

# **Standard Menu Nutritional Information**

# 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>	1136.2 kJ	473.4 kJ
<b>Protein</b>	15.4 g	6.4 g
<b>Fat, total</b>	3.5 g	1.5 g
<b>- saturated</b>	1.1 g	0.5 g
<b>Carbohydrate</b>	42.6 g	17.7 g
<b>- sugars</b>	5.0 g	2.1 g
<b>Sodium</b>	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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# Savoury Minced Beef & Potatoes

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 240g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1162.3 kJ	484.3 kJ
<b>Protein</b>	12.8 g	5.3 g
<b>Fat, total</b>	11.5 g	4.8 g
<b>- saturated</b>	3.0 g	1.3 g
<b>Carbohydrate</b>	29.1 g	12.1 g
<b>- sugars</b>	4.2 g	1.8 g
<b>Sodium</b>	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
<b>Energy</b>	987.1 kJ	411.3 kJ
<b>Protein</b>	16.1 g	6.7 g
<b>Fat, total</b>	4.3 g	1.8 g
<b>- saturated</b>	2.9 g	1.2 g
<b>Carbohydrate</b>	33.2 g	13.8 g
<b>- sugars</b>	5.1 g	2.1 g
<b>Sodium</b>	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
<b>Energy</b>	1121.8 kJ	467.4 kJ
<b>Protein</b>	12.6 g	5.2 g
<b>Fat, total</b>	11.7 g	4.9 g
<b>- saturated</b>	3.0 g	1.3 g
<b>Carbohydrate</b>	27.8 g	11.6 g
<b>- sugars</b>	3.4 g	1.4 g
<b>Sodium</b>	276.9 mg	115.4 mg

Beef Bolognese Sauce (58%) (Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Beef Mince (Beef Trim/heart) (18%), Water, Maize Starch, Salt, Italian Herbs), Potato Cube (42%)

# Butter Chicken

# & Veg on Rice

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 240g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	992.3 kJ	413.5 kJ
<b>Protein</b>	16.0 g	6.7 g
<b>Fat, total</b>	4.9 g	2.1 g
<b>- saturated</b>	3.5 g	1.5 g
<b>Carbohydrate</b>	32.2 g	13.4 g
<b>- sugars</b>	4.8 g	2.0 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1010.7 kJ	421.1 kJ
<b>Protein</b>	11.3 g	4.7 g
<b>Fat, total</b>	5.7 g	2.4 g
<b>- saturated</b>	2.2 g	0.9 g
<b>Carbohydrate</b>	34.4 g	14.4 g
<b>- sugars</b>	4.3 g	1.8 g
<b>Sodium</b>	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
<b>Energy</b>	1258.1 kJ	524.2 kJ
<b>Protein</b>	16.0 g	6.7 g
<b>Fat, total</b>	8.3 g	3.5 g
<b>- saturated</b>	2.9 g	1.2 g
<b>Carbohydrate</b>	39.1 g	16.3 g
<b>- sugars</b>	4.7 g	1.9 g
<b>Sodium</b>	248.8 mg	103.7 mg

Beef Bolognese Sauce (58%) (Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrots, Onion), Beef Mince (Beef Trim/heart) (18%), Water, Maize Starch, Salt, Italian 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
<b>Energy</b>	1006.0 kJ	419.2 kJ
<b>Protein</b>	12.1 g	5.1 g
<b>Fat, total</b>	9.1 g	3.8 g
<b>- saturated</b>	1.7 g	0.7 g
<b>Carbohydrate</b>	27.1 g	11.3 g
<b>- sugars</b>	4.1 g	1.7 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	877.0 kJ	365.4 kJ
<b>Protein</b>	13.1 g	5.4 g
<b>Fat, total</b>	1.5 g	0.6 g
<b>- saturated</b>	0.6 g	0.2 g
<b>Carbohydrate</b>	34.0 g	14.2 g
<b>- sugars</b>	4.3 g	1.8 g
<b>Sodium</b>	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
<b>Energy</b>	1135.0 kJ	472.9 kJ
<b>Protein</b>	13.0 g	5.4 g
<b>Fat, total</b>	12.4 g	5.2 g
<b>- saturated</b>	4.6 g	1.9 g
<b>Carbohydrate</b>	26.7 g	11.1 g
<b>- sugars</b>	6.9 g	2.9 g
<b>Sodium</b>	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**

# Chicken Teriyaki Rice Bowl with Vegetables

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 240g**

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1054.3 kJ	439.3 kJ
<b>Protein</b>	16.5 g	6.9 g
<b>Fat, total</b>	1.5 g	0.6 g
<b>- saturated</b>	0.7 g	0.3 g
<b>Carbohydrate</b>	40.9 g	17.0 g
<b>- sugars</b>	12.1 g	5.1 g
<b>Sodium</b>	37.5 mg	15.6 mg

Cooked Rice (38%) (Water, Rice), Vegetables (29%) (Mixed Vegetables (Peas, Carrots, Corn)), Sliced Chicken (17%), Teriyaki Sauce (17%) (Water, Brown Sugar, Glutenfree **Soy** Sauce, Molasses, Tapioca Starch, Garlic, Yeast, Xanthan Gum (E415), **Sesame** Oil, Food Colour (E150c), Herbs, Spice).

**Contains: Soy, Sesame**

# Chicken Pesto Pasta

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 240g**

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1908.0 kJ	795.0 kJ
<b>Protein</b>	15.4 g	6.4 g
<b>Fat, total</b>	27.6 g	11.5 g
<b>- saturated</b>	3.6 g	1.5 g
<b>Carbohydrate</b>	33.8 g	14.1 g
<b>- sugars</b>	5.5 g	2.3 g
<b>Sodium</b>	674.4 mg	281.0 mg

Pasta (44%) (Water, Durum **Wheat** Semolina), Dressing (23%) (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: Egg, Gluten, Wheat, Milk**

# **Dietary Menu Nutritional Information**

# Thai Vege Curry & Rice

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 260g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1090.0 kJ	419.0 kJ
<b>Protein</b>	6.7 g	2.6 g
<b>Fat, total</b>	2.4 g	1.0 g
<b>- saturated</b>	1.1 g	1.0 g
<b>Carbohydrate</b>	54.7 g	21.1 g
<b>- sugars</b>	1.8 g	1.0 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1230.0 kJ	474.00 kJ
<b>Protein</b>	10.1 g	3.9 g
<b>Fat, total</b>	9.2 g	3.6 g
<b>- saturated</b>	1.0 g	1.0 g
<b>Carbohydrate</b>	42.9 g	16.5 g
<b>- sugars</b>	1.9 g	1.0 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	985.4 kJ	379.0 kJ
<b>Protein</b>	7.5 g	2.9 g
<b>Fat, total</b>	2.6 g	1.0 g
<b>- saturated</b>	2.3 g	0.9 g
<b>Carbohydrate</b>	44.7 g	17.2 g
<b>- sugars</b>	3.6 g	1.4 g
<b>Sodium</b>	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**

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

# Italian Tomato Pasta

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 240g**

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1106.4 kJ	461.0 kJ
<b>Protein</b>	9.4 g	3.9 g
<b>Fat, total</b>	6.9 g	2.9 g
<b>- saturated</b>	1.0 g	0.4 g
<b>Carbohydrate</b>	36.2 g	15.1 g
<b>- sugars</b>	4.1 g	1.7 g
<b>Sodium</b>	528.0 mg	220.0 mg

Pasta (37.5%) (Durum **Wheat** Semolina, Water), Cannellini Beans (27% (Cannellini beans, water, salt)), Tuscan Tomato Dressing (21% (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, Dried Parsley

**Contains: Wheat, Gluten**

# Malay Vege & Rice

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 260g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1149.2 kJ	442.0 kJ
<b>Protein</b>	9.1 g	3.5 g
<b>Fat, total</b>	4.9 g	1.9 g
<b>- saturated</b>	2.3 g	0.9 g
<b>Carbohydrate</b>	47.3 g	18.2 g
<b>- sugars</b>	2.9 g	1.1 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1614.6 kJ	621.0 kJ
<b>Protein</b>	33.0 g	12.7 g
<b>Fat, total</b>	7.0 g	2.7 g
<b>- saturated</b>	2.6 g	1.0 g
<b>Carbohydrate</b>	49.9 g	19.2 g
<b>- sugars</b>	12.7 g	4.9 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1476.8 kJ	568.0 kJ
<b>Protein</b>	21.8 g	8.4 g
<b>Fat, total</b>	9.6 g	3.7 g
<b>- saturated</b>	2.9 g	1.1 g
<b>Carbohydrate</b>	49.9 g	19.2 g
<b>- sugars</b>	10.7 g	4.1 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	725.0 kJ	290.0 kJ
<b>Protein</b>	13.3 g	5.3 g
<b>Fat, total</b>	3.5 g	1.4 g
<b>- saturated</b>	0.8 g	0.3 g
<b>Carbohydrate</b>	20.0 g	8.0 g
<b>- sugars</b>	4.0 g	1.6 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	807.5 kJ	323.0 kJ
<b>Protein</b>	7.5 g	3.0 g
<b>Fat, total</b>	5.0 g	2.0 g
<b>- saturated</b>	1.0 g	0.4 g
<b>Carbohydrate</b>	25.5 g	10.2 g
<b>- sugars</b>	4.0 g	1.6 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1147.5 kJ	459.00 kJ
<b>Protein</b>	9.50 g	3.80 g
<b>Fat, total</b>	8.25 g	3.30 g
<b>- saturated</b>	3.25 g	1.30 g
<b>Carbohydrate</b>	36.50 g	14.60 g
<b>- sugars</b>	5.00 g	2.00 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	1167.5 kJ	467.0 kJ
<b>Protein</b>	12.5 g	5.0 g
<b>Fat, total</b>	7.5 g	3.0 g
<b>- saturated</b>	1.2 g	0.50 g
<b>Carbohydrate</b>	38.3 g	15.3 g
<b>- sugars</b>	3.0 g	1.2 g
<b>Sodium</b>	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
<b>Energy</b>	1252.8 kJ	522.0 kJ
<b>Protein</b>	11.3 g	4.7 g
<b>Fat, total</b>	7.7 g	3.2 g
<b>- saturated</b>	3.6 g	1.5 g
<b>Carbohydrate</b>	44.2 g	18.4 g
<b>- sugars</b>	4.8 g	2.0 g
<b>Sodium</b>	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
<b>Energy</b>	1114.7 kJ	464.5 kJ
<b>Protein</b>	9.1 g	3.8 g
<b>Fat, total</b>	7.9 g	3.3 g
<b>- saturated</b>	3.8 g	1.6 g
<b>Carbohydrate</b>	38.2 g	15.9 g
<b>- sugars</b>	4.2 g	1.7 g
<b>Sodium</b>	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 (51)), 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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	993.4 kJ	413.9 kJ
<b>Protein</b>	8.6 g	3.6 g
<b>Fat, total</b>	1.9 g	0.8 g
<b>- saturated</b>	0.5 g	0.2 g
<b>Carbohydrate</b>	42.8 g	17.8 g
<b>- sugars</b>	6.8 g	2.8 g
<b>Sodium</b>	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
<b>Energy</b>	1324.8 kJ	552.0 kJ
<b>Protein</b>	10.7 g	4.4 g
<b>Fat, total</b>	10.2 g	4.2 g
<b>- saturated</b>	1.3 g	0.6 g
<b>Carbohydrate</b>	44.4 g	18.5 g
<b>- sugars</b>	4.5 g	1.9 g
<b>Sodium</b>	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**

# 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
<b>Energy</b>	379.0 kJ	1895.0 kJ
<b>Protein</b>	4.1 g	20.3 g
<b>Fat, total</b>	3.0 g	15.2 g
<b>- saturated</b>	0.3 g	1.4 g
<b>Carbohydrate</b>	11.4 g	57.2 g
<b>- sugars</b>	0.6 g	2.8 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	306.3 kJ	1531.7 kJ
<b>Protein</b>	4.1 g	20.7 g
<b>Fat, total</b>	0.7 g	3.4 g
<b>- saturated</b>	0.1 g	0.3 g
<b>Carbohydrate</b>	10.3 g	51.6 g
<b>- sugars</b>	0.6 g	2.9 g
<b>Sodium</b>	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
<b>Energy</b>	341.0 kJ	1705.0 kJ
<b>Protein</b>	3.4 g	16.9 g
<b>Fat, total</b>	2.1 g	10.3 g
<b>- saturated</b>	0.2 g	0.9 g
<b>Carbohydrate</b>	13.0 g	65.1 g
<b>- sugars</b>	1.2 g	5.8 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<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

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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	343.8 kJ	1910.0 kJ
<b>Protein</b>	3.3 g	18.4 g
<b>Fat, total</b>	3.5 g	19.9 g
<b>- saturated</b>	0.9 g	4.7 g
<b>Carbohydrate</b>	7.9 g	44.0 g
<b>- sugars</b>	0.8 g	4.2 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	345.6 kJ	1920.0 kJ
<b>Protein</b>	3.2 g	17.9 g
<b>Fat, total</b>	3.7 g	20.8 g
<b>- saturated</b>	0.9 g	5.0 g
<b>Carbohydrate</b>	7.8 g	43.1 g
<b>- sugars</b>	0.5 g	2.9 g
<b>Sodium</b>	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)

# Corn Chips

## Lightly Salted

### Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 20g**

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	394.0 kJ	1970.0 kJ
<b>Protein</b>	1.1 g	5.7 g
<b>Fat, total</b>	4.5 g	22.3 g
<b>- saturated</b>	0.3 g	1.4 g
<b>Carbohydrate</b>	11.9 g	59.7 g
<b>- sugars</b>	0.3 g	1.6 g
<b>Sodium</b>	52.6 mg	263.0 mg

Corn, Vegetable Oil [Rapeseed or Sunflower], Salt

# Sea 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>	360.0 kJ	1800.0 kJ
<b>Protein</b>	1.8 g	9.0 g
<b>Fat, total</b>	4.5 g	22.7 g
<b>- saturated</b>	0.4 g	2.0 g
<b>Carbohydrate</b>	9.5 g	47.6 g
<b>- sugars</b>	0.3 g	1.3 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	348.0 kJ	1740.0 kJ
<b>Protein</b>	1.6 g	7.9 g
<b>Fat, total</b>	3.4 g	17.2 g
<b>- saturated</b>	0.3 g	1.5 g
<b>Carbohydrate</b>	11.4 g	57.2 g
<b>- sugars</b>	3.3 g	16.3 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	386.6 kJ	1933.0 kJ
<b>Protein</b>	4.0 g	20.1 g
<b>Fat, total</b>	2.8 g	14.2 g
<b>- saturated</b>	0.4 g	2.2 g
<b>Carbohydrate</b>	11.6 g	57.9 g
<b>- sugars</b>	0.4 g	2.2 g
<b>Sodium</b>	107.0 mg	535.0 mg

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

**Contains: Soy**

# Anzac Cookie

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 40g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	760.0 kJ	1900.0 kJ
<b>Protein</b>	2.1 g	5.3 g
<b>Fat, total</b>	7.7 g	19.2 g
<b>- saturated</b>	5.1 g	12.8 g
<b>Carbohydrate</b>	24.7 g	61.7 g
<b>- sugars</b>	12.3 g	30.8 g
<b>Sodium</b>	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**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	528.0 kJ	1320.0 kJ
<b>Protein</b>	1.7 g	4.3 g
<b>Fat, total</b>	5.6 g	14.0 g
<b>- saturated</b>	0.9 g	2.2 g
<b>Carbohydrate</b>	16.4 g	41.0 g
<b>- sugars</b>	10.4 g	25.9 g
<b>Sodium</b>	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**

# Plain Dinner Roll

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 35g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<b>Energy</b>	399.0 kJ	1140.0 kJ
<b>Protein</b>	3.3 g	9.4 g
<b>Fat, total</b>	0.5 g	1.5 g
<b>- saturated</b>	0.1 g	0.4 g
<b>Carbohydrate</b>	18.6 g	53.1 g
<b>- sugars</b>	0.3 g	0.8 g
<b>Sodium</b>	188.3 mg	538.0 mg

**Wheat** Flour, Water, Salt (Iodised), Yeast, **Wheat** Gluten, Texture Improver (Sugar, Vegetable Oil, Emulsifiers (472e, 481)), Bread Improver (Ascorbic Acid, Enzymes (**Wheat**))

**Contains: Wheat, Gluten**

# No Nut Bhuja Mix

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 20g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<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

Pea Flour, Chickpeas, Peas, Natural Spices, Salt, vegetable oil, (canola, sunflower), natural colour

# Cassava Chips

## Ingredients and Nutritional Information

**Servings per package: 1.00**

**Serving size: 10g**

	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100ml</b>
<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

Cassava Vege Snack (80.4%) [Cassava flour (46.3%), Tapioca Flour, Sugar, **Wheat** flour, Salt], Vegetable oil (Canola Or Sunflower).

**Contains: Wheat, Gluten**