic), Acidity Regulator (Citric Acid)], Maltodextrin, Hydrolysed Vegetable Protein (maize), Dehydrated Onion, Yeast Extract.

# Shortbread Cookie

SERVINGS PER PACK  
**1**

SERVING SIZE  
**40 g**

ENERGY PER SERVING  
**844.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 844.0 kJ                        | 2110.0kJ                        |
| <b>Protein</b>      | 2.1 g                           | 5.3 g                           |
| <b>Fat, total</b>   | 11.1 g                          | 27.7 g                          |
| – saturated         | 6.4 g                           | 16.0 g                          |
| <b>Carbohydrate</b> | 22.6 g                          | 56.4 g                          |
| – sugars            | 7.7 g                           | 19.2 g                          |
| <b>Sodium</b>       | 105.6 mg                        | 264.0 mg                        |

## Ingredients

**Wheat** Flour (Standard & Wholemeal), Margarine (Vegetable Oils, Salt, Emulsifiers (471, **Soy** Lecithin), Antioxidant (307B, Contains **Soy**), Flavour, Acidity Regulator (Citric Acid), Colour (Beta Carotene)), Sugar, Vanilla Flavour

**Contains: Wheat, Gluten, Soy.**

# Sunshine Cake

SERVINGS PER PACK  
**1**

SERVING SIZE  
**40 g**

ENERGY PER SERVING  
**616.0 kJ**

## Nutrition information

|                     | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|---------------------|---------------------------------|---------------------------------|
| <b>Energy</b>       | 616.0 kJ                        | 1540.0 kJ                       |
| <b>Protein</b>      | 1.7 g                           | 4.2 g                           |
| <b>Fat, total</b>   | 7.2 g                           | 17.9 g                          |
| – saturated         | 1.3 g                           | 3.2 g                           |
| <b>Carbohydrate</b> | 19.0 g                          | 47.4 g                          |
| – sugars            | 11.4 g                          | 28.4 g                          |
| <b>Sodium</b>       | 110.8 mg                        | 277.0 mg                        |

## Ingredients

Sugar, **Wheat** Flour, Vegetable Oil, Pumpkin 15%, Water, **Eggs**, Flavours, **Milk** Solids, Modified Starch (1422), Brown Sugar, Maize Starch, Emulsifier (471), Salt, Raising Agent (500, 450), Spices (Cinnamon, Cassia, Coriander, Ginger, Nutmeg, Clove), Stabiliser (415), Folic Acid.

**Contains: Wheat, Gluten, Egg, Milk.**

# Vanilla Slurper Yoghurt

SERVINGS PER PACK  
**1**

SERVING SIZE  
**70 g**

ENERGY PER SERVING  
**189.0 kJ**

## Nutrition information

|              | Average quantity<br>per serving | Average<br>quantity per<br>100g |
|--------------|---------------------------------|---------------------------------|
| Energy       | 189.0 kJ                        | 270.0 kJ                        |
| Protein      | 3.5 g                           | 5.0 g                           |
| Fat, total   | 1.0 g                           | 1.4 g                           |
| – saturated  | 0.7 g                           | 1.0 g                           |
| Carbohydrate | 5.0 g                           | 7.5 g                           |
| – sugars     | 4.2 g                           | 6.0 g                           |
| Sodium       | 25.5 mg                         | 35.0 mg                         |

## Ingredients

Skim **Milk**, **Milk** Solids, Cream (**Milk**), Sugar, Halal Gelatine, Stabilisers (1422 or 1442, 415), Natural Flavours, Acidity Regulator (270), Preservative (202), Cultures (**Milk**).

**Contains: Milk.**