

Term 3 Menu Carbohydrate Count **Standard Meals**

Description	Carbohydrates per portion (g)
Beef Bolognaise Sauce with Pasta (RED20459)	42
Wholemeal Pizza Loaf (RED30096)	60
Cheesy Lasagna Style Bake (RED29369)	43
Chicken Pesto Pasta Salad (RED17268)	37
Chicken and Pineapple Pasta Salad (RED29467)	41
Rustic Cottage Pie (RED30187)	19
Beef Meatballs, Vegeful Sauce on Pasta (RED20554)	43
Rich Gravy on Beef Rissoles & Potatoes (RED28036)	36
Butter Chicken & Veg on Rice (RED18251)	33
Chicken Burrito Rice Bowl (RED25659)	33
Golden Chicken on Rice/Tomato Chicken Tikka Masala RED28651	30
Country-Style Chicken Meatballs & Potatoes (RED25655)	27
Creamy Chicken Meatballs and Potatoes (RED25657)	27
Italian Minced Beef with Rustic Potatoes (RED20553)	31
Cheesy Beef Pasta Bake/Kiwi Style Lasagna Bake (RED28654)	39
Nacho Beef and Beans with Corn Chips (RED30179)	42g*
*Please note: Includes 14g carbohydrate per serving contributed by the Corn Chips. For individual Corn Chips nutritional breakdown, please see the 'Snack Menu' section.	
Super Cheesy Pasta (RED26734)	44
Savoury Minced Beef & Potatoes (RED20461)	29
Teriyaki Chicken Rice & Veg Bowl (RED26730)	40
Chicken Noodle Bowl (RED30265)	25
Curried Mince with Potatoes (RED30744)	28
Curried Mince with Potatoes (L) (RED30598)	35
Chicken Pasta with Ricotta (RED30746)	33
Sweet and Sour Chicken with Rice (RED30597)	34
Sweet and Sour Chicken with Rice (L) (RED30806)	42
Rustic Cottage Pie (L)/Cottage Pie Made with a Beef and Soy Protein Blend (RED29361)	24
Rustic Cottage Pie (Soy)/ Cottage Pie Made with a Beef & Soy Protein Blend (RED28649)	19

Term 3 Menu Carbohydrate Count **Dietary Meals**

Description	Carbohydrates per portion (g)
Italian Bean and Tomato Pasta Salad (RED17269)	37
Potato Bean Salad (RED26923)	37
Baked Tofu & Rice (RED26332)	38
Butter Bean & Rice (RED26330)	36
Asian Fried Rice Chicken (RED29484)	52
Chicken, Potato and Gravy (RED26334)	20
Cottage Pie (RED26333)	26
Creamy Veggie Stroganoff with Mash (RED29548)	76
Katsu Vegan Curry & Rice (RED20568)	49
Lentil & Tofu Curry and Rice (RED15096)	39
Lentil Curry & Rice (RED19901)	43
Malaccan Veg Curry & Rice (RED29485)	78
Malay Veg & Rice (RED26390)	49
Mex Bean Casserole & Rice (RED26392)	46
Mornay Veg & Mash (RED26393)	42
Savoury Bean Cottage Pie (RED29724)	27
Thai Vege Curry & Rice (RED16874)	55
Vegan Tomato Balti & Rice (RED20569)	49

Term 3 Menu Carbohydrate Count **Snacks**

Description	Carbohydrates per portion (g)
Apple**	11
Cheese Stick	0.2
Chickpea and Pea (Salt & Vinegar)	11
Chickpea Crackers	12
Chickpea Crackers (Sour Cream Chives)	9
Corn Chips	14
Crispy Corn and Chickpea (Salt & Vinegar)	13
Lentil Puffs (Salt & Vinegar)	10
Mandarin**	5
Pea & Lentil Puffs BBQ	9
Pea & Lentil Puffs Salt & Vinegar	9
Plum**	7
Sea Salt Popcorn	10
Shortbread Cookie	23
Sunshine Cake	19
Sweet & Salty Popcorn	11
Vanilla Slurper Yoghurt	5