

Standard Menu Nutritional Information



**School
Lunch
Collective**

Beef Rissoles with Chunky Potatoes & Gravy

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1248.4 kJ	499.4 kJ
Protein	15.0 g	6.0 g
Fat, total	10.5 g	4.2 g
- saturated	2.1 g	0.8 g
Carbohydrate	34.4 g	13.8 g
- sugars	4.9 g	2.0 g
Sodium	459.2 mg	183.7 mg

Potato Cube (36%), Beef & Veg Rissole (32%) (Beef (60%), Onion (13%), Carrot (7%), Breadcrumbs [**Wheat** Flour, Emulsifier (471)], Seasoning [**Wheat** Flour, Hydrolysed Vegetable Protein (**Soy**), Mineral Salt (451), Flavour Enhancer (635), Spice Extracts, Anticaking Agent (551)], Water, Spinach (2.5%), **Soy** Protein Concentrate, Thickener (1412), Colour (150c)), Rissole Veg Gravy (16%) (Water, Bbq Sauce, Gravy (**Milk, Sulphites**)), Vegetables (16%) (Mixed Vegetables (Peas, Carrots, Corn))

Contains: Gluten, Wheat, Milk, Soy, Sulphites

Teriyaki Chicken on Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	976.4 kJ	406.8 kJ
Protein	14.6 g	6.1 g
Fat, total	1.4 g	0.6 g
- saturated	1.0 g	0.3 g
Carbohydrate	38.9 g	16.2 g
- sugars	10.0 g	4.2 g
Sodium	614.1 mg	255.9 mg

Cooked Rice (38%) (Water, Rice), Vegetables (25%) (Mixed Vegetables (Peas, Carrots, Corn)), Teriyaki Sauce (21%) (Water, **Soy** Sauce (**Sulphites, Wheat**), Maize Starch, Tomato Paste, White Vinegar, Garlic Powder, Ginger), Sliced Chicken (17%)

Contains: Gluten, Wheat, Soy, Sulphites



Super Cheesy Pasta

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1655.4 kJ	689.8 kJ
Protein	18.8 g	7.9 g
Fat, total	15.5 g	6.5 g
- saturated	8.7 g	3.6 g
Carbohydrate	43.5 g	18.1 g
- sugars	7.3 g	3.0 g
Sodium	572.4 mg	238.5 mg

Cooked Pasta (42%) (Water, Pasta (**Wheat**)), Vegetables (25%) (Mixed Vegetables (Peas, Carrots, Corn)), Cheese (17%) (Pasteurised **Milk**, Salt, Cultures, Enzymes (Non-animal Rennet), Anti Caking Agent (460), Preservatives (200)), White Sauce (Water, **Milk** Powder (**Soy**), Vegetable Stock, Citrus Fibre, Maize Starch, Salt, Nutmeg, White Pepper)

Contains: Wheat, Gluten, Milk, Soy



Cheese Wholemeal Margherita Pizza Scroll

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 2x 140g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	3080.0 kJ	1100.0 kJ
Protein	28.8 g	10.3 g
Fat, total	25.2 g	9.0 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

Wholemeal Margherita Scroll [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.

Contains: Wheat, Gluten, Soy, Milk



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 100ml
Energy	1136.2 kJ	473.4 kJ
Protein	15.4 g	6.4 g
Fat, total	3.5 g	1.5 g
- saturated	1.1 g	0.5 g
Carbohydrate	42.6 g	17.7 g
- sugars	5.0 g	2.1 g
Sodium	432.8 mg	180.4 mg

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

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School
Lunch
Collective

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	1162.3 kJ	484.3 kJ
Protein	12.8 g	5.3 g
Fat, total	11.5 g	4.8 g
- saturated	3.0 g	1.3 g
Carbohydrate	29.1 g	12.1 g
- sugars	4.2 g	1.8 g
Sodium	476.5 mg	198.6 mg

Savoury Mince (63%) (Vegetables (25%) (Mixed Vegetables (Peas, Carrots, Corn), Onion), Beef Mince (Beef Trim/heart) (19%), Water (15%), Tomato Paste (1.5%), Maize Starch, Citrus Fibre, Salt, Worcester Sauce, Italian Mixed Herbs), Potato Cube (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	987.1 kJ	411.3 kJ
Protein	16.1 g	6.7 g
Fat, total	4.3 g	1.8 g
- saturated	2.9 g	1.2 g
Carbohydrate	33.2 g	13.8 g
- sugars	5.1 g	2.1 g
Sodium	286.2 mg	119.3 mg

Cooked Rice (42%) (Water, Rice), Jungle Chicken Sauce (42%) (Vegetables (33%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Carrots, Capsicum), Coconut Cream (Coconut Extract (80%), Water (20%)), Water, Butter Chicken Spice Mix (Rice Flour, Tomato Powder (30%), Spices, Garlic Powder, Salt), Salt, Turmeric), Sliced Chicken (17%)



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	1035.1 kJ	431.3 kJ
Protein	10.5 g	4.4 g
Fat, total	9.0 g	3.7 g
- saturated	2.1 g	0.9 g
Carbohydrate	30.5 g	12.7 g
- sugars	3.5 g	1.5 g
Sodium	348.8 mg	145.4 mg

Beef Bolognese Sauce (58%) (Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Beef Mince (Beef Trim/heart) (12%), Water, Lentils (7%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Maize Starch, Salt, Italian Mixed Herbs), Potato Cube (42%)



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	992.3 kJ	413.5 kJ
Protein	16.0 g	6.7 g
Fat, total	4.9 g	2.1 g
- saturated	3.5 g	1.5 g
Carbohydrate	32.2 g	13.4 g
- sugars	4.8 g	2.0 g
Sodium	261.2 mg	108.8 mg

Butter Chicken Sauce (42%) (Vegetables (33%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Carrots), Coconut Cream (Coconut Extract (80%), Water (20%)), 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%)



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	1010.7 kJ	421.1 kJ
Protein	11.3 g	4.7 g
Fat, total	5.7 g	2.4 g
- saturated	2.2 g	0.9 g
Carbohydrate	34.4 g	14.4 g
- sugars	4.3 g	1.8 g
Sodium	334.4 mg	139.3 mg

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	1168.8 kJ	487.0 kJ
Protein	13.9 g	5.8 g
Fat, total	5.6 g	2.3 g
- saturated	2.0 g	0.8 g
Carbohydrate	41.8 g	17.4 g
- sugars	4.9 g	2.0 g
Sodium	320.8 mg	133.7 mg

“Beef Bolognese Sauce (58%) (Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Beef Mince (Beef Trim/heart) (12%), Water, Lentils (7%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Maize Starch, Salt, Italian Mixed Herbs), Cooked Pasta (42%) (Water, Pasta (**Wheat**))

Contains: Gluten, Wheat



Country Chicken Meatballs with Potatoes

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1006.0 kJ	419.2 kJ
Protein	12.1 g	5.1 g
Fat, total	9.1 g	3.8 g
- saturated	1.7 g	0.7 g
Carbohydrate	27.1 g	11.3 g
- sugars	4.1 g	1.7 g
Sodium	404.3 mg	168.5 mg

Potato Cube (38%), Vegetables (26%) (Onion, Carrots, Mixed Vegetables (Peas, Carrots, Corn), Spinach), Chicken Meatball (19%) (Chicken (82%), Water, **Soy** Protein Concentrate, Seasoning [Phosphate (451), Hydrolysed Vegetable Protein (**Soy**), Flavour Enhancer (920)], Onion Powder, Phosphate (450, 451), Salt, Ground White Pepper), Water (14%), Tomato Paste (1.5%), Maize Starch, Worcester Sauce, Italian Mixed Herbs, Gravy (**Milk, Soy, Sulphites**), Salt

Contains: Milk, Soy, Sulphites

Chicken Burrito Rice Bowl

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	877.0 kJ	365.4 kJ
Protein	13.1 g	5.4 g
Fat, total	1.5 g	0.6 g
- saturated	0.6 g	0.2 g
Carbohydrate	34.0 g	14.2 g
- sugars	4.3 g	1.8 g
Sodium	306.8 mg	127.8 mg

Veg Mex Sauce (48%) (Vegetables (29%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Sweetcorn, Capsicum, Spinach), Kidney Beans (9%) (Red Kidney Beans, Water, Salt), Water, Spice Mix, Maize Starch, Salt), Cooked Rice (42%) (Water, Rice), Sliced Chicken (10%)



Creamy Chicken Meatballs and Potatoes

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1135.0 kJ	472.9 kJ
Protein	13.0 g	5.4 g
Fat, total	12.4 g	5.2 g
- saturated	4.6 g	1.9 g
Carbohydrate	26.7 g	11.1 g
- sugars	6.9 g	2.9 g
Sodium	519.9 mg	216.6 mg

Creamy Veg Sauce (54%) (Vegetables (26%) (Carrots, Onion), Water (18%), Cheese (4.5%) (**Milk**), **Milk** Powder (**Soy**), Tomato Paste (1.5%), Worcester Sauce, Maize Starch, Salt, Italian Mixed Herbs), Potato Cube (33%), Chicken Meatball (13%) (Chicken (82%), Water, **Soy** Protein Concentrate, Seasoning [Phosphate (451), Hydrolysed Vegetable Protein (**Soy**), Flavour Enhancer (920)], Onion Powder, Phosphate (450, 451), Salt, Ground White Pepper)

Contains: Milk, Soy



Dietary Menu Nutritional Information



**School
Lunch
Collective**

Thai Vege Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1090.0 kJ	419.0 kJ
Protein	6.7 g	2.6 g
Fat, total	2.4 g	1.0 g
- saturated	1.1 g	1.0 g
Carbohydrate	54.7 g	21.1 g
- sugars	1.8 g	1.0 g
Sodium	712.0 mg	274.0 mg

Carbohydrate 36% (White Rice 34.1% (Cooked), Sweet Potato 1.9% (Cook weight)), Vegetable 26.5% (Cooked) (Pumpkin, Cauliflower, Capsicum, Broccoli, Onion), Protein 26% (Chickpeas 26% (Cooked)), Water 8%, Coconut Cream 1.8%, Tapioca Starch (E1422), Canola Oil, Salt, Acetic Acid, Yeast Powder, Natural Herbs & Spices



Lentil Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1230.0 kJ	474.00 kJ
Protein	10.1 g	3.9 g
Fat, total	9.2 g	3.6 g
- saturated	1.0 g	1.0 g
Carbohydrate	42.9 g	16.5 g
- sugars	1.9 g	1.0 g
Sodium	1204.0 mg	463.0 mg

Protein 26.5% (Lentils 26.5% (Cook weight)), Carbohydrate 35.7% (White Rice 34% (Cook weight), Sweet Potato 1.5% (Cook weight), Potato 0.2% (Cook weight)), Vegetable 26.1% (Cook weight) (Onion, Broccoli, Carrot, Peas, Pumpkin), Water 8.2%, Canola Oil, Salt, Tapioca Starch (E1422), Yeast, Natural Herbs & Spices



Mex Bean Casserole & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	985.4 kJ	379.0 kJ
Protein	7.5 g	2.9 g
Fat, total	2.6 g	1.0 g
- saturated	2.3 g	0.9 g
Carbohydrate	44.7 g	17.2 g
- sugars	3.6 g	1.4 g
Sodium	735.8 mg	283.0 mg

White Rice 35% (Cooked Weight), Vegetable 28.1% (Cooked Weight) (Cauliflower, Broccoli, Onion, Capsicum, Green Bean, Corn Sweet), Beans Red Kidney 13.7% (Cooked Weight), Chickpeas 13.7% (Cooked Weight), Water 3.6%, Sweet Potato 2.3% (Cooked Weight), Coconut Cream 1.5%, Canola Oil, Yeast, Molasses, Apple Juice, Tapioca Starch (E1442), Salt, Natural Herbs and Spices



Mornay Vege & Mash

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1118.0 kJ	430.0 kJ
Protein	9.6 g	3.7 g
Fat, total	5.7 g	2.2 g
- saturated	4.2 g	1.6 g
Carbohydrate	41.6 g	16.0 g
- sugars	7.3 g	2.8 g
Sodium	915.2 mg	352.0 mg

Potato Simple Mash Kumara 32.9% (Cooked Weight) (Sweet Potato, Potato Mash, Coconut Cream, Salt), Vegetable 27% (Cooked Weight) (Cauliflower, Broccoli, Onion, Pumpkin, Carrot, Capsicum, Green Beans), Cranberry/Borlotti Beans 26.1% (Cooked Weight), Water 6.8%, Sweet Potato 3% (Cooked Weight), Coconut Cream 2.2%, Canola Oil, Yeast, Tapioca Starch (E1442), Salt, Natural Herbs and Spices



Malay Vege & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1149.2 kJ	442.0 kJ
Protein	9.1 g	3.5 g
Fat, total	4.9 g	1.9 g
- saturated	2.3 g	0.9 g
Carbohydrate	47.3 g	18.2 g
- sugars	2.9 g	1.1 g
Sodium	819.0 mg	315.0 mg

White Rice 33.8% (Cooked Weight), Vegetable 26.6% (Cooked Weight) (Cauliflower, Broccoli, Onion, Carrot, Capsicum), Chickpeas 19.2% (Cooked Weight), Tofu 7.4% (**Soy**), Water 5.2%, Sweet Potato 3% (Cooked Weight), Coconut Cream 2.1%, Canola Oil, Yeast, Apple Juice, Tapioca Starch (E1442), Salt, Natural Herbs and Spices

Contains: Soy



Tomato Balti & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1614.6 kJ	621.0 kJ
Protein	33.0 g	12.7 g
Fat, total	7.0 g	2.7 g
- saturated	2.6 g	1.0 g
Carbohydrate	49.9 g	19.2 g
- sugars	12.7 g	4.9 g
Sodium	845.0 mg	325.0 mg

Carbohydrate (White Rice 34.9% (Cooked Weight)), Vegetable 25.3% (Cooked Weight) (Cauliflower, Broccoli, Onion, Tomato), Protein 25.1% (**Soy** Chunks 20.2% (Cooked Weight), Lentils 4.9% (Cooked Weight)) Water 9.5%, Coconut Cream 3.1%, Sugar, Canola Oil, Yeast, Tapioca Starch (E1442), Salt, Natural Herbs and Spices

Contains: Soy



Katsu Vegan Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1476.8 kJ	568.0 kJ
Protein	21.8 g	8.4 g
Fat, total	9.6 g	3.7 g
- saturated	2.9 g	1.1 g
Carbohydrate	49.9 g	19.2 g
- sugars	10.7 g	4.1 g
Sodium	800.8 mg	308.0 mg

Carbohydrate 34.9% (White Rice 34.9% (Cooked Weight)), Vegetable 25.1% (Cooked Weight) (Onion, Carrots Capsicum), Protein 25.2% (**Soy** Chunks 9.2% (Cooked Weight), Lentils 16% (Cooked Weight)) Water 6.9%, Coconut Cream 3.7%, Gluten Free **Soy** Sauce 0.9% (**Soybeans** (20%), Corn Starch), Canola Oil, Sugar, Tapioca Starch (E1442), Salt, Yeast, Natural Herbs and Spices

Contains: Soy



Chicken, Potato and Gravy

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	725.0 kJ	290.0 kJ
Protein	13.3 g	5.3 g
Fat, total	3.5 g	1.4 g
- saturated	0.8 g	0.3 g
Carbohydrate	20.0 g	8.0 g
- sugars	4.0 g	1.6 g
Sodium	280.0 mg	112.0 mg

Potato (36.8%), Chicken (16.7%), Vegetable Stock (10.5%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Carrot (9.6%), Peas (9.6%), Water, Onion (6.3%), Rice Flour, Rice Bran Oil, Salt, Thyme, Rosemary, Sage, Onion Powder, Garlic (0%), Xanthan Gum, Yeast Extract, Mustard



Cottage Pie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	807.5 kJ	323.0 kJ
Protein	7.5 g	3.0 g
Fat, total	5.0 g	2.0 g
- saturated	1.0 g	0.4 g
Carbohydrate	25.5 g	10.2 g
- sugars	4.0 g	1.6 g
Sodium	455.0 mg	182.0 mg

Potato (38.4%), Black Beans (13.0%) (Black Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Red Kidney Beans (13.0%) (Red Kidney Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Carrot (8.2%), Onion (5.5%), Cabbage (5.5%), Corn (5.5%), Vegetable Stock (2.7%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Rice Bran Oil, Maize Starch, Salt, Garlic (0.3%), Cider Vinegar, Sugar, Xanthan Gum, Cumin, Paprika, Coriander, Yeast Extract

Butter Bean and Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1147.5 kJ	459.00 kJ
Protein	9.50 g	3.80 g
Fat, total	8.25 g	3.30 g
- saturated	3.25 g	1.30 g
Carbohydrate	36.50 g	14.60 g
- sugars	5.00 g	2.00 g
Sodium	410.00 mg	164.00 mg

Basmati Rice (36.0%), Cannellini Beans (26.0%), Peas (11.6%), Cauliflower (11.6%), Coconut Milk (4.6%), Vegetable Stock (2.6%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Onion (2.5%), Capsicum (1.5%), Rice Bran Oil, Sugar, Garlic (0.5%), Salt, Ginger, Garam Masala Powder, Maize Starch, Fennel Seeds, Cumin Seeds, Fenugreek Seeds, Cumin, Coriander, Turmeric Powder, Cardamom Powder, Chilli Powder Kashmir, Mint Dried, Bay Leaf Powder, Liquid Smoke, Paprika Oleoresin, Xanthan Gum



Baked Rice and Tofu

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1167.5 kJ	467.0 kJ
Protein	12.5 g	5.0 g
Fat, total	7.5 g	3.0 g
- saturated	1.2 g	0.50 g
Carbohydrate	38.3 g	15.3 g
- sugars	3.0 g	1.2 g
Sodium	130.0 mg	52.0 mg

Vegetable Stock (28.8%) (Water, Celery, Carrot, Onion, Herbs, Garlic, Salt), Tofu (26.0%) (Water, **Soybeans**, Firming Agent (Calcium Sulphate)), Rice Raw (15.8% Raw, 44% Cooked), Cauliflower (15.0%), Onion (8.8%), Capsicum (2.9%), Garlic (1.5%), Rice Bran Oil, Paprika, Salt, Cumin

Contains: Soy



Indian Vege 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

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



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

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



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

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)

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

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**

Shortbread Cookie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	844.0 kJ	2110.0kJ
Protein	2.1 g	5.3 g
Fat, total	11.1 g	27.7 g
- saturated	6.4 g	16.0 g
Carbohydrate	22.6 g	56.4 g
- sugars	7.7 g	19.2 g
Sodium	105.6 mg	264.0 mg

Wheat Flour (Standard & Wholemeal), Margarine (Vegetable Oils, Salt, Emulsifiers (471, **Soy** Lecithin), Antioxidant (307B, Contains **Soy**), Flavour, Acidity Regulator (Citric Acid), Colour (Beta Carotene)), Sugar, Vanilla Flavour

Contains: Wheat, Gluten, Soy



Sunshine Cake

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	616.0 kJ	1540.0 kJ
Protein	1.7 g	4.2 g
Fat, total	7.2 g	17.9 g
- saturated	1.3 g	3.2 g
Carbohydrate	19.0 g	47.4 g
- sugars	11.4 g	28.4 g
Sodium	110.8 mg	277.0 mg

Sugar, Wheat Flour, Vegetable Oil, Pumpkin 15%, Water, **Eggs**, Flavours, **Milk** Solids, Modified Starch (1422), Brown Sugar, Maize Starch, Emulsifier (471), Salt, Raising Agent (500, 450), Spices (Cinnamon, Cassia, Coriander, Ginger, Nutmeg, Clove), Stabiliser (415), Folic Acid

Contains: Wheat, Gluten, Egg, Milk



Chickpea Crackers (Sour Cream & Chives)

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	334.0 kJ	1670.0 kJ
Protein	3.7 g	18.3 g
Fat, total	2.7 g	13.6 g
- saturated	0.5 g	2.5 g
Carbohydrate	9.2 g	46.0 g
- sugars	0.7 g	3.6 g
Sodium	136.8 mg	684.0 mg

Chickpea flour (67%), Rice Flour, Sour Cream & Chive Seasoning (Skimmed **Milk** Yoghurt Powder, Dehydrated Vegetables, Salt, Sugar, Herb, Yeast Extract, Food Acids (330, 270, 327), Natural Flavour (Contains **Milk**)), Rice Bran Oil, Modified Tapioca Starch, Yeast Extract, Emulsifier (Soy Lecithin)

Contains: Milk, Soy



Chickpea and Peas (Salt & Vinegar)

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	379.0 kJ	1895.0 kJ
Protein	4.1 g	20.3 g
Fat, total	3.0 g	15.2 g
- saturated	0.3 g	1.4 g
Carbohydrate	11.4 g	57.2 g
- sugars	0.6 g	2.8 g
Sodium	93.1 mg	465.5 mg

Chickpeas (49%), Peas (49%), Sunflower oil, Salt and vinegar seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancer (621, 635), Anti-Caking Agent (551), Acid (Malic), Acidity Regulator (Citric Acid)], Maltodextrin, Hydrolysed Vegetable Protein (maize), Dehydrated Onion, Yeast Extract



Lentil Puffs (Salt & Vinegar)

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	306.3 kJ	1531.7 kJ
Protein	4.1 g	20.7 g
Fat, total	0.7 g	3.4 g
- saturated	0.1 g	0.3 g
Carbohydrate	10.3 g	51.6 g
- sugars	0.6 g	2.9 g
Sodium	45.5 mg	227.4 mg

Red Lentils (80%), Corn (15%), Sunflower Oil, Salt and vinegar seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancer (621, 635), Anti-Caking Agent (551), Acid (Malic), Acidity Regulator (Citric Acid)], Maltodextrin, Hydrolysed Vegetable Protein (maize), Dehydrated Onion, Yeast Extract



Crispy Corn and Chickpea (Salt & Vinegar)

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	341.0 kJ	1705.0 kJ
Protein	3.4 g	16.9 g
Fat, total	2.1 g	10.3 g
- saturated	0.2 g	0.9 g
Carbohydrate	13.0 g	65.1 g
- sugars	1.2 g	5.8 g
Sodium	61.0 mg	305.0 mg

Whole Chickpeas (50%), Whole Corn (46%), Sunflower oil, Salt and vinegar seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancer (621, 635), Anti-Caking Agent (551), Acid (Malic), Acidity Regulator (Citric Acid)], Maltodextrin, Hydrolysed Vegetable Protein (maize), Dehydrated Onion, Yeast Extract



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

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



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

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

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)



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

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

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



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

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

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

