

Standard Menu Carbohydrate Count



CARBOHYDRATE COUNT

Standard Menu (1 of 2)

MEAL	CARBOHYDRATE PER PORTION (g)
Beef Bolognaise Sauce with Pasta RED20459	42g
Beef Meatballs, Vegeful Sauce On Pasta RED20554	43g
Butter Chicken & Veg on Rice RED18251	33g
Cheesy Beef Pasta Bake RED28654	39g
Chicken Burrito Rice Bowl RED25659	33g
Chicken Meatball Rice Bowl RED30804	36g
Chicken Pasta with Ricotta RED30746	34g
Chicken Pasta Salad RED17268	37g
Chicken and Pineapple Pasta Salad RED29467	41g
Country-Style Chicken and Potatoes RED30772	24g
Country-Style Chicken Meatballs & Potatoes RED25655	24g
Creamy Chicken Meatballs and Potatoes RED25657	24g
Creamy 3 Chicken Meatballs and Potatoes RED30774	24g
Curried Mince with Potatoes RED30744	28g
Curried Mince with Potatoes (L) RED30598	36g
Golden Chicken on Rice RED28651	30g

CARBOHYDRATE COUNT

Standard Menu (2 of 2)

MEAL

CARBOHYDRATE PER PORTION (g)

Italian Minced Beef with Rustic Potatoes RED20553

27g

Nacho Beef and Beans with Corn Chips RED30179

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

42g*

Nacho Beef and Beans (Soy) RED28646

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

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

41g*

Rich Gravy on Beef Rissoles & Potatoes RED28036

32g

Rustic Cottage Pie RED30187

Beef Cottage Pie

19g

Rustic Cottage Pie (Soy) RED28649

Cottage Pie Made with a Beef & Soy Protein Blend

19g

Rustic Cottage Pie (L) RED29361

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

24g

Super Cheesy Pasta RED26734

44g

Sweet and Sour Chicken with Rice RED30597

34g

Sweet and Sour Chicken with Rice (L) RED30806

42g

Teriyaki Chicken Rice & Veg Bowl RED26730

40g

Wholemeal Pizza Loaf RED30096

60g

Dietary Menu Carbohydrate Count



CARBOHYDRATE COUNT

Dietary Menu

MEAL	CARBOHYDRATE PER PORTION (g)
Asian Fried Rice Chicken RED29484	52g
Baked Tofu & Rice RED26332	38g
Butter Bean & Rice RED26330	37g
Chicken Potato Gravy RED26334	20g
Cottage Pie RED26333	26g
Creamy Veggie Stroganoff with Mash RED29548	76g
Italian Bean and Tomato Pasta Salad RED17269	37g
Katsu Vegan Curry & Rice RED20568	49g
Lentil Curry & Rice RED19901	43g
Malaccan Veg Curry & Rice RED29485	78g
Malay Veg & Rice RED26390	49g
Mex Bean Casserole & Rice RED26392	46g
Mornay Veg & Mash RED26393	42g
Potato Bean Salad RED26923	37g
Savoury Bean Cottage Pie RED29724	27g
Thai Vege Curry & Rice RED16874	55g
Vegan Tomato Balti & Rice RED20569	49g

Snack Menu Carbohydrate Count



CARBOHYDRATE COUNT

Snack Menu

MEAL	CARBOHYDRATE PER PORTION (g)
Apple*	11g
Cheese Stick	0.2g
Chickpea Crackers (Sour Cream Chives)	9g
Corn Chips	14g
Crispy Corn and Chickpea (Salt & Vinegar)	13g
Pea & Lentil Puffs BBQ	9g
Lentil Puffs (Salt & Vinegar)	10g
Pea & Lentil Puffs Salt & Vinegar	9g
Pea and Chickpea Snack Mix (Salt & Vinegar)	11g
Mandarin*	5g
Plum*	7g
Shortbread Cookie	23g
Sunshine Cake	19g
Sweet & Salty Popcorn	11g
Vanilla Slurper Yoghurt	5g

*Carbohydrate content in fruit may vary depending on the variety and ripeness.