

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	1165.4 kJ	485.6 kJ
Protein	15.4 g	6.4 g
Fat, total	3.8 g	1.6 g
- saturated	1.5 g	0.6 g
Carbohydrate	43.4 g	18.1 g
- sugars	6.0 g	2.5 g
Sodium	529.5 mg	220.6 mg

Ingredients: Cooked Pasta (42% (Water, Pasta (**Wheat**))), Vegeful Tomato Sauce (40%) (Vegetables (39%) (Tomato in Juice, Carrots), Maize Starch, Salt, Italian Herbs), Beef Meatballs (19%) (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	1116 kJ	465 kJ
Protein	14.8 g	6.2 g
Fat, total	8.2 g	3.4 g
- saturated	6.7 g	2.8 g
Carbohydrate	33.4 g	14.0 g
- sugars	5.2 g	2.2 g
Sodium	554.3 mg	231.0 mg

Ingredients: Jungle Chicken Sauce (58%) (Coconut Curry Mix (Coconut Cream, Water, Butter Chicken Spice Mix, Tomato Paste, Turmeric), Vegetables (Carrots, Capsicum), Sliced Chicken (17%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415))), Cooked Rice (42%) (Water, Rice).

Beef Meatballs with Tomato Sauce & Potato Nuggets

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1189 kJ	495 kJ
Protein	14.5 g	6.1 g
Fat, total	10.2 g	4.2 g
- saturated	1.5 g	0.6 g
Carbohydrate	31.6 g	13.2 g
- sugars	3.9 g	1.6 g
Sodium	801.3 mg	333.9 mg

Ingredients: Potato Nuggets (42%) (Potato, Canola Oil, Seasoning [Rice Flour, Salt, Maize Starch, Maltodextrin, Mineral Salt (450), Dextrose, Spice], Mineral Salt (450), Dextrose), Vegeful Tomato Sauce (33%) (Vegetables (33%) (Tomato in Juice, Carrots), Italian Herbs, Maize Starch, Salt), Beef Meatballs (25%) (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



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	1136.6 kJ	473.6 kJ
Protein	12.7 g	5.3 g
Fat, total	11.9 g	5.0 g
- saturated	3.0 g	1.3 g
Carbohydrate	28.2 g	11.7 g
- sugars	4.8 g	2.0 g
Sodium	177.0 mg	73.8 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%).

Minced Beef Fiesta on Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1253.8 kJ	522.4 kJ
Protein	14.4 g	6.0 g
Fat, total	7.8 g	3.2 g
- saturated	2.7 g	1.1 g
Carbohydrate	40.9 g	17.0 g
- sugars	7.8 g	3.2 g
Sodium	146.1 mg	60.9 mg

Ingredients: Mexican Mince (56%) (Vegetables (26%) (Tomato in Juice, Sweetcorn, Capsicum, Spinach), Beef Mince (Beef Trim/heart) (15%), Chilli Beans (15%) (Chilli Sauce [Tomatoes, Sugar, Onion, Maize Thickener (1422), Salt, Mustard seeds, Spice & Herb Blend Including Chilli (**Wheat, Sesame**), Food Acid (Acetic Acid)], Red Kidney Beans (**Soy**) (47%))), Cooked Rice (44%) (Water, Rice).

Contains: Gluten, Wheat, Sesame, Soy



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	989.7 kJ	412.4 kJ
Protein	16.0 g	6.7 g
Fat, total	5.1 g	2.1 g
- saturated	0.46 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	1124.2 kJ	468.4 kJ
Protein	14.7 g	6.1 g
Fat, total	8.5 g	3.5 g
- saturated	7.4 g	3.1 g
Carbohydrate	32.9 g	13.7 g
- sugars	5.0 g	2.0 g
Sodium	698.3 mg	291.0 mg

Ingredients: Butter Chicken Sauce Base (42%) (Vegetables (Carrots), Coconut Cream, Water, Butter Chicken Spice Mix, Tomato Paste, 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: Beef Mince Fiesta (58%) (Vegetables (28%) (Tomato in Juice, Sweetcorn, Capsicum, Spinach), Beef Mince (Beef Trim/heart) (15%), Kidney Beans (15%), Maize Starch, Salt, Spice Mix), 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	1260.7 kJ	525.3 kJ
Protein	15.4 g	6.4 g
Fat, total	8.2 g	3.4 g
- saturated	3.2 g	1.3 g
Carbohydrate	39.9 g	16.6 g
- sugars	5.8 g	2.4 g
Sodium	315.4 mg	131.4 mg

Ingredients:Beef Bolognaise Sauce (58%) (Vegetables (40%) (Tomato in Juice, Carrots), Beef Mince (Beef Trim/heart) (18%), Maize Starch, Salt, Italian Herbs), Cooked Pasta (42%) (Water, Pasta (**Wheat**)).

Contains: Wheat, Gluten

Teriyaki Chicken Rice Bowl with Vegetables

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1055.3 kJ	439.7 kJ
Protein	17.4 g	7.3 g
Fat, total	1.5 g	0.6 g
- saturated	0.4 g	0.2 g
Carbohydrate	40.2 g	16.7 g
- sugars	13.7 g	5.7 g
Sodium	635.0 mg	264.6 mg

Ingredients: Cooked Rice (34%) (Water, Rice), Vegetables (26%) (Mixed Vegetables (Peas, Carrots, Corn)), Teriyaki Sauce (21%) (Water, Brown Sugar, Glutenfree **Soy** Sauce, Molasses, Tapioca Starch, Garlic, Yeast, Xanthan Gum (E415), **Sesame** Oil, Food Colour (E150c), Herbs, Spice), Sliced Chicken (19%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415)).

Contains: Soy, Sesame

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	1290.7 kJ	537.8 kJ
Protein	13.9 g	5.8 g
Fat, total	11.4 g	4.8 g
- saturated	5.8 g	2.4 g
Carbohydrate	40.9 g	17.0 g
- sugars	5.9 g	2.4 g
Sodium	447.7 mg	186.5 mg

Ingredients: Cooked Pasta (41%) (Water, Pasta (**Wheat**)), Mac Cheese Sauce (41%) (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), Cheese (10%) (Tasty Cheese (99%) (**Milk**, Salt, Cultures, Enzyme (Non-animal Rennet)), Anticaking Agent (460), Preservative (200)), Vegetables (6%) (Mixed Vegetables (Peas, Carrots, Corn)), Citrus Fibre, Salt, White Pepper.

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	1077.6 kJ	449.0 kJ
Protein	9.1 g	3.8 g
Fat, total	5.0 g	2.1 g
- saturated	2.4 g	1.0 g
Carbohydrate	43.9 g	18.3 g
- sugars	4.3 g	1.8 g
Sodium	734.4 mg	306.0 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	912.0 kJ	380.0 kJ
Protein	8.2 g	3.4 g
Fat, total	2.9 g	1.2 g
- saturated	2.2 g	0.9 g
Carbohydrate	38.2 g	15.9 g
- sugars	0.2 g	0.1 g
Sodium	744.0 mg	310.0 mg

Ingredients: Water 49%, Lentils 31% (Cook weight), Vegetable 25.2% (Cook weight) (Onion, Sweet Potato, Broccoli, Carrot, Peas, Pumpkin, Potato), White Rice 25%, Canola Oil, Salt, Thickener (E1422, **Sulphites**), Garlic, Potato Flakes (Potato 99%, Emulsifier (E471), Stabilizer (E450)), Yeast Powder, Ginger Powder, Paprika Powder, 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	1310.4 kJ	546.0 kJ
Protein	11.8 g	4.9 g
Fat, total	8.2 g	3.4 g
- saturated	3.8 g	1.6 g
Carbohydrate	46.1 g	19.2 g
- sugars	5.0 g	2.1 g
Sodium	708.0 mg	295.0 mg

Ingredients: White Rice 29.2%, Vegetable 28.6% (Cooked) (Onion, Broccoli, Pumpkin, Capsicum, Sweet Potato, Cauliflower), Lentils 17.2% (Cooked), Water 8.2%, Chickpeas 8% (Cooked), Coconut Cream 6.2%, (Guar Gum (E412), Carrageenan (E407), Xanthan Gum (E415)), Canola Oil 1.38%, Sugar, Yeast Powder, Garlic, Salt, Natural Herbs & Spices.



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	1596.0 kJ	665.0 kJ
Protein	29.8 g	12.4 g
Fat, total	6.7 g	2.8 g
- saturated	2.4 g	1.0 g
Carbohydrate	50.2 g	20.9 g
- sugars	12.0 g	5.0 g
Sodium	1039.2 mg	433.0 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	1035.1 kJ	431.3 kJ
Protein	10.8 g	4.5 g
Fat, total	3.3 g	1.4 g
- saturated	0.4 g	0.2 g
Carbohydrate	39.7 g	16.5 g
- sugars	5.3 g	2.2 g
Sodium	266.8 mg	111.2 mg

Ingredients: Cooked Rice (36%) (Water, Rice), Dhal (36%) (Water, Lentil (12%), Onion, Garlic Oil, Canola Oil, Curry Powder, Ginger Crushed, Vegetable Stock), Roast Vegetable (29%) (Carrots (14%), Pumpkin (14%), 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	1012.4 kJ	421.8 kJ
Protein	8.9 g	3.7 g
Fat, total	1.8 g	0.8 g
- saturated	0.2 g	0.1 g
Carbohydrate	43.2 g	18.0 g
- sugars	7.1 g	3.0 g
Sodium	132.3 mg	55.1 mg

Ingredients: Mexican Beans (58%) (Kidney Beans (13%), Onion, Water, Black Beans (7%), Cannellini Beans (7%), Tomato Puree, Sweetcorn, Tomato Paste, Canola Oil, Wholegrain Mustard, Chilli Powder, Cumin, Oregano), 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	1042.3 kJ	434.3 kJ
Protein	8.9 g	3.7 g
Fat, total	6.4 g	2.7 g
- saturated	2.1 g	0.9 g
Carbohydrate	37.2 g	15.5 g
- sugars	3.6 g	1.5 g
Sodium	164.9 mg	68.7 mg

Ingredients: Lentil Tofu Curry (58%) (Lentils (11%), Water, Coconut Cream (Coconut Extract, Water, Emulsifier (E435), Stabilisers (E412, E466), Antioxidants (E330, E224) (**Sulphites**)), Tofu (7%) (**Soybean** Extract (99%), (Filtered Water, **Soybeans**), Firming Agent (511)), Carrots, Cauliflower, Peas, Onion, 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	574.7 kJ	239.5 kJ
Protein	14.8 g	6.2 g
Fat, total	1.3 g	0.5 g
- saturated	0.4 g	0.2 g
Carbohydrate	15.0 g	6.3 g
- sugars	4.1 g	1.7 g
Sodium	660.9 mg	275.4 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	1379.0 kJ	574.6 kJ
Protein	9.4 g	3.9 g
Fat, total	10.5 g	4.4 g
- saturated	1.0 g	0.4 g
Carbohydrate	46.0 g	19.2 g
- sugars	4.7 g	2.0 g
Sodium	270.8 mg	112.8 mg

Ingredients: Golden Rice (41%) (Water, Rice, Salt, Turmeric), Chickpea Filling (Chickpeas (26%), Garlic Oil, Canola Oil, Coriander, Cumin, Paprika, Salt), Mixed Vegetables (Peas, Carrots, Corn), Canola Oil, Garlic Oil, Onion, Curry Powder.



Snacks Menu Nutritional Information



**School
Lunch
Collective**

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.



Trail Mix

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 21g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	425.5 kJ	2026.0 kJ
Protein	4.5 g	21.2 g
Fat, total	6.3 g	30.1 g
- saturated	0.01 g	0.1 g
Carbohydrate	7.8 g	37.0 g
- sugars	5.5 g	26.0 g
Sodium	19.3 mg	91.9 mg

Ingredients: Sunflower seed, Pumpkin Seeds, Raisin.



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



Apricot & Custard Yoghurt

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 100g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	280.0 kJ	280.0 kJ
Protein	4.0 g	4.0 g
Fat, total	1.4 g	1.4 g
- saturated	0.9 g	0.9 g
Carbohydrate	9.4 g	9.4 g
- sugars	7.8 g	7.8 g
Sodium	39.0 mg	39.0 mg

Ingredients: Skim **Milk**, Sugar, Cream (**Milk**), Thickeners (1442, 410), Apricot (4.3%) (Re-hydrated Dried and Paste) (Contains **Sulphites**), Gelatine, Flavour, Live Cultures (acidophilus and bifidus (**milk**)), Preservative (202), Natural Colours (160b, 100), Acidity Regulators (330, 332).

Contains: Milk, Sulphites

Strawberry Yoghurt

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 100g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	281.0 kJ	281.0 kJ
Protein	3.9 g	3.9 g
Fat, total	1.4 g	1.4 g
- saturated	0.9 g	0.9 g
Carbohydrate	9.6 g	9.6 g
- sugars	7.9 g	7.9 g
Sodium	38.0 mg	38.0 mg

Ingredients: Skim **Milk**, Sugar, Strawberry (5.5%), Cream (**Milk**), Thickener (1442), Gelatine, Flavour, Strawberry Juice Concentrate (0.1%), Live Cultures (Including acidophilus and bifidus (**Milk**), Acidity Regulators (332, 330), Preservative (202), Natural Colour (120).

Contains: Milk



Boysenberry & Cream Yoghurt

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 100g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	279.0 kJ	279.0 kJ
Protein	4.0 g	4.0 g
Fat, total	1.4 g	1.4 g
- saturated	0.9 g	0.9 g
Carbohydrate	9.3 g	9.3 g
- sugars	7.6 g	7.6 g
Sodium	40.0 mg	40.0 mg

Ingredients: Skim **Milk**, Sugar, Cream (**Milk**) (3.0%), Boysenberry (3.0%), Thickener (1442), Gelatine, Natural Flavour, Blackcurrent Juice Concentrate (0.1%), Live Cultures (Including acidophilus and bifidus), Acidity Regulator (330), Preservative (202).

Contains: Milk



Raspberry & Cream Yoghurt

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 100g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	280.0 kJ	280.0 kJ
Protein	4.0 g	4.0 g
Fat, total	1.4 g	1.4 g
- saturated	0.9 g	0.9 g
Carbohydrate	9.4 g	9.4 g
- sugars	7.8 g	7.8 g
Sodium	39.0 mg	39.0 mg

Ingredients: Skim **Milk**, Sugar, Cream (3.0%), Raspberry (2.5%), Thickener (1442), Gelatine, Flavour, Live Cultures (Including acidophilus and bifidus), Preservative (202), Acidity Regulators (330, 332).

Contains: Milk



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



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	320.4 kJ	1780.0 kJ
Protein	3.2 g	17.6 g
Fat, total	3.5 g	19.4 g
- saturated	0.8 g	4.6 g
Carbohydrate	5.9 g	33.0 g
- sugars	0.7 g	4.0 g
Sodium	61.6 mg	342.0 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	329.4 kJ	1830.0 kJ
Protein	2.8 g	15.6 g
Fat, total	3.7 g	20.7 g
- saturated	0.9 g	5.0 g
Carbohydrate	6.9 g	38.3 g
- sugars	0.8 g	4.6 g
Sodium	3.4 mg	18.7 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	3.2 mg	17.6 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

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	440.0 kJ	2200.0 kJ
Protein	1.2 g	6.0 g
Fat, total	5.8 g	29.0 g
- saturated	0.4 g	2.1 g
Carbohydrate	11.7 g	58.4 g
- sugars	0.1 g	0.5 g
Sodium	40.0 mg	200.0 mg

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

Popcorn

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	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: Popcorn, Canola Oil, Sea Salt.



Shrewsbury Biscuit

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 1 Biscuit (approx 17g)

	Average Quantity per Serving	Average Quantity per 100ml
Energy	305.3 kJ	1850.0 kJ
Protein	0.76 g	4.6 g
Fat, total	2.4 g	14.5 g
- saturated	1.4 g	8.6 g
Carbohydrate	11.9 g	72.0 g
- sugars	4.9 g	30.0 g
Sodium	49.7 mg	301.0 mg

Ingredients: **Wheat** Flour, Strawberry Filling 25% [Sugar, Glucose Syrup, Invert Sugar, Apple Pulp, Strawberry 7%, Stabiliser (440), Acidity Regulator (330), Colours (120, 163), Natural Flavour], Sugar, Vegetable Fat (Antioxidant: 307b), Butter (**Milk**), Glucose Syrup, Salt, Raising Agent (Baking Soda), Emulsifier (322: **Soy**), Flavour, Colour (160b).

Contains: Wheat, Gluten, Milk, Soy

