

Standard Menu Nutritional Information



**School
Lunch
Collective**

Beef Meatballs, Vegeful Sauce on Pasta

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1137.4 kJ	473.9 kJ
Protein	15.4 g	6.4 g
Fat, total	3.8 g	1.6 g
- saturated	1.5 g	0.6 g
Carbohydrate	41.8 g	17.4 g
- sugars	4.45 g	1.9 g
Sodium	445.6 mg	185.7 mg

Ingredients: Cooked Pasta (42%) (Water, Pasta (**Wheat**)), Vegeful Sauce (40%) (Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrot, Onion), Water, Maize Starch, Salt, Italian Herbs), 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)).

Contains: Wheat, Gluten, Soy, Milk

Savoury Minced Beef & Potatoes

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1136.5 kJ	473.5 kJ
Protein	12.3 g	5.1 g
Fat, total	11.0 g	4.6 g
- saturated	2.9 g	1.2 g
Carbohydrate	29.1 g	12.1 g
- sugars	3.8 g	1.6 g
Sodium	305.1 mg	127.1 mg

Ingredients: Savoury Mince (63%) (Vegetables (25%) (Mixed Vegetables (Peas, Carrots, Corn), Onion), Beef Mince (Beef Trim/heart) (18%), Water, Tomato Paste, Maize Starch, Worcester Sauce, Citrus Fibre, Salt, Italian Herbs), Potato (38%).

Jungle Chicken Curry with Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	971.0 kJ	404.6 kJ
Protein	14.9 g	6.2 g
Fat, total	4.3 g	1.8 g
- saturated	3.3 g	1.4 g
Carbohydrate	33.0 g	13.8 g
- sugars	4.6 g	1.9 g
Sodium	693.5 mg	288.9 mg

Ingredients: Cooked Rice (42%) (Water, Rice), Jungle Chicken Sauce (42%) (Vegetables (33%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Carrots, Capsicum), Coconut Cream, Water, Butter Chicken Spice Mix (Rice Flour, Tomato Powder (30%), Spices, Garlic Powder, Salt), Salt, Turmeric), Sliced Chicken (17%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415)).

Italian Minced Beef with Rustic Potatoes

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1106.0 kJ	460.8 kJ
Protein	12.2 g	5.1 g
Fat, total	11.4 g	4.7 g
- saturated	2.9 g	1.2 g
Carbohydrate	27.9 g	11.6 g
- sugars	3.1 g	1.3 g
Sodium	283.0 mg	117.9 mg

Ingredients: Beef Bolognese Sauce (58%) (Vegetables (40%) (Tomato in Juice, Carrots), Beef Mince (Beef Trim/heart) (18%), Maize Starch, Salt, Italian Herbs), Potato (42%).

Chicken with Roast Potatoes & Gravy

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	992.1 kJ	413.4 kJ
Protein	16.0 g	6.7 g
Fat, total	5.1 g	2.1 g
- saturated	0.5 g	0.2 g
Carbohydrate	30.2 g	12.6 g
- sugars	4.0 g	1.7 g
Sodium	603.9 mg	251.6 mg

Ingredients: Potato (40%), Vegetables (25%) (Mixed Vegetables (Peas, Carrots, Corn)), Sliced Chicken (19%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415)), Golden Gravy (17%) (Water, Gravy (**Milk, Sulphites**)).

Contains: Milk, Sulphites



Butter Chicken & Veg on Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	978.8 kJ	407.8 kJ
Protein	14.8 g	6.2 g
Fat, total	4.9 g	2.0 g
- saturated	4.0 g	1.7 g
Carbohydrate	32.1 g	13.4 g
- sugars	4.4 g	1.8 g
Sodium	667.2 mg	278.0 mg

Ingredients: Butter Chicken Sauce (42%) (Vegetables (33%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Carrots), Coconut Cream, Water, Butter Chicken Spice Mix (1.5%) (Rice Flour, Tomato Powder (30%), Spices, Garlic Powder, Salt), Salt), Cooked Rice (42%) (Water, Rice), Sliced Chicken (17%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415)).



Tex Mex Beef with Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1130.7 kJ	471.1 kJ
Protein	13.3 g	5.5 g
Fat, total	7.3 g	3.1 g
- saturated	2.8 g	1.2 g
Carbohydrate	35.5 g	14.8 g
- sugars	4.1 g	1.7 g
Sodium	336.5 mg	140.2 mg

Ingredients: Tex Mex Mix (58%) (Vegetables (32%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Sweetcorn, Capsicum, Spinach), Beef Mince (Beef Trim/heart) (12%), Kidney Beans (11%), Water, Maize Starch, Spice Mix, Salt), Cooked Rice (42%) (Water, Rice).

Beef Bolognaise Sauce with Pasta

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1245.0 kJ	518.8 kJ
Protein	15.6 g	6.5 g
Fat, total	8.3 g	3.5 g
- saturated	3.2 g	1.3 g
Carbohydrate	38.7 g	16.1 g
- sugars	4.4 g	1.8 g
Sodium	267.7 mg	111.5 mg

Ingredients: Beef Bolognese Sauce (58%) (Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Beef Mince (Beef Trim/heart) (18%), Water, Maize Starch, Salt, Italian Herbs), Cooked Pasta (42%) (Water, Pasta (**Wheat**)).

Contains: Wheat, Gluten



Margherita Scroll with Tomato & Cheese

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: approx 280g (2x140g)

	Average Quantity per Serving	Average Quantity per 100ml
Energy	3080 kJ	1100 kJ
Protein	28.8 g	10.3 g
Fat, total	26.9 g	9.6 g
- saturated	14.0 g	5.0 g
Carbohydrate	87.6 g	31.3 g
- sugars	12.9 g	4.6 g
Sodium	991.2 mg	354.0 mg

Ingredients: Dough [**Wheat** flour, Water, Wheat Wholemeal flour, Tomato Paste (tomatoes (water, concentrated tomatoes), salt, sugar, **Soybean** oil, spices, garlic powder, citric acid), Yeast (yeast, water), Sugar, Cheese (**Milk**, salt, anticaking agent (460), cultures, preservative (200), non-animal rennet), Gluten (**Wheat**), Olive Oil, Vegetable Fat (water, vegetable oil, sugar, emulsifier (475)), Salt (sodium chloride, anti-caking agent 535), Improver (**Soy** flour, emulsifiers (472e, 481, 471), Wheat flour, flour improver (300), enzymes, thiamine, folic acid), **Milk** Powder (**Milk**, **Soy** lecithin (E322)), Oregano, Sumach Powder (sumac, salt), Paprika Powder, Onion Powder, Garlic Powder, Brown Sugar (cane sugar)], Psyllium Powder, Cheese **Milk**, Spinach, Oil Spray [contain **Soy** lecithin].], Cheese [**Milk**, salt, anticaking agent (460), preservative (200), cultures, rennet], Spinach, Oil Spray (**Soy** Lecithin) [Oil Spray (**Soy** Lecithin)]

Contains: Wheat, Gluten, Milk, Soy



Chicken Pasta Bake with Creamy Vegetable Sauce

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: approx 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1196.3 kJ	496.2 kJ
Protein	20.3 g	8.4 g
Fat, total	3.6 g	1.5 g
- saturated	1.6 g	0.7 g
Carbohydrate	41.0 g	17.0 g
- sugars	6.8 g	2.8 g
Sodium	526.2 mg	218.3 mg

Ingredients: Creamy Chicken & Veg Sauce (58%) (Vegetables (26%) (Mixed Vegetables (Peas, Carrots, Corn), Spinach, Onion), Sliced Chicken (18%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415)), Golden Gravy (Water, Gravy (**Milk**, **Sulphites**)), Water, **Milk** Powder (**Soy**), Italian Herbs), Cooked Pasta (42%) (Water, Pasta (**Wheat**)).

Contains: Gluten, Wheat, Milk, Soy, Sulphites

Super Cheesy Macaroni

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: approx 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1578.4 kJ	657.7 kJ
Protein	18.6 g	7.7 g
Fat, total	17.3 g	7.2 g
- saturated	9.2 g	3.8 g
Carbohydrate	40.7 g	17.0 g
- sugars	5.7 g	2.4 g
Sodium	379.5 mg	158.1 mg

Ingredients: Cooked Pasta (Water, Pasta (**Wheat**)), Mac Cheese Sauce (42%) (Water, Cauliflower 26.3%, Onion 22.0%, Cheese 14.1% (**Milk**, Cream, Salt, Vegetable Gum (410), Starter Culture, Coagulating Enzyme, Starch, Cellulose, Preservative (200)), Whole **Milk** Powder (**Milk**), Thickener (1422), Canola Oil, Salt Fine, Yeast, Pepper, Garlic), Grated Cheese (10%) (Pasteurised **Milk**, Salt, Cultures, Enzymes (Non-animal Rennet), Anti Caking Agent (460), Preservatives (200)), Vegetables (6%) (Mixed Vegetables (Peas, Carrots, Corn)).

Contains: Wheat, Gluten, Milk



Beef Rissoles with Chunky Potatoes & Gravy

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: approx 277g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1513.5 kJ	546.4 kJ
Protein	21.7 g	7.8 g
Fat, total	11.2 g	4.0 g
- saturated	2.9 g	1.0 g
Carbohydrate	40.9 g	14.8 g
- sugars	8.4 g	3.0 g
Sodium	684.8 mg	247.2 mg

Ingredients:Beef And Veg Rissole (36%) (Beef (60%), Onion (14%), Carrot (8%), Breadcrumb [**Wheat** Flour, Salt, Yeast, Sugar], Seasoning [**Wheat** Flour, Emulsifier (451), Hydrolysed **Soy** Protein], Spinach (3.5%), **Soy** Protein Concentrate, Thickener (1412), Colour (150c.), Potato (32%), Veg Gravy (31%) (Vegetables (13%) (Mixed Vegetables (Peas, Carrots, Corn), Onion), Water, Bbq Sauce (Water, Tomato Paste (21%), Sugar, Molasses, White Vinegar, Thickeners (1414 (Potato), 415), Salt, Acidity Regulators (260, 330), Caramelised Sugar Syrup, Flavour, Yeast Extract, Onion Powder, Preservatives (211, 202), Garlic Powder), Gravy (Thickeners (1422, 1412), Maltodextrin, Flavour Enhancers (621, 635), Sugar, Mineral Salt (Potassium Chloride), Salt, Onion Powder, Potato Flakes, Vegetable Oil, Cream Powder (**Milk**), Tomato Powder, Colours (150d, Beetroot Powder), Skim **Milk** Powder, Flavours, Spice, Food Acid (Citric Acid), Processing Aid (**Sulphites**)).).

Contains: Gluten, Wheat, Milk, Soy, Sulphites



Special Menu Nutritional Information



**School
Lunch
Collective**

Thai Veg Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1058.4 kJ	441.0 kJ
Protein	9.4 g	3.9 g
Fat, total	4.1 g	1.7 g
- saturated	2.4 g	1.0 g
Carbohydrate	44.9 g	18.7 g
- sugars	4.6 g	1.9 g
Sodium	724.8 mg	302.0 mg

Ingredients: White Rice 33.3%, Chickpeas 24.7% (Cooked), Vegetable 25.3% (Cooked) (Pumpkin, Cauliflower, Sweet Potato, Capsicum, Broccoli, Onion), Water 12.1%, Coconut Cream 2.62% (Guar Gum (E412), Carrageenan (E407), Xanthan Gum (E415)), Thickener ((E1422), **Sulphites**), Canola Oil, Salt, Ginger, Garlic, Acetic Acid, Yeast Powder, Natural Herbs & Spices.

Contains: Sulphites



Lentil Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	799.2 kJ	333.0 kJ
Protein	8.6 g	3.6 g
Fat, total	3.4 g	1.4 g
- saturated	2.4 g	1.0 g
Carbohydrate	29.8 g	12.4 g
- sugars	2.4 g	1.0 g
Sodium	696.0 mg	290.0 mg

Ingredients: Lentils 31% (Cook weight), White Rice 27.5% (Cook weight), Vegetable 25.1% (Cook weight) (Onion, Sweet Potato, Broccoli, Carrot, Peas, Pumpkin, Potato), Water 14%, Canola Oil, Salt, Thickener (E1422, **Sulphites**), Garlic, Potato Flakes (Potato 99%, Emulsifier (E471), Stabilizer (E450)), Yeast, Ginger, Paprika, Natural Herbs & Spices.

Contains: Sulphites



Indian Veg Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1252.8 kJ	522.0 kJ
Protein	11.3 g	4.7 g
Fat, total	7.7 g	3.2 g
- saturated	3.6 g	1.5 g
Carbohydrate	44.2 g	18.4 g
- sugars	4.8 g	2.0 g
Sodium	674.4 mg	281.0 mg

Ingredients: White Rice 29.7%, Vegetable 27.8% (Cooked) (Onion, Broccoli, Pumpkin, Capsicum, Sweet Potato, Cauliflower), Lentils 17.4% (Cooked), Chickpeas 8.9% (Cooked), Water 6.8%, Coconut Cream 5.9%, (Guar Gum (E412), Carrageenan (E407), Xanthan Gum (E415)), Canola Oil, Sugar, Thickener ((E1422), **Sulphites**), Yeast Powder, Garlic, Salt, Natural Herbs & Spices.

Contains: Sulphites



Katsu Vegan Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	948.0 kJ	395.0 kJ
Protein	9.8 g	4.1 g
Fat, total	4.8 g	2.0 g
- saturated	3.1 g	1.3 g
Carbohydrate	34.8 g	14.5 g
- sugars	6.2 g	2.6 g
Sodium	957.6 mg	399.0 mg

Ingredients: White Rice (Cooked Weight) 33.3%, Vegetable (Cooked Weight) 26.4% (Onion, Carrots Capsicum), Flavored **Soy** Bite (**Soy** Chunks (Cooked Weight)) 16.1%, Lentil Red (Cooked Weight) 9.1%, Water 7.5%, Coconut Cream 5.8% (Xanthan Gum (E415), Guar Gum (E412), Carrageenan (E407)), Gluten Free **Soy** Sauce (**Soy** beans (20%), Corn Starch), Canola Oil, Sugar, Tapioca Starch (E1442, **Sulphites**), Salt, Yeast, Garlic (**Sulphites**), Natural Herbs and Spices.

Contains: Soy, Sulphites

Tomato Balti & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	948.0 kJ	395.0 kJ
Protein	9.8 g	4.1 g
Fat, total	4.8 g	2.0 g
- saturated	3.1 g	1.3 g
Carbohydrate	34.8 g	14.5 g
- sugars	6.2 g	2.6 g
Sodium	957.6 mg	399.0 mg

Ingredients: White Rice 33.3% (Cooked Weight), Vegetable 25.03% (Cooked Weight) (Cauliflower, Broccoli, Onion, Tomato Paste), Water 7.2%, **Soy** Chunks 12.1% (Cooked Weight), Lentils 14.7% (Cooked Weight), Coconut Cream 5.5% (Xanthan Gum (E415), Guar Gum (E412), Carrageenan (E407)), Sugar, Canola Oil, Yeast, Tapioca Starch (E1442, **Sulphites**), Salt, Natural Herbs and Spices.

Contains: Soy, Sulphites

Roast Vegetable Dhal with Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1105.0 kJ	460.4 kJ
Protein	11.2 g	4.7 g
Fat, total	3.4 g	1.4 g
- saturated	0.6 g	0.3 g
Carbohydrate	43.1 g	18.0 g
- sugars	5.1 g	2.1 g
Sodium	271.0 mg	112.9 mg

Ingredients: Cooked Rice (40%) (Water, Rice), Dhal Mix (Water, Lentil (13%), Vegetables (3%) (Onion), Garlic Oil, Canola Oil, Ginger Crushed, Curry Powder, Vegetable Stock), Roast Vegetable (Vegetables (27%) (Carrots, Pumpkin), Canola Oil, Salt).

Mexican Beans & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	993.4 kJ	413.9 kJ
Protein	8.6 g	3.6 g
Fat, total	1.9 g	0.8 g
- saturated	0.5 g	0.2 g
Carbohydrate	42.8 g	17.8 g
- sugars	6.8 g	2.8 g
Sodium	130.1 mg	54.2 mg

Ingredients: Mexican Beans (58%) (Black Beans (15%), Cannellini Beans (15%), Kidney Beans (14%), Vegetables (14%) (Onion, Sweetcorn), Tomato Puree (8%), Tomato Paste (4%), Water, Wholegrain Mustard, Canola Oil, Cumin, Oregano, Chilli Powder), Cooked Rice (42%) (Water, Rice).



Lentil & Tofu Curry with Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1114.7 kJ	464.5 kJ
Protein	9.1 g	3.8 g
Fat, total	7.9 g	3.3 g
- saturated	3.8 g	1.6 g
Carbohydrate	38.2 g	15.9 g
- sugars	4.2 g	1.7 g
Sodium	164.1 mg	68.4 mg

Ingredients: Lentil Tofu Curry (58%) (Vegetables (26%) (Carrots, Cauliflower, Peas, Onion), Lentils (13%), Tofu (8%) (**Soybean** Extract (99%), (Filtered Water, **Soybeans**), Firming Agent (511)), Coconut Cream (Coconut Extract, Water, Emulsifier (E435), Stabilisers (E412, E466), Antioxidants (E330, E224) (**Sulphites**)), Yellow Curry Paste, Canola Oil, Cornflour, Ginger Crushed, Salt), Cooked Rice (42%) (Water, Rice).

Contains: Soy, Sulphites



Chicken with Gravy, Mash & Veg

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	592.7 kJ	247.0 kJ
Protein	14.8 g	6.2 g
Fat, total	1.3 g	0.6 g
- saturated	0.5 g	0.2 g
Carbohydrate	15.3 g	6.4 g
- sugars	4.1 g	1.7 g
Sodium	673.5 mg	280.6 mg

Ingredients: Mash Potato (40%) (Water, Potato Flake (**Sulphites**), Salt), Mixed Vegetables (25%) (Peas, Carrots, Corn), Sliced Chicken (19%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415)), Gravy (17%) (Water, Gravy Mix).

Contains: Sulphites

Mumbai Chickpea & Rice Pilaf

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1324.8 kJ	552.0 kJ
Protein	10.7 g	4.4 g
Fat, total	10.2 g	4.2 g
- saturated	1.3 g	0.6 g
Carbohydrate	44.4 g	18.5 g
- sugars	4.5 g	1.9 g
Sodium	393.9 mg	164.1 mg

Ingredients: Golden Rice (41%) (Water, Rice, Salt, Turmeric), Chickpea Mix (Chickpeas (27%), Garlic Oil, Canola Oil, Coriander, Cumin, Paprika, Salt), Vegetables (27%) (Mixed Vegetables (Peas, Carrots, Corn), Onion), Canola Oil, Curry Powder.



Snacks Menu Nutritional Information



**School
Lunch
Collective**

Vanilla Slurper Yoghurt

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 70g

	Average Quantity per Serving	Average Quantity per 100ml
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

Peach Mango Slurper

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 70g

	Average Quantity per Serving	Average Quantity per 100ml
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	5.1 g	7.5 g
- sugars	4.1 g	6.0 g
Sodium	25.5 mg	35.0 mg

Ingredients: Skim **Milk**, **Milk** solids, cream (**Milk**), sugar, peach (1.5%), mango (1.0%), halal gelatine, stabiliser (1422 or 1442, 415), natural flavours, colour (160a), preservative (202), acidity regulator (330), cultures (**Milk**).

Contains: Milk



Lime Slurper Yoghurt

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 70g

	Average Quantity per Serving	Average Quantity per 100ml
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	7.2 g
- sugars	4.1 g	5.9 g
Sodium	25.5 mg	35.0 mg

Ingredients: Skim **Milk**, **Milk** solids, cream (**Milk**), sugar, halal gelatine, thickeners (1422 or 1442, 415), lime juice concentrate (0.2%), natural flavours, lemon juice concentrate, acidity regulators (331, 330), preservative (202), cultures (**Milk**).

Contains: Milk



Pea Crisps

Original Salted

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 18g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	343.8 kJ	1910.0 kJ
Protein	3.3 g	18.4 g
Fat, total	3.5 g	19.9 g
- saturated	0.9 g	4.7 g
Carbohydrate	7.9 g	44.0 g
- sugars	0.8 g	4.2 g
Sodium	64.3 mg	357.0 mg

Ingredients: Green Peas (70%), Rice Bran Oil (Antioxidant (304)), Pea Fibre, Seasoning (4.5%) [Sugar, Salt, Maltodextrin, Yeast Extract, Vegetable Oil, Flavour Enhancer (635), Anti-Caking Agent (551), Acidity Regulator (Citric Acid)], Stabiliser (170).

Pea Crisps

Salt & Vinegar

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 18g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	345.6 kJ	1920.0 kJ
Protein	3.2 g	17.9 g
Fat, total	3.7 g	20.8 g
- saturated	0.9 g	5.0 g
Carbohydrate	7.8 g	43.1 g
- sugars	0.5 g	2.9 g
Sodium	121.7 mg	676.0 mg

Ingredients: Green Peas (68%), Rice Bran Oil (Antioxidant (304)), Pea Fibre, Seasoning (6%) [Salt, Vinegar Powder, Sugar, Flavour Enhancers (621, 627, 631), Maltodextrin, Acidity Regulators (262, Citric Acid), Anti-Caking Agent (341), Sunflower Oil], Stabiliser (170).

Pea Crisps Sour Cream & Chives

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 18g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	331.2 kJ	1840.0 kJ
Protein	3.0 g	16.5 g
Fat, total	3.6 g	20.0 g
- saturated	0.9 g	4.9 g
Carbohydrate	7.2 g	40.2 g
- sugars	0.8 g	4.6 g
Sodium	58.7 mg	326.0 mg

Ingredients: Green Peas (68%), Rice Bran Oil (Antioxidant (304)), Pea Fibre, Seasoning (6%) [Sugar, Whey Powder (**Milk**), Salt, Onion Powder, Flavours (**Soy**), Flavour Enhancers (621, 635), **Milk** Powder, Yeast Extract, Herbs, Anti-Caking Agent (551)], Stabiliser (170).

Contains: Milk, Soy

Corn Chips

Lightly Salted

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	394.0 kJ	1970.0 kJ
Protein	1.1 g	5.7 g
Fat, total	4.5 g	22.3 g
- saturated	0.3 g	1.4 g
Carbohydrate	11.9 g	59.7 g
- sugars	0.3 g	1.6 g
Sodium	52.6 mg	263.0 mg

Ingredients: Corn, Vegetable Oil [Rapeseed or Sunflower], Salt.



Sea Salt Popcorn

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	360.0 kJ	1800.0 kJ
Protein	1.8 g	9.0 g
Fat, total	4.5 g	22.7 g
- saturated	0.4 g	2.0 g
Carbohydrate	9.5 g	47.6 g
- sugars	0.3 g	1.3 g
Sodium	96.0 mg	480.0 mg

Ingredients: Popcorn (76%), Canola Oil, Sea Salt (2%).



Sweet & Salty Popcorn

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	348.0 kJ	1740.0 kJ
Protein	1.6 g	7.9 g
Fat, total	3.4 g	17.2 g
- saturated	0.3 g	1.5 g
Carbohydrate	11.4 g	57.2 g
- sugars	3.3 g	16.3 g
Sodium	34.0 mg	170.0 mg

Ingredients: Popcorn (76%), Canola oil, Unrefined Cane Sugar, Sea salt (2%).

Chickpea Crackers

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	386.6 kJ	1933.0 kJ
Protein	4.0 g	20.1 g
Fat, total	2.8 g	14.2 g
- saturated	0.4 g	2.2 g
Carbohydrate	11.6 g	57.9 g
- sugars	0.4 g	2.2 g
Sodium	107.0 mg	535.0 mg

Ingredients: Chickpea flour (67%), Rice Flour, Vegetable oil, Emulsifier (**Soy** Lecithin), salt, garlic powder, Rosemary.

Contains: Soy

Anzac Cookie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	760.0 kJ	1900.0 kJ
Protein	2.1 g	5.3 g
Fat, total	7.7 g	19.2 g
- saturated	5.1 g	12.8 g
Carbohydrate	24.7 g	61.7 g
- sugars	12.3 g	30.8 g
Sodium	74.4 mg	186.0 mg

Ingredients: **Wheat** flour (standard & wholemeal), sugar, margarine (vegetable oils, water, salt, emulsifiers (471, 322 (**Soy**)), flavour, antioxidant (307b), acidity regulator (330), colour (160a)), colour (carotenes), **Oats**, desiccated coconut, golden syrup, water, brown sugar, raising agent (sodium bicarbonate).

Contains: Gluten, Wheat, Soy



Carrot Cake Slice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	528.0 kJ	1320.0 kJ
Protein	1.7 g	4.3 g
Fat, total	5.6 g	14.0 g
- saturated	0.9 g	2.2 g
Carbohydrate	16.4 g	41.0 g
- sugars	10.4 g	25.9 g
Sodium	166.8 mg	417.0 mg

Ingredients: Sugar, **Wheat** flour (standard & wholemeal), carrot 20%, vegetable oil, water, **Eggs**, raising agents (500, 450, 575), molasses, spices, modified maize starch, emulsifiers (471, 477), salt, stabiliser (412, 415), folic acid, flavour.

Contains: Gluten, Wheat, Egg

Plain Dinner Roll

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 35g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	470.0 kJ	2350.0 kJ
Protein	2.3 g	11.7 g
Fat, total	5.6 g	28.2 g
- saturated	0.5 g	2.4 g
Carbohydrate	10.9 g	54.7 g
- sugars	0.9 g	4.5 g
Sodium	104.6 mg	523.0 mg

Ingredients: **Wheat** Flour, Water, Salt (Iodised), Yeast, **Wheat** Gluten, Texture Improver (Sugar, Vegetable Oil, Emulsifiers (472e, 481)), Bread Improver (Ascorbic Acid, Enzymes (**Wheat**)).

Contains: Wheat, Gluten

Hidden Veg Brownie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	744 kJ	1860 kJ
Protein	1.7 g	4.2 g
Fat, total	9.2 g	23.0 g
- saturated	0.9 g	2.3 g
Carbohydrate	21.5 g	53.8 g
- sugars	14.7 g	36.7 g
Sodium	54 mg	135 mg

Ingredients: Sugar, Kumara (20%), Vegetable Oil, **Wheat** Flour, Reconstituted **Egg**, Water, Cocoa (2.5%), Maltodextrin, **Milk** Solids, Raising Agents (450, 500), Salt, Stabiliser (412), Natural Flavours.

Contains: Wheat, Gluten, Egg, Milk



Hidden Veg Blondie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	724.0 kJ	1810.0 kJ
Protein	1.6 g	4.0 g
Fat, total	8.9 g	22.3 g
- saturated	0.9 g	2.3 g
Carbohydrate	21.4 g	53.5 g
- sugars	14.4 g	36.1 g
Sodium	53.6 mg	134.0 mg

Ingredients: Sugar, Kumara (20%), Vegetable Oil, **Wheat** Flour, Reconstituted **Egg**, Water, Raspberries (3%), **Milk** Solids, Maltodextrin, Raising Agents (450, 500), Natural Flavours, Salt, Stabiliser (412).

Contains: Wheat, Gluten, Egg, Milk



No Nut Bhuja Mix

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	400.0 kJ	2000.0 kJ
Protein	4.5 g	22.7 g
Fat, total	2.5 g	12.5 g
- saturated	0.3 g	1.3 g
Carbohydrate	9.5 g	47.3 g
- sugars	0.6 g	3.2 g
Sodium	118.0 mg	590.0 mg

Ingredients: Pea Flour, Chickpeas, Peas, Natural Spices, Salt, vegetable oil, (canola, sunflower), natural colour.



Cassava Chips

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 10g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	200.9 kJ	2009.0 kJ
Protein	0.1 g	1.1 g
Fat, total	0.5 g	5.3 g
- saturated	0.1 g	0.6 g
Carbohydrate	5.2 g	52.2 g
- sugars	0.6 g	6.0 g
Sodium	7.9 mg	79.0 mg

Ingredients: Cassava Vege Snack (80.4%) [Cassava flour (46.3%), Tapioca Flour, Sugar, **Wheat** flour, Salt], Vegetable oil (Canola Or Sunflower).

Contains: Wheat, Gluten