

Standard Menu Nutritional Information



**School
Lunch
Collective**

Rustic Cottage Pie (L)/ Cottage Pie Made with a Beef and Soy Protein Blend RED29361

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	908.0 kJ	302.7 kJ
Protein	12.7 g	4.2 g
Fat, total	6.2 g	2.1 g
- saturated	2.2 g	0.7 g
Carbohydrate	24.2 g	8.1 g
- sugars	6.4 g	2.1 g
Sodium	805.4 mg	268.5 mg

Cottage Pie Sauce (**Soy** Protein) (Vegetables (27%) (Mixed Vegetables (Peas, Carrots, Corn), Onion, Tomato Paste), Water, Beef Mince (Beef Trim/heart) (10%), Rehydrated **Soy** Protein (7%) (Water, **Soy** Protein), Citrus Fibre, Worcester Sauce, Vegetable Stock, Salt, Maize Starch, Italian Mixed Herbs), Mash Potato (40%) (Water, Potato Flake (Potatoes (99%), Emulsifier (471), Stabiliser (450), Flavours, Processing Aid (**Sulphites**)), Salt).

Contains: Soy, Sulphites.



Rustic Cottage Pie (Soy)/ Cottage Pie Made with a Beef & Soy Protein Blend RED28649

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	755.1 kJ	314.6 kJ
Protein	10.6 g	4.4 g
Fat, total	5.6 g	2.3 g
- saturated	2.0 g	0.8 g
Carbohydrate	19.2 g	8.0 g
- sugars	5.6 g	2.3 g
Sodium	851.1 mg	354.6 mg

Cottage Pie Sauce With Beef and **Soy** Protein (Vegetables (30%) (Mixed Vegetables (Peas, Carrots, Corn), Onion, Tomato Paste), Water, Beef Mince (Beef Trim/heart) (12%), Rehydrated **Soy** Protein (6%) (Water, **Soy** Protein), Citrus Fibre, Salt, Worcester Sauce, Vegetable Stock, Maize Starch, Italian Mixed Herbs), Mash Potato (38%) (Water, Potato Flake (Potatoes (99%), Emulsifier (471), Stabiliser (450), Flavours, Processing Aid (**Sulphites**)), Salt).

Contains: Soy, Sulphites.



Beef Meatballs, Vegeful Sauce on Pasta

RED20554

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1133.9 kJ	472.5 kJ
Protein	14.6 g	6.1 g
Fat, total	3.4 g	1.4 g
- saturated	1.1 g	0.5 g
Carbohydrate	42.8 g	17.8 g
- sugars	3.6 g	1.5 g
Sodium	467.6 mg	194.8 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



Chicken Noodle Bowl

RED30265

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 385g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	965.7 kJ	250.8 kJ
Protein	19.6 g	5.1 g
Fat, total	5.7 g	1.5 g
- saturated	3.9 g	1.0 g
Carbohydrate	25.5 g	6.6 g
- sugars	6.0 g	1.6 g
Sodium	886.2 mg	230.2 mg

Cooked **Egg** Noodle (39%) (Water, **Egg** Noodle (Wheat Flour, Water, **Egg** Powder (5%), Salt, Stabilizer (501), Natural Colour (100))), Water, Vegetables (19%) (Pumpkin, Capsicum, Onion), Sliced Chicken (13%), Coconut Cream, Onion Powder, Yellow Curry Paste, Vegetable Booster, Salt.

Contains: Gluten, Wheat, Egg

Curried Mince with Potatoes RED30744

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1129.5 kJ	470.6 kJ
Protein	9.9 g	4.1 g
Fat, total	11.6 g	4.8 g
- saturated	5.1 g	2.1 g
Carbohydrate	27.7 g	11.6 g
- sugars	4.4 g	1.8 g
Sodium	634.1 mg	264.2 mg

Diced Potato (38%), Vegetables (25%) (Tomato Pulp (12%) (Tomato Pieces (70%), Tomato Juice (30%)), Carrots, Onion), Beef Mince (Beef Trim/heart) (12%), Water, Lentils (6%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Coconut Cream, Gravy (**Milk, Sulphites**), Beef Stock Powder, Ginger Crushed, Maize Starch, Turmeric, Garlic Powder, Coriander, Cumin, Fenugreek.

Contain: Milk, Sulphites



Curried Mince with Potatoes (L) RED30598

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1423.5 kJ	474.5 kJ
Protein	12.2 g	4.1 g
Fat, total	14.4 g	4.81g
- saturated	6.2 g	2.1 g
Carbohydrate	35.5 g	11.9 g
- sugars	5.4 g	1.8 g
Sodium	765.4 mg	255.1 mg

Diced Potato (40%), Vegetables (24%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Carrots, Onion), Beef Mince (Beef Trim/heart) (11%), Water, Lentils (6%) (Lentil (60%), Water, Salt, Antioxidant (300, 385), Acidity Regulator (330)), Coconut Cream, Gravy (**Milk, Sulphites**), Beef Stock Powder, Ginger Crushed, Maize Starch, Turmeric, Garlic Powder, Coriander, Cumin, Fenugreek.

Contains: Milk, Sulphites

Chicken Pasta with Ricotta RED30746

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1059.3 kJ	423.7 kJ
Protein	15.6 g	6.2 g
Fat, total	5.8 g	2.3 g
- saturated	3.6 g	1.4 g
Carbohydrate	33.5 g	13.4 g
- sugars	3.8 g	1.5 g
Sodium	315.4 mg	126.1 mg

Cooked Pasta (32%) (Water, Pasta (**Wheat**)), Vegetables (27%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Pumpkin, Onion), Water, Sliced Chicken (12%), Coconut Cream, Ricotta Cheese (4%) (**Milk**), Maize Starch, Salt, Ginger Crushed, Chicken Stock Powder, Nutmeg, Black Pepper.

Contains: **Gluten, Wheat, Milk**



Sweet and Sour Chicken with Rice RED30597

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	869.4 kJ	347.8 kJ
Protein	14.8 g	5.9 g
Fat, total	1.3 g	0.5 g
- saturated	0.6 g	0.3 g
Carbohydrate	33.8 g	13.5 g
- sugars	10.5 g	4.2 g
Sodium	618.7 mg	247.5 mg

Cooked Yellow Rice (32%) (Water, Rice, Turmeric), Vegetables (26%) (Capsicum, Onion, Tomato Paste), Sliced Chicken (16%), Water, Pineapple, Sugar, White Vinegar, Maize Starch, Ginger Crushed, Salt.

Sweet and Sour Chicken with Rice (L) RED30806

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 310g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1081.9 kJ	349.0 kJ
Protein	18.4 g	5.9 g
Fat, total	1.6 g	0.5 g
- saturated	0.8 g	0.3 g
Carbohydrate	42.0 g	13.5 g
- sugars	13.0 g	4.2 g
Sodium	762.0 mg	245.8 mg

Cooked Yellow Rice (32%) (Water, Rice, Turmeric), Vegetables (25%) (Capsicum, Onion, Tomato Paste), Sliced Chicken (16%), Water, Pineapple, Sugar, White Vinegar, Maize Starch, Ginger Crushed, Salt.



Italian Minced Beef with Rustic Potatoes

RED20553

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1033.2 kJ	430.5 kJ
Protein	9.5 g	4.0 g
Fat, total	8.9 g	3.7 g
- saturated	2.0 g	0.9 g
Carbohydrate	30.6 g	12.8 g
- sugars	1.7 g	0.7 g
Sodium	394.9 mg	164.5 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 RED18251

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	996.9 kJ	415.4 kJ
Protein	15.4 g	6.4 g
Fat, total	4.9 g	2.0 g
- saturated	3.5 g	1.4 g
Carbohydrate	32.6 g	13.6 g
- sugars	3.5 g	1.4 g
Sodium	282.8 mg	117.8 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%).

Beef Bolognaise Sauce with Pasta RED20459

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1166.9 kJ	486.2 kJ
Protein	12.9 g	5.4 g
Fat, total	5.5 g	2.3 g
- saturated	2.0 g	0.8 g
Carbohydrate	41.9 g	17.5 g
- sugars	3.0 g	1.3 g
Sodium	366.8 mg	152.9 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-Style Chicken Meatballs & Potatoes

RED25655

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1010.3 kJ	421.0 kJ
Protein	12.2 g	5.1 g
Fat, total	9.1 g	3.8 g
- saturated	1.7 g	0.7 g
Carbohydrate	27.2 g	11.4 g
- sugars	4.3 g	1.8 g
Sodium	398.9 mg	166.2 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 RED25659

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	853.1 kJ	355.4 kJ
Protein	12.2 g	5.1 g
Fat, total	1.3 g	0.6 g
- saturated	0.5 g	0.2 g
Carbohydrate	33.4 g	13.9 g
- sugars	2.8 g	1.2 g
Sodium	342.8 mg	142.8 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

RED25657

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1143.4 kJ	476.4 kJ
Protein	13.2 g	5.5 g
Fat, total	12.3 g	5.1 g
- saturated	4.6 g	1.9 g
Carbohydrate	26.9 g	11.2 g
- sugars	7.3 g	3.0 g
Sodium	509.3 mg	212.2 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



Teriyaki Chicken Rice & Veg Bowl RED26730

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1024.7 kJ	409.9 kJ
Protein	16.3 g	6.5 g
Fat, total	1.51g	0.6 g
- saturated	0.7 g	0.3 g
Carbohydrate	39.6 g	15.9 g
- sugars	10.3 g	4.1 g
Sodium	207.7 mg	83.1 mg

Cooked Rice (36%) (Water, Rice), Vegetables (28%) (Mixed Vegetables (Peas, Carrots, Corn)), Teriyaki Sauce (20%) (Water, **Soy** Sauce (**Sulphites**, **Wheat**), Maize Starch, Tomato Paste (0.5%), White Vinegar, Garlic Powder, Ginger), Sliced Chicken (16%).

Contains Gluten, Wheat, Soy, Sulphites

Golden Chicken on Rice/ Tomato Chicken Tikka Masala RED28651

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	842.93 kJ	351.22 kJ
Protein	14.79 g	6.16 g
Fat, total	2.14 g	0.89 g
- saturated	1.23 g	0.51 g
Carbohydrate	29.85 g	12.44 g
- sugars	3.53 g	1.47 g
Sodium	331.89 mg	138.29 mg

Tikka Masala Sauce (46%) (Vegetables (33%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Onion, Capsicum), Water, Coconut Cream, Brown Sugar, Maize Starch, Salt, Cumin, Turmeric, Garlic Powder, Vegetable Stock, Coriander, Garam Masala, Fenugreek), Cooked Rice (38%) (Water, Rice), Sliced Chicken (17%).

Rich Gravy on Beef Rissoles & Potatoes

RED28036

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1276.3 kJ	490.9 kJ
Protein	15.3 g	5.9 g
Fat, total	10.5 g	4.1 g
- saturated	2.1 g	0.8 g
Carbohydrate	35.5 g	13.6 g
- sugars	5.5 g	2.1 g
Sodium	461.2 mg	177.4 mg

Potato Cube (35%), Beef & Veg Rissole (31%) (Beef (60%), Onion (13%), Carrot (7%), Breadcrumb [**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)), Vegetables (19%) (Mixed Vegetables (Peas, Carrots, Corn)), Rissole Veg Gravy (15%) (Water, Bbq Sauce, Gravy (**Milk**, **Sulphites**)).

Contains: Gluten, Wheat, Milk, Soy, Sulphites



Rustic Cottage Pie

RED30187

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	862.5 kJ	359.4 kJ
Protein	12.0 g	5.0 g
Fat, total	7.9 g	3.3 g
- saturated	3.0 g	1.3 g
Carbohydrate	19.0 g	7.9 g
- sugars	5.5 g	2.3 g
Sodium	942.8 mg	392.9 mg

Cottage Pie Sauce (63%) (Vegetables (26%) (Mixed Vegetables (20%) (Peas, Carrots, Corn), Onion (6%)), Beef Mince (Beef Trim/heart) (18%), Water, Tomato Paste (4%), Worcester Sauce, Citrus Fibre, Maize Starch, Salt, Vegetable Stock, Italian Mixed Herbs), Mash Potato (38%) (Water, Potato Flake (Potatoes (99%), Emulsifier (471), Stabiliser (450), Flavours, Processing Aid (**Sulphites**)), Salt).

Contains: Sulphites



Nacho Beef and Beans with Corn Chips

RED30179

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1295.8 kJ	539.9 kJ
Protein	11.3 g	4.7 g
Fat, total	9.8 g	4.1 g
- saturated	2.9 g	1.2 g
Carbohydrate*	42.2 g	17.6 g
- sugars	2.3 g	1.0 g
Sodium	675.8 mg	281.6 mg

Bean & Beef Nacho Sauce (58%) (Vegetables (32%) (Tomato Pulp (17%) (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion (5%), Capsicum (4.5%), Sweetcorn (3.5%), Spinach (2%)), Beef Mince (Beef Trim/heart) (12%), Kidney Beans (11%) (Red Kidney Beans, Water, Salt), Water, Maize Starch, Salt, Vegetable Stock, Paprika, Cumin), Cooked Rice (33%) (Water, Rice), Corn Chips (8%) (Corn (77%), Edible Vegetable Oil (Corn Oil) (21%), Iodized Salt (1.52%), Maltodextrin (From Corn) (0.2%), Sugar (0.15%), Rock Salt (0.1%), Acidity Regulator (Ins 330), Anticaking Agent (Ins 551), Natural Flavours (Vinegar Powder)).

***Please note:** Includes 14g carbohydrate per serving contributed by the Corn Chips. For individual Corn Chips nutritional breakdown, please see the 'Snack Menu' section.



Cheesy Beef Pasta Bake/Kiwi Style Lasagna Bake RED28654

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1442.8 kJ	601.2 kJ
Protein	16.5 g	6.9 g
Fat, total	12.6 g	5.3 g
- saturated	6.4 g	2.7 g
Carbohydrate	39.4 g	16.4 g
- sugars	6.0 g	2.5 g
Sodium	685.3 mg	285.5 mg

Beef Bolognese Sauce (42%) (Vegetables (32%) (Tomato Pulp (19%) (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots (9%), Onion (4%)), Beef Mince (Beef Trim/heart) (9%), Maize Starch, Salt, Italian Mixed Herbs), Cooked Pasta (38%) (Water, Pasta (**Wheat**)), White Sauce (13%) (Water, **Milk** Powder (**Soy**), Vegetable Stock, Citrus Fibre, Maize Starch, Salt, Nutmeg, White Pepper), Cheese (8%) (Pasteurised **Milk**, Salt, Cultures, Enzymes (Non-animal Rennet), Anti Caking Agent (460), Preservatives (200)).

Contains: Gluten, Wheat, Milk, Soy



Super Cheesy Pasta

RED26734

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1681.6 kJ	700.7 kJ
Protein	19.0 g	7.9 g
Fat, total	15.7 g	6.6 g
- saturated	8.8 g	3.7 g
Carbohydrate	44.3 g	18.4 g
- sugars	7.3 g	3.1 g
Sodium	597.3 mg	248.9 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: Gluten, Wheat, Milk, Soy



Savoury Minced Beef & Potatoes

RED20461

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%).



Wholemeal Pizza Loaf

RED30096

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	2032.5 kJ	813.0 kJ
Protein	21.8 g	8.7 g
Fat, total	15.8 g	6.3 g
- saturated	9.8 g	3.9 g
Carbohydrate	60.0 g	24.0 g
- sugars	15.0 g	6.0 g
Sodium	755.0 mg	302.0 mg

Dough Recipe (Flour **Wheat** (Folic Acid), Water, **Wheat** Bran, Bakers Yeast 15.4%, Water 35.8%, Caster Sugar, Vegetable Fat (Water, Vegetable Oil, Sugar, Emulsifier (475)(**Soy**)), **Gluten**, Iodised Salt (Sodium Chloride, Additive (535, 917)), Improver (472e, 481, 471, 170, 300, (Contains **Soy**)), **Milk** Powder), Cheese (**Milk**, Salt, Anticaking Agent (460), Preservative (200), Cultures, Rennet), BBQ Margherita Filling (Vegetable 11.2% (Tomato (From Concentrate, Concentrate, Dice), Zucchini, Onion), Sugar, White Vinegar, Stabiliser (1442, 460, 466), Salt, Garlic, Spice, Herb, Preservative (202), Chilli, Smoke Flavour), Green Pepper, Red Pepper (Red Peppers, Water, Vinegar, Sugar, Salt), Spinach.

Contains: Wheat, Gluten, Soy, Milk



Cheesy Lasagna Style Bake RED29369

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: Approx 300g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1643.0 kJ	547.7 kJ
Protein	19.4 g	6.5 g
Fat, total	15.2 g	5.1 g
- saturated	7.7 g	2.6 g
Carbohydrate	42.7 g	14.2 g
- sugars	5.8 g	1.9 g
Sodium	750.6 mg	250.2 mg

Lasagne Bolognese (Vegetables (26%) (Tomato Pulp (Tomato Pieces (70%), Tomato Juice (30%)), Carrots, Onion), Beef Mince (Beef Trim/heart) (9%), Water, Maize Starch, Vegetable Stock, Salt, Italian Herbs), Cooked Pasta (33%) (Water, Pasta (**Wheat**)), White Sauce (Water, Cheese (8%) (Pasteurised **Milk**, Salt, Cultures, Enzymes (Non-animal Rennet), Anti Caking Agent (460), Preservatives (200)), **Milk** Powder (**Soy**), Citrus Fibre, Maize Starch, Salt, Nutmeg, White Pepper).

Contains: Gluten, Wheat, Milk, Soy

Chicken Pesto Pasta Salad RED17268

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1726.0 kJ	719.0 kJ
Protein	16.3 g	6.8 g
Fat, total	20.9 g	8.7 g
- saturated	2.9 g	1.3 g
Carbohydrate	36.5 g	15.2 g
- sugars	4.5 g	1.9 g
Sodium	558.0 mg	233.0 mg

Pasta (51%) (Water, Durum **Wheat** Semolina), Dressing (16%) (Water, Canola Oil, Sugar, **Egg** Yolk, Sour Cream (**Milk**), Thickener (1442, 415), Mustard Powder, Skim **Milk** Powder, Salt, Garlic, Acidity Regulator (260, 330), Parmesan Cheese (**Milk**), Emulsifier (433), Parsley, Preservative (202), Pepper), Cooked Chicken (14.5%) (Chicken, Brine [Acidity Regulator (326, 262), Cure (Salt, Mineral Salts (451, 450, 452), Sugar, Thickeners (1412, 407a, 415), Stabiliser (508), Canola Oil), Preservative (234)], Carrots, Capsicum, Basil Pesto (2%) (**Milk**, Acidity Regulator (260, 330, 300)), Cheese (**Milk**).

Contains: **Wheat, Gluten, Milk, Egg**

Chicken and Pineapple Pasta Salad RED29467

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1505.0 kJ	627.0 kJ
Protein	14.8 g	6.2 g
Fat, total	13.5 g	5.6 g
- saturated	1.3 g	0.6 g
Carbohydrate	41.2 g	17.2 g
- sugars	10.8 g	4.5 g
Sodium	708.0 mg	295.0 mg

[Pasta (47%) (Durum **Wheat** Semolina, Water), Dressing (16%) (Water, Canola Oil, Sugar, Thickeners (1442, 1450, 415), Salt, Acidity Regulators (260, 330), Mustard Flour, **Egg** Yolk Powder, Onion Powder, Preservative (202), Black Pepper, Emulsifier (433), Antioxidant (385), Natural Colour (160a)), Chicken (17%) (Chicken, Brine (Acidity Regulator (326, 262), Cure (Salt, Mineral Salts (451, 450, 452), Sugar, Thickeners (1412, 407a, 415), Stabiliser (508), Canola Oil), Preservative (234)), Carrots, Pineapple (4%), Red Capsicum, Spring Onion, Dijon Mustard.

Contains: Wheat, Gluten, Egg

Dietary Menu Nutritional Information



**School
Lunch
Collective**

Italian Bean and Tomato Pasta Salad

RED17269

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1090.0kJ	454.0 kJ
Protein	9.2 g	3.8 g
Fat, total	6.1 g	2.5 g
- saturated	0.9 g	0.4 g
Carbohydrate	36.9 g	15.4 g
- sugars	4.2 g	1.8 g
Sodium	609.0 mg	254.0 mg

Pasta (39%) (Durum **Wheat** Semolina, Water), Cannellini Beans (27%) (Cannellini beans, water, salt), Tuscan Tomato Dressing (16%) (Water, Tomato (Tomatoes, Acidity Regulator (330), Firming Agent (509)), Olive Oil, Capsicum, Onion, Sugar, White Vinegar, Carrot, Salt, Garlic, Thickener (1442, 415), Spices, Herbs, Sunflower Seeds, Acidity Regulator (330), Preservative (202), Plant Extract, Antioxidant (385)), Celery, Capsicum, Dijon Mustard, Dried Parsley.

Contains: Wheat, Gluten

Potato Bean Salad

RED26923

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	806.0 kJ	336.0 kJ
Protein	5.9 g	2.5 g
Fat, total	0.6 g	0.2 g
- saturated	0.0 g	0.0 g
Carbohydrate	36.5 g	15.2 g
- sugars	13.9 g	5.8 g
Sodium	434.0 mg	181.0 mg

Potato (42%), Cannellini Beans (27%) (Cannellini beans, water, salt), Dressing (16%) (Water, Sugar, Salt, Acidity Regulator (260), Spices, Thickener (412, 415), Spice Extract), Celery, Capsicum, Dried Parsley.

Creamy Veggie Stroganoff with Mash

RED29548

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 270g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1946.7 kJ	721.0 kJ
Protein	22.4 g	8.3 g
Fat, total	8.4 g	3.1 g
- saturated	3.8 g	1.4 g
Carbohydrate	76.4 g	28.3 g
- sugars	8.4 g	3.1 g
Sodium	359.1 mg	133.0 mg

Carbohydrate 36.7% (Cooked Weight) (Sweet Potato, Potato Mash Flakes (Just Potato) (Potato 99%, Emulsifier (471), Stabilizer (450), Flavours)), Plant Protein 27.9% (Cooked Weight) (Lentils & Canberry/Borlotti Beans), Vegetable 26.4% (Cooked Weight) (Mushroom, Corn Sweet, Onion, Capsicum, Garlic), Coconut Cream 4.9% (Coconut Extract, Xanthan Gum (E415), Guar Gum (E412)), Water, Canola Oil, Balsamic Vinega, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.



Asian Fried Rice

Chicken RED29484

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 270g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	2149.2 kJ	796.0 kJ
Protein	40.2 g	14.9 g
Fat, total	17.0 g	6.3 g
- saturated	2.7 g	1.0 g
Carbohydrate	51.8 g	19.2 g
- sugars	3.2 g	1.2 g
Sodium	504.9 mg	187.0 mg

Carbohydrate 37.3% (Cooked Weight) (Rice), Vegetable 33.1% (Cooked Weight) (Carrot, Onion, Capsicum, Celery, Garlic, Cauliflower, Zuccine, Peas), Protein 25.2% (Cooked Weight) (Canberry/Borlotti Beans 12.1%, Chicken 13.1%), Gluten Free **Soy** Sauce 0.9% (**Soybeans** (20%), Rice, Salt, Sugar, Corn Starch), Water, Canola Oil, Yeast, Salt, Natural Herbs and Spices.

Contains: Soy

Savoury Bean Cottage Pie RED29724

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 270g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	861.3 kJ	319.0 kJ
Protein	8.4 g	3.1 g
Fat, total	5.1 g	1.9 g
- saturated	1.1 g	0.4 g
Carbohydrate	27.3 g	10.1 g
- sugars	4.6 g	1.7 g
Sodium	513.0 mg	190.0 mg

Potato (34.1%), Black Beans (14.2%) (Black Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Red Kidney Beans (14.2%) (Red Kidney Beans, Water, Salt, Antioxidant (Ascorbic Acid)), Carrot (9.6%), Onion (5.6%), Cabbage (5.6%), Corn (5.6%), Vegetable Stock (2.9%) (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.

Thai Vege Curry

& Rice RED16874

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

Katsu Vegan Curry & Rice RED20568

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1443.0 kJ	555.0 kJ
Protein	20.5 g	7.9 g
Fat, total	9.4 g	3.6 g
- saturated	2.9 g	1.1 g
Carbohydrate	49.1 g	18.9 g
- sugars	10.4 g	4.0 g
Sodium	611.0 mg	235.0 mg

Carbohydrate 34.6% (White Rice 34.7% (Cooked Weight)), Vegetable 27% (Cooked Weight) (Onion, Carrots Capsicum), Protein 24% (**Soy** Chunks 8.4% (Cooked Weight), Lentils 15.6% (Cooked Weight)) Water 7%, 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 RED26334

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 RED26333

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 & Rice

RED26330

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 Tofu & Rice

RED26332

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



Lentil & Tofu Curry and Rice RED15096

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

Lentil Curry & Rice

RED19901

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1232.4 kJ	474.0 kJ
Protein	9.9 g	3.8 g
Fat, total	9.4 g	3.6 g
- saturated	2.6 g	1.0 g
Carbohydrate	42.6 g	16.4 g
- sugars	2.6 g	1.0 g
Sodium	626.6 mg	241.0 mg

Carbohydrate 34.8% (White Rice 34% (Cook weight), Sweet Potato 1.5% (Cook weight), Potato 0.2% (Cook weight)), Vegetable 27% (Cook weight) (Onion, Broccoli, Carrot, Peas, Pumpkin), Protein 25.1% (Cook weight)), Water 8.2%, Canola Oil, Salt, Tapioca Starch (E1422), Yeast, Natural Herbs & Spices.



Mex Bean Casserole & Rice RED26392

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1003.6 kJ	386.0 kJ
Protein	7.5 g	2.9 g
Fat, total	2.6 g	1.0 g
- saturated	2.6 g	1.0 g
Carbohydrate	45.8 g	17.6 g
- sugars	3.4 g	1.3 g
Sodium	637.0 mg	245.0 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 Veg & Mash RED26393

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1131.0 kJ	435.0 kJ
Protein	9.6 g	3.7 g
Fat, total	5.7 g	2.2 g
- saturated	4.2 g	1.6 g
Carbohydrate	42.1 g	16.2 g
- sugars	7.8 g	3.0 g
Sodium	634.0 mg	244.0 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), Canberry/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 Veg & Rice

RED26390

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1112.8 kJ	428.0 kJ
Protein	8.3 g	3.2 g
Fat, total	3.6 g	1.4 g
- saturated	2.6 g	1.0 g
Carbohydrate	49.4 g	19.0 g
- sugars	2.9 g	1.1 g
Sodium	618.8 mg	238.0 mg

Carbohydrate 35.1% (White Rice 35.1%, (Cooked Weight), Vegetable 27% (Cooked Weight) (Cauliflower, Broccoli, Onion, Carrot, Capsicum), Protein 25% (Chick Peas 18% (Cooked Weight), Tofu 7% (Soybeans, Calcium Sulfate (E516), Antifoaming agent (E471 and E900a)), Water 5.4%, Sweet Potato 2.3% (Cooked Weight), Coconut Cream 2.2%, Canola Oil, Yeast, Apple Juice, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

Contains: Soy



Vegan Tomato Balti & Rice RED20569

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1586.0 kJ	610.0 kJ
Protein	32.2 g	12.4 g
Fat, total	7.0 g	2.7 g
- saturated	2.6 g	1.0 g
Carbohydrate	49.1 g	18.9 g
- sugars	12.5 g	4.8 g
Sodium	644.8 mg	248.0 mg

Carbohydrate (White Rice 34.7% (Cooked Weight)), Vegetable 27.1% (Cooked Weight) (Cauliflower, Broccoli, Onion, Tomato), Protein 24% (Soy Chunks 16.8% (Cooked Weight), Lentils 7.2% (Cooked Weight)) Water 9.2%, Coconut Cream 3.0%, Sugar, Canola Oil, Yeast, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

Contains: Soy



Malaccan Veg Curry & Rice RED29485

Ingredients and Nutritional Information

Servings per package: 1.00
Serving size: 270g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1817.0 kJ	673.0 kJ
Protein	22.0 g	8.2 g
Fat, total	4.1 g	1.5 g
- saturated	2.9 g	1.1 g
Carbohydrate	78.4 g	29.0 g
- sugars	6.8 g	2.5 g
Sodium	634.0 mg	235.0 mg

Carbohydrate 34% (Cooked Weight) (Rice, Sugar), Plant Protein 28% (Cooked Weight) (Lentils & Canberry/Borlotti Beans), Vegetable 28.1% (Cooked Weight) (Onion, Capsicum, Garlic, Cauliflower), Coconut Cream 4.1% (Coconut Extract, Xanthan Gum (E415), Guar Gum (E412)), Water, Pineapple, Citric Acid, Chilli Powder, Yeast, Tapioca Starch (E1442), Salt, Natural Herbs and Spices.

Snacks Menu Nutritional Information



**School
Lunch
Collective**

Corn Chips

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	413.0 kJ	2067.0 kJ
Protein	1.4 g	7.0 g
Fat, total	4.3 g	21.3 g
- saturated	0.9 g	4.2 g
Carbohydrate	13.7 g	68.6 g
- sugars	0.1 g	0.1 g
Sodium	76.2 mg	381 mg

Corn (77%), Edible Vegetable Oil (Corn Oil) (21%), Iodized Salt (1.52%), Maltodextrin (from corn) (0.2%), Sugar (0.15%), Rock Salt (0.1%), Acidity Regulator (INS 330), Anticaking Agent (INS 551), Natural Flavours (Vinegar Powder).



Lentil and Pea Puffs BBQ

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	336.8 kJ	1684.0 kJ
Protein	3.8 g	18.8 g
Fat, total	2.7 g	13.4 g
- saturated	0.3 g	1.5 g
Carbohydrate	9.2 g	45.8 g
- sugars	0.5 g	2.4 g
Sodium	106.2 mg	531.0 mg

Green Peas Flour (50%), Red Lentils (35%), Maize (5%), Sunflower Oil, BBQ Seasoning (Salt, Sugar, Maltodextrin (Maize), Flavour Enhancers (621, 627, 631), Dehydrated Vegetables (Tomato, Onion, Garlic), Hydrolysed **Soy** Protein, Flavours (contain **Wheat, Soy**), Spices and Spice Extract, Acidity Regulators (262, 330), Colour (150c)), Salt.

Contains: Wheat, Gluten, Soy



Pea & 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	336.0 kJ	1680.0 kJ
Protein	3.8 g	18.9 g
Fat, total	2.7 g	13.4 g
- saturated	0.3 g	1.5 g
Carbohydrate	9.1 g	45.5 g
- sugars	0.5 g	2.3 g
Sodium	120.6 mg	603.0 mg

Green Pea Flour (50%), Red Lentils (35%), Sunflower Oil, Maize (5%), Salt and Vinegar Seasoning (Salt, Dextrose, Yeast Extract, Flavour Enhancers (621, 635), Anticaking Agent (551), Food Acid (Malic Acid), Acidity Regulator (Citric Acid), Maltodextrin, Hydrolysed Vegetable Protein (Maize), Dehydrated Onion), Salt.



Cheese Stick

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	292.0 kJ	1460.0 kJ
Protein	5.3 g	26.4 g
Fat, total	5.3 g	26.7 g
- saturated	3.2 g	16.0 g
Carbohydrate	0.2 g	1.0 g
- sugars	0.2 g	1.0 g
Sodium	141.6 mg	708.0 mg

Pasteurised **Milk**, Salt, Cultures, Enzymes (Non Animal Rennet).

Contains: Milk



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	306.3kJ	1531.7kJ
Protein	4.1g	20.7g
Fat, total	0.7g	3.4g
- saturated	0.1g	0.3g
Carbohydrate	10.3g	51.6g
- sugars	0.6g	2.9g
Sodium	45.5mg	227.4mg

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	341.0kJ	1705.0kJ
Protein	3.4g	16.9g
Fat, total	2.1g	10.3g
- saturated	0.2g	0.9g
Carbohydrate	13.0g	65.1g
- sugars	1.2g	5.8g
Sodium	61.0mg	305.0mg

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	189.0kJ	270.0kJ
Protein	3.5g	5.0g
Fat, total	1.0g	1.4g
- saturated	0.7g	1.0g
Carbohydrate	5.0g	7.5g
- sugars	4.2g	6.0g
Sodium	25.5mg	35.0mg

Skim **Milk**, **Milk** solids, cream (**Milk**), sugar, halalgelatine, stabilisers (1422 or 1442, 415), natural flavours, acidity regulator (270), preservative (202), cultures (**Milk**)

Contains: Milk



Corn Chips

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	346.4 kJ	1732.0 kJ
Protein	4.2 g	21.0 g
Fat, total	3.7 g	18.5 g
- saturated	0.7 g	3.7 g
Carbohydrate	11.2 g	56.2 g
- sugars	0.2 g	1.0 g
Sodium	105.0 mg	525.0 mg

Corn (61.6%), Pea Protein (20%), Edible Vegetable Oil (Corn Oil) (16.8%), Iodized Salt (1.22%), Maltodextrin (from corn) (0.16%), Sugar (0.12%), Rock Salt (0.08%), Acidity Regulator (INS 330), Anticaking Agent (INS 551), Natural Flavours (Vinegar Powder)



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%)



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

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

Contains: Soy



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