

Carbohydrate Count Per Serving

Standard Meals

Meal Description	Carbohydrates per Portion (g)
Beef Bolognese Sauce with Pasta	39
Beef Meatballs, Vegeful Sauce & Pasta	42
Beef Risssoles with Chunky Potatoes & Gravy	41
Butter Chicken & Veg on Rice	32
Chicken Pasta Bake with Creamy Vegetable Sauce	41
Chicken with Roast Potatoes & Gravy	30
Italian Minced Beef with Rustic Potatoes	28
Jungle Chicken Curry with Rice	33
Margherita Scroll with Tomato & Cheese	88
Savoury Minced Beef & Potatoes	29
Super Cheesy Macaroni	41
Tex Mex Beef with Rice	34

Carbohydrate Count Per Serving

Dietary Meals

Meal Description	Carbohydrates per Portion (g)
Chicken with Gravy, Mash & Veg	15
Indian Veg Curry & Rice	44
Katsu Vegan Curry & Rice	50
Lentil & Tofu Curry & Rice	38
Lentil Curry & Rice	30
Mexican Beans & Rice	43
Mumbai Chickpea & Rice Pilaf	44
Roast Vegetable Dhal with Rice	43
Thai Veg Curry & Rice	45
Tomato Balti & Rice	35

Carbohydrate Count Per Serving Snacks

Snack Description	Carbohydrates per Portion (g)
Anzac Cookie	25
Apple	11
Blondie	21
Brownie	22
Carrot Cake Slice	16
Cassava Chips	5
Chickpea Crackers	12
Corn Chips Lightly Salted	12
Lime Slurper Yoghurt	5
Mandarin	5
No Nut Bhujia Mix	10
Pea Crisps Original Salted	8
Pea Crisps Salt & Vinegar	8
Pea Crisps Sour Cream & Chives	7
Peach & Mango Slurper Yoghurt	5
Plain Dinner Roll	19
Plum	7
Sea Salt Popcorn	10
Sweet & Salty Popcorn	11
Vanilla Slurper Yoghurt	5

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