

# **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 100ml
<b>Energy</b>	1132 kJ	471.7 kJ
<b>Protein</b>	15.2 g	6.3 g
<b>Fat, total</b>	3.2 g	1.3 g
<b>- saturated</b>	1.2 g	0.5 g
<b>Carbohydrate</b>	43.1 g	18.0 g
<b>- sugars</b>	5.7 g	2.4 g
<b>Sodium</b>	983.0 mg	409.6 mg

**Ingredients:** Cooked Pasta (42% (Water, Pasta (**Wheat**)), Vegeful Tomato Sauce (40%) (Tomato in Juice, Carrots, Salt, Maize Starch, 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
<b>Energy</b>	1317.1 kJ	548.8 kJ
<b>Protein</b>	14.9 g	6.2 g
<b>Fat, total</b>	13.9 g	5.8 g
<b>- saturated</b>	3.8 g	1.6 g
<b>Carbohydrate</b>	31.7 g	13.2 g
<b>- sugars</b>	4.1 g	1.7 g
<b>Sodium</b>	209.3 mg	87.2 mg

**Ingredients:** Savoury Mince (58%) (Beef Mince (21% (beef trim/heart), Mixed Vegetables (Peas, Carrots, Corn), Water, Onion, Tomato Paste, Worcestershire Sauce, Golden Roast Gravy (Thickeners (1422, 1412), Maltodextrin, Starch, Flavour Enhancers (621, 635), Sugar, Salt, Cream Powder (**Milk**), Mineral Salt (Potassium Chloride), Vegetable Oil, Onion Powder, Flavours, Skim **Milk** powder, Colours (150d, 160a), Yeast Extract, Black Pepper, Food Acid (Citric Acid), Processing Aid (**Sulphites**)), Citrus Fibre, Italian Herbs), Potato (42%).

**Contains: Milk, Sulphites**



# 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
<b>Energy</b>	1116 kJ	465 kJ
<b>Protein</b>	14.8 g	6.2 g
<b>Fat, total</b>	8.2 g	3.4 g
<b>- saturated</b>	6.7 g	2.8 g
<b>Carbohydrate</b>	33.4 g	14.0 g
<b>- sugars</b>	5.2 g	2.2 g
<b>Sodium</b>	554.3 mg	231.0 mg

**Ingredients:** Jungle Chicken Sauce (58%) (Coconut Curry Mix (Coconut Cream, Water, Butter Chicken Spice Mix, Tomato Paste, Turmeric), Sliced Chicken (17%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable Gum (412), Thickener (415)), Carrots, Capsicum), 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
<b>Energy</b>	1189 kJ	495 kJ
<b>Protein</b>	14.5 g	6.1 g
<b>Fat, total</b>	10.2 g	4.2 g
<b>- saturated</b>	1.5 g	0.6 g
<b>Carbohydrate</b>	31.6 g	13.2 g
<b>- sugars</b>	3.9 g	1.6 g
<b>Sodium</b>	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%) (Tomato in Juice (25%), Carrot, 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
<b>Energy</b>	1136.6 kJ	473.6 kJ
<b>Protein</b>	12.7 g	5.3 g
<b>Fat, total</b>	11.9 g	5.0 g
<b>- saturated</b>	3.0 g	1.3 g
<b>Carbohydrate</b>	28.2 g	11.7 g
<b>- sugars</b>	4.8 g	2.0 g
<b>Sodium</b>	177.0 mg	73.8 mg

**Ingredients:** Beef Bolognese Sauce (58%) (Tomato in Juice, Beef Mince (18%) (beef trim/heart), Carrots, Italian Herbs, Maize Starch, Salt), 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
<b>Energy</b>	1253.8 kJ	522.4 kJ
<b>Protein</b>	14.4 g	6.0 g
<b>Fat, total</b>	7.8 g	3.2 g
<b>- saturated</b>	2.7 g	1.1 g
<b>Carbohydrate</b>	40.9 g	17.0 g
<b>- sugars</b>	7.8 g	3.2 g
<b>Sodium</b>	146.1 mg	60.9 mg

**Ingredients:** Mexican Mince (56%) (Beef Mince (15%) (beef trim/heart), 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**)), Tomato in Juice, Corn, Capsicum, Spinach), 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
<b>Energy</b>	989.7 kJ	412.4 kJ
<b>Protein</b>	16.0 g	6.7 g
<b>Fat, total</b>	5.1 g	2.1 g
<b>- saturated</b>	0.46 g	0.2 g
<b>Carbohydrate</b>	30.2 g	12.6 g
<b>- sugars</b>	4.0 g	1.7 g
<b>Sodium</b>	603.9 mg	251.6 mg

**Ingredients:** Potato (40%), 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
<b>Energy</b>	1117.4 kJ	465.6 kJ
<b>Protein</b>	14.7 g	6.1 g
<b>Fat, total</b>	8.5 g	3.6 g
<b>- saturated</b>	7.2 g	3.0 g
<b>Carbohydrate</b>	32.9 g	13.7 g
<b>- sugars</b>	4.6 g	1.9 g
<b>Sodium</b>	559.9 mg	233.3 mg

**Ingredients:** Butter Chicken Sauce Base (42%) (Carrots (17%), Coconut Cream, Water, Butter Chicken Spice Mix, Tomato Paste), 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
<b>Energy</b>	1154.9 kJ	481.2 kJ
<b>Protein</b>	14.3 g	6.0 g
<b>Fat, total</b>	7.6 g	3.2 g
<b>- saturated</b>	2.6 g	1.1 g
<b>Carbohydrate</b>	35.4 g	14.8 g
<b>- sugars</b>	4.7 g	2.0 g
<b>Sodium</b>	142.7 mg	59.5 mg

**Ingredients:** Beef Mince Fiesta (58%) (Tomato in Juice, Beef Mince (14%) (beef trim/heart), Kidney Beans (14%), Sweetcorn, Capsicum, Water, Spinach, 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
<b>Energy</b>	1256.9 kJ	523.7 kJ
<b>Protein</b>	15.9 g	6.6 g
<b>Fat, total</b>	8.2 g	3.4 g
<b>- saturated</b>	3.0 g	1.3 g
<b>Carbohydrate</b>	39.3 g	16.4 g
<b>- sugars</b>	5.7 g	2.4 g
<b>Sodium</b>	147.6 mg	61.5 mg

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

**Contains: Wheat, Gluten**



# 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
<b>Energy</b>	1077.6 kJ	449.0 kJ
<b>Protein</b>	9.1 g	3.8 g
<b>Fat, total</b>	5.0 g	2.1 g
<b>- saturated</b>	2.4 g	1.0 g
<b>Carbohydrate</b>	43.9 g	18.3 g
<b>- sugars</b>	4.3 g	1.8 g
<b>Sodium</b>	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
<b>Energy</b>	912.0 kJ	380.0 kJ
<b>Protein</b>	8.2 g	3.4 g
<b>Fat, total</b>	2.9 g	1.2 g
<b>- saturated</b>	2.2 g	0.9 g
<b>Carbohydrate</b>	38.2 g	15.9 g
<b>- sugars</b>	0.2 g	0.1 g
<b>Sodium</b>	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
<b>Energy</b>	1310.4 kJ	546.0 kJ
<b>Protein</b>	11.8 g	4.9 g
<b>Fat, total</b>	8.2 g	3.4 g
<b>- saturated</b>	3.8 g	1.6 g
<b>Carbohydrate</b>	46.1 g	19.2 g
<b>- sugars</b>	5.0 g	2.1 g
<b>Sodium</b>	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.

**Contains: Sulphites**



# Katsu Vegan Curry & Rice

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1596.0 kJ	665.0 kJ
<b>Protein</b>	29.8 g	12.4 g
<b>Fat, total</b>	6.7 g	2.8 g
<b>- saturated</b>	2.4 g	1.0 g
<b>Carbohydrate</b>	50.2 g	20.9 g
<b>- sugars</b>	12.0 g	5.0 g
<b>Sodium</b>	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
<b>Energy</b>	948.0 kJ	395.0 kJ
<b>Protein</b>	9.8 g	4.1 g
<b>Fat, total</b>	4.8 g	2.0 g
<b>- saturated</b>	3.1 g	1.3 g
<b>Carbohydrate</b>	34.8 g	14.5 g
<b>- sugars</b>	6.2 g	2.6 g
<b>Sodium</b>	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
<b>Energy</b>	1035.1 kJ	431.3 kJ
<b>Protein</b>	10.8 g	4.5 g
<b>Fat, total</b>	3.3 g	1.4 g
<b>- saturated</b>	0.4 g	0.2 g
<b>Carbohydrate</b>	39.7 g	16.5 g
<b>- sugars</b>	5.3 g	2.2 g
<b>Sodium</b>	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
<b>Energy</b>	1012.4 kJ	421.8 kJ
<b>Protein</b>	8.9 g	3.7 g
<b>Fat, total</b>	1.8 g	0.8 g
<b>- saturated</b>	0.2 g	0.1 g
<b>Carbohydrate</b>	43.2 g	18.0 g
<b>- sugars</b>	7.1 g	3.0 g
<b>Sodium</b>	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
<b>Energy</b>	1042.3 kJ	434.3 kJ
<b>Protein</b>	8.9 g	3.7 g
<b>Fat, total</b>	6.4 g	2.7 g
<b>- saturated</b>	2.1 g	0.9 g
<b>Carbohydrate</b>	37.2 g	15.5 g
<b>- sugars</b>	3.6 g	1.5 g
<b>Sodium</b>	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
<b>Energy</b>	574.7 kJ	239.5 kJ
<b>Protein</b>	14.8 g	6.2 g
<b>Fat, total</b>	1.3 g	0.5 g
<b>- saturated</b>	0.4 g	0.2 g
<b>Carbohydrate</b>	15.0 g	6.3 g
<b>- sugars</b>	4.1 g	1.7 g
<b>Sodium</b>	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: Soy, 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
<b>Energy</b>	1379.0 kJ	574.6 kJ
<b>Protein</b>	9.4 g	3.9 g
<b>Fat, total</b>	10.5 g	4.4 g
<b>- saturated</b>	1.0 g	0.4 g
<b>Carbohydrate</b>	46.0 g	19.2 g
<b>- sugars</b>	4.7 g	2.0 g
<b>Sodium</b>	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
<b>Energy</b>	744 kJ	1860 kJ
<b>Protein</b>	1.7 g	4.2 g
<b>Fat, total</b>	9.2 g	23.0 g
<b>- saturated</b>	0.9 g	2.3 g
<b>Carbohydrate</b>	21.5 g	53.8 g
<b>- sugars</b>	14.7 g	36.7 g
<b>Sodium</b>	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
<b>Energy</b>	724.0 kJ	1810.0 kJ
<b>Protein</b>	1.6 g	4.0 g
<b>Fat, total</b>	8.9 g	22.3 g
<b>- saturated</b>	0.9 g	2.3 g
<b>Carbohydrate</b>	21.4 g	53.5 g
<b>- sugars</b>	14.4 g	36.1 g
<b>Sodium</b>	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
<b>Energy</b>	400.0 kJ	2000.0 kJ
<b>Protein</b>	4.5 g	22.7 g
<b>Fat, total</b>	2.5 g	12.5 g
<b>- saturated</b>	0.3 g	1.3 g
<b>Carbohydrate</b>	9.5 g	47.3 g
<b>- sugars</b>	0.6 g	3.2 g
<b>Sodium</b>	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
<b>Energy</b>	425.5 kJ	2026.0 kJ
<b>Protein</b>	4.5 g	21.2 g
<b>Fat, total</b>	6.3 g	30.1 g
<b>- saturated</b>	0.01 g	0.1 g
<b>Carbohydrate</b>	7.8 g	37.0 g
<b>- sugars</b>	5.5 g	26.0 g
<b>Sodium</b>	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
<b>Energy</b>	189.0 kJ	270.0 kJ
<b>Protein</b>	3.5 g	5.0 g
<b>Fat, total</b>	1.0 g	1.4 g
<b>- saturated</b>	0.7 g	1.0 g
<b>Carbohydrate</b>	5.0 g	7.5 g
<b>- sugars</b>	4.2 g	6.0 g
<b>Sodium</b>	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
<b>Energy</b>	189.0 kJ	270.0 kJ
<b>Protein</b>	3.5 g	5.0 g
<b>Fat, total</b>	1.0 g	1.4 g
<b>- saturated</b>	0.7 g	1.0 g
<b>Carbohydrate</b>	5.1 g	7.5 g
<b>- sugars</b>	4.1 g	6.0 g
<b>Sodium</b>	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
<b>Energy</b>	189.0 kJ	270.0 kJ
<b>Protein</b>	3.5 g	5.0 g
<b>Fat, total</b>	1.0 g	1.4 g
<b>- saturated</b>	0.7 g	1.0 g
<b>Carbohydrate</b>	5.0 g	7.2 g
<b>- sugars</b>	4.1 g	5.9 g
<b>Sodium</b>	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
<b>Energy</b>	280.0 kJ	280.0 kJ
<b>Protein</b>	4.0 g	4.0 g
<b>Fat, total</b>	1.4 g	1.4 g
<b>- saturated</b>	0.9 g	0.9 g
<b>Carbohydrate</b>	9.4 g	9.4 g
<b>- sugars</b>	7.8 g	7.8 g
<b>Sodium</b>	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
<b>Energy</b>	281.0 kJ	281.0 kJ
<b>Protein</b>	3.9 g	3.9 g
<b>Fat, total</b>	1.4 g	1.4 g
<b>- saturated</b>	0.9 g	0.9 g
<b>Carbohydrate</b>	9.6 g	9.6 g
<b>- sugars</b>	7.9 g	7.9 g
<b>Sodium</b>	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
<b>Energy</b>	279.0 kJ	279.0 kJ
<b>Protein</b>	4.0 g	4.0 g
<b>Fat, total</b>	1.4 g	1.4 g
<b>- saturated</b>	0.9 g	0.9 g
<b>Carbohydrate</b>	9.3 g	9.3 g
<b>- sugars</b>	7.6 g	7.6 g
<b>Sodium</b>	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
<b>Energy</b>	280.0 kJ	280.0 kJ
<b>Protein</b>	4.0 g	4.0 g
<b>Fat, total</b>	1.4 g	1.4 g
<b>- saturated</b>	0.9 g	0.9 g
<b>Carbohydrate</b>	9.4 g	9.4 g
<b>- sugars</b>	7.8 g	7.8 g
<b>Sodium</b>	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
<b>Energy</b>	200.9 kJ	2009.0 kJ
<b>Protein</b>	0.1 g	1.1 g
<b>Fat, total</b>	0.5 g	5.3 g
<b>- saturated</b>	0.1 g	0.6 g
<b>Carbohydrate</b>	5.2 g	52.2 g
<b>- sugars</b>	0.6 g	6.0 g
<b>Sodium</b>	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
<b>Energy</b>	320.4 kJ	1780.0 kJ
<b>Protein</b>	3.2 g	17.6 g
<b>Fat, total</b>	3.5 g	19.4 g
<b>- saturated</b>	0.8 g	4.6 g
<b>Carbohydrate</b>	5.9 g	33.0 g
<b>- sugars</b>	0.7 g	4.0 g
<b>Sodium</b>	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
<b>Energy</b>	329.4 kJ	1830.0 kJ
<b>Protein</b>	2.8 g	15.6 g
<b>Fat, total</b>	3.7 g	20.7 g
<b>- saturated</b>	0.9 g	5.0 g
<b>Carbohydrate</b>	6.9 g	38.3 g
<b>- sugars</b>	0.8 g	4.6 g
<b>Sodium</b>	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
<b>Energy</b>	331.2 kJ	1840.0 kJ
<b>Protein</b>	3.0 g	16.5 g
<b>Fat, total</b>	3.6 g	20.0 g
<b>- saturated</b>	0.9 g	4.9 g
<b>Carbohydrate</b>	7.2 g	40.2 g
<b>- sugars</b>	0.8 g	4.6 g
<b>Sodium</b>	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
<b>Energy</b>	440.0 kJ	2200.0 kJ
<b>Protein</b>	1.2 g	6.0 g
<b>Fat, total</b>	5.8 g	29.0 g
<b>- saturated</b>	0.4 g	2.1 g
<b>Carbohydrate</b>	11.7 g	58.4 g
<b>- sugars</b>	0.1 g	0.5 g
<b>Sodium</b>	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
<b>Energy</b>	470.0 kJ	2350.0 kJ
<b>Protein</b>	2.3 g	11.7 g
<b>Fat, total</b>	5.6 g	28.2 g
<b>- saturated</b>	0.5 g	2.4 g
<b>Carbohydrate</b>	10.9 g	54.7 g
<b>- sugars</b>	0.9 g	4.5 g
<b>Sodium</b>	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
<b>Energy</b>	305.3 kJ	1850.0 kJ
<b>Protein</b>	0.76 g	4.6 g
<b>Fat, total</b>	2.4 g	14.5 g
<b>- saturated</b>	1.4 g	8.6 g
<b>Carbohydrate</b>	11.9 g	72.0 g
<b>- sugars</b>	4.9 g	30.0 g
<b>Sodium</b>	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, Egg & Milk**

