

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

Cooked Pasta (42%) (Water, Pasta (Wheat)), Vegeful Sauce (40%) (Vegetables (31%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Carrot, Onion), Water, Maize Starch, Salt, Italian Herbs), Beef Meatballs (19%) (**Barley, Oats, Soy**) (Beef (48%), Water, Breadcrumbs [**Wheat** flour, Water, Yeast, Salt, Black Pepper, Canola Oil, Vegetable Fibre, **Rye** flour, **Gluten (Wheat)**, Acidity Regulator (263), Mixed Grains (**Rye, Wheat, Oats**), **Soy** flour, Vinegar, Emulsifiers (481, 472e), **Barley** malt (Extract, Roasted Flour), Sugar, Thickener (412), Mineral (Iron), **Wheat** (Starch), Vitamins (B3, B1, B2, Folic Acid)], Textured Soy protein, Soy protein Isolate, Thickener (1412), Seasoning (2.5%) [Dehydrated Vegetables, Salt, Herb, Spice, Canola Oil], Parmesan Cheese (**Milk**), Colour (150c), Emulsifiers (450, 451))

Contains: Wheat, Gluten, Soy, Milk

Version 01 | January 2026



School
Lunch
Collective

Savoury Minced Beef & Potatoes

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1162.3 kJ	484.3 kJ
Protein	12.8 g	5.3 g
Fat, total	11.5 g	4.8 g
- saturated	3.0 g	1.3 g
Carbohydrate	29.1 g	12.1 g
- sugars	4.2 g	1.8 g
Sodium	476.5 mg	198.6 mg

Savoury Mince (63%) (Vegetables (25%) (Mixed Vegetables (Peas, Carrots, Corn), Onion), Beef Mince (Beef Trim/heart) (19%), Water (15%), Tomato Paste (1.5%), Maize Starch, Citrus Fibre, Salt, Worcester Sauce, Italian Mixed Herbs), Potato Cube (38%)



Jungle Chicken Curry with Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	987.1 kJ	411.3 kJ
Protein	16.1 g	6.7 g
Fat, total	4.3 g	1.8 g
- saturated	2.9 g	1.2 g
Carbohydrate	33.2 g	13.8 g
- sugars	5.1 g	2.1 g
Sodium	286.2 mg	119.3 mg

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



Italian Minced Beef with Rustic Potatoes

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1121.8 kJ	467.4 kJ
Protein	12.6 g	5.2 g
Fat, total	11.7 g	4.9 g
- saturated	3.0 g	1.3 g
Carbohydrate	27.8 g	11.6 g
- sugars	3.4 g	1.4 g
Sodium	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

	Average Quantity per Serving	Average Quantity per 100ml
Energy	992.3 kJ	413.5 kJ
Protein	16.0 g	6.7 g
Fat, total	4.9 g	2.1 g
- saturated	3.5 g	1.5 g
Carbohydrate	32.2 g	13.4 g
- sugars	4.8 g	2.0 g
Sodium	261.2 mg	108.8 mg

Butter Chicken Sauce (42%) (Vegetables (33%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Carrots), Coconut Cream (Coconut Extract (80%), Water (20%)), Water, Butter Chicken Spice Mix (1.5%) (Rice Flour, Tomato Powder (30%), Spices, Garlic Powder, Salt), Salt), Cooked Rice (42%) (Water, Rice), Sliced Chicken (17%)



Tex Mex Beef with Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1010.7 kJ	421.1 kJ
Protein	11.3 g	4.7 g
Fat, total	5.7 g	2.4 g
- saturated	2.2 g	0.9 g
Carbohydrate	34.4 g	14.4 g
- sugars	4.3 g	1.8 g
Sodium	334.4 mg	139.3 mg

Tex Mex Mix (58%) (Vegetables (32%) (Tomato Pulp (Tomatoes, Tomato Juice, Citric Acid (E330)), Onion, Sweetcorn, Capsicum, Spinach), Beef Mince (Beef Trim/heart) (12%), Kidney Beans (11%), Water, Maize Starch, Spice Mix, Salt), Cooked Rice (42%) (Water, Rice)

Beef Bolognaise Sauce with Pasta

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1258.1 kJ	524.2 kJ
Protein	16.0 g	6.7 g
Fat, total	8.3 g	3.5 g
- saturated	2.9 g	1.2 g
Carbohydrate	39.1 g	16.3 g
- sugars	4.7 g	1.9 g
Sodium	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
Energy	1006.0 kJ	419.2 kJ
Protein	12.1 g	5.1 g
Fat, total	9.1 g	3.8 g
- saturated	1.7 g	0.7 g
Carbohydrate	27.1 g	11.3 g
- sugars	4.1 g	1.7 g
Sodium	404.3 mg	168.5 mg

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

Contains: Milk, Soy, Sulphites



Chicken Burrito Rice Bowl

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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

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



Creamy Chicken Meatballs and Potatoes

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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

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

Contains: Milk, Soy



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
Energy	1054.3 kJ	439.3 kJ
Protein	16.5 g	6.9 g
Fat, total	1.5 g	0.6 g
- saturated	0.7 g	0.3 g
Carbohydrate	40.9 g	17.0 g
- sugars	12.1 g	5.1 g
Sodium	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
Energy	1908.0 kJ	795.0 kJ
Protein	15.4 g	6.4 g
Fat, total	27.6 g	11.5 g
- saturated	3.6 g	1.5 g
Carbohydrate	33.8 g	14.1 g
- sugars	5.5 g	2.3 g
Sodium	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



**School
Lunch
Collective**

Thai Vege Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

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

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

Lentil Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

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

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



Mex Bean Casserole & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

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

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



Mornay Vege & Mash

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

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

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



Italian Tomato Pasta

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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

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

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

Contains: Soy



Tomato Balti & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

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

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

Contains: Soy



Katsu Vegan Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

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

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

Contains: Soy



Chicken, Potato and Gravy

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

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

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

Cottage Pie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

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

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



Butter Bean and Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

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

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



Baked Rice and Tofu

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

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

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

Contains: Soy



Indian Vege Curry & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1252.8 kJ	522.0 kJ
Protein	11.3 g	4.7 g
Fat, total	7.7 g	3.2 g
- saturated	3.6 g	1.5 g
Carbohydrate	44.2 g	18.4 g
- sugars	4.8 g	2.0 g
Sodium	674.4 mg	281.0 mg

White Rice 29.7%, Vegetable 27.8% (Cooked) (Onion, Broccoli, Pumpkin, Capsicum, Sweet Potato, Cauliflower), Lentils 17.4% (Cooked), Chickpeas 8.9% (Cooked), Water 6.8%, Coconut Cream 5.9%, (Guar Gum (E412), Carrageenan (E407), Xanthan Gum (E415)), Canola Oil, Sugar, Thickener ((E1422), **Sulphites**), Yeast Powder, Garlic, Salt, Natural Herbs & Spices

Contains: Sulphites



Lentil & Tofu Curry with Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1114.7 kJ	464.5 kJ
Protein	9.1 g	3.8 g
Fat, total	7.9 g	3.3 g
- saturated	3.8 g	1.6 g
Carbohydrate	38.2 g	15.9 g
- sugars	4.2 g	1.7 g
Sodium	164.1 mg	68.4 mg

Lentil Tofu Curry (58%) (Vegetables (26%) (Carrots, Cauliflower, Peas, Onion), Lentils (13%), Tofu (8%) (**Soybean** Extract (99%), (Filtered Water, **Soybeans**), Firming Agent (511)), Coconut Cream (Coconut Extract, Water, Emulsifier (E435), Stabilisers (E412, E466), Antioxidants (E330, E224) (**Sulphites**)), Yellow Curry Paste, Canola Oil, Cornflour, Ginger Crushed, Salt), Cooked Rice (42%) (Water, Rice)

Contains: Soy, Sulphites



Mexican Beans & Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	993.4 kJ	413.9 kJ
Protein	8.6 g	3.6 g
Fat, total	1.9 g	0.8 g
- saturated	0.5 g	0.2 g
Carbohydrate	42.8 g	17.8 g
- sugars	6.8 g	2.8 g
Sodium	130.1 mg	54.2 mg

Mexican Beans (58%) (Black Beans (15%), Cannellini Beans (15%), Kidney Beans (14%), Vegetables (14%) (Onion, Sweetcorn), Tomato Puree (8%), Tomato Paste (4%), Water, Wholegrain Mustard, Canola Oil, Cumin, Oregano, Chilli Powder), Cooked Rice (42%) (Water, Rice)



Mumbai Chickpea & Rice Pilaf

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1324.8 kJ	552.0 kJ
Protein	10.7 g	4.4 g
Fat, total	10.2 g	4.2 g
- saturated	1.3 g	0.6 g
Carbohydrate	44.4 g	18.5 g
- sugars	4.5 g	1.9 g
Sodium	393.9 mg	164.1 mg

Golden Rice (41%) (Water, Rice, Salt, Turmeric), Chickpea Mix (Chickpeas (27%), Garlic Oil, Canola Oil, Coriander, Cumin, Paprika, Salt), Vegetables (27%) (Mixed Vegetables (Peas, Carrots, Corn), Onion), Canola Oil, Curry Powder



Snacks Menu Nutritional Information



**School
Lunch
Collective**

Chickpea and Peas (Salt & Vinegar)

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

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

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



Lentil Puffs (Salt & Vinegar)

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

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

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



Crispy Corn and Chickpea (Salt & Vinegar)

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

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

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



Vanilla Slurper Yoghurt

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 70g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	189.0 kJ	270.0 kJ
Protein	3.5 g	5.0 g
Fat, total	1.0 g	1.4 g
- saturated	0.7 g	1.0 g
Carbohydrate	5.0 g	7.5 g
- sugars	4.2 g	6.0 g
Sodium	25.5 mg	35.0 mg

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

Contains: Milk



Pea Crisps

Original Salted

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 18g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	343.8 kJ	1910.0 kJ
Protein	3.3 g	18.4 g
Fat, total	3.5 g	19.9 g
- saturated	0.9 g	4.7 g
Carbohydrate	7.9 g	44.0 g
- sugars	0.8 g	4.2 g
Sodium	64.3 mg	357.0 mg

Green Peas (70%), Rice Bran Oil (Antioxidant (304)), Pea Fibre, Seasoning (4.5%) [Sugar, Salt, Maltodextrin, Yeast Extract, Vegetable Oil, Flavour Enhancer (635), Anti-Caking Agent (551), Acidity Regulator (Citric Acid)], Stabiliser (170)



Pea Crisps Salt & Vinegar

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 18g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	345.6 kJ	1920.0 kJ
Protein	3.2 g	17.9 g
Fat, total	3.7 g	20.8 g
- saturated	0.9 g	5.0 g
Carbohydrate	7.8 g	43.1 g
- sugars	0.5 g	2.9 g
Sodium	121.7 mg	676.0 mg

Green Peas (68%), Rice Bran Oil (Antioxidant (304)), Pea Fibre, Seasoning (6%) [Salt, Vinegar Powder, Sugar, Flavour Enhancers (621, 627, 631), Maltodextrin, Acidity Regulators (262, Citric Acid), Anti-Caking Agent (341), Sunflower Oil], Stabiliser (170)



Corn Chips

Lightly Salted

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

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



Anzac Cookie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	760.0 kJ	1900.0 kJ
Protein	2.1 g	5.3 g
Fat, total	7.7 g	19.2 g
- saturated	5.1 g	12.8 g
Carbohydrate	24.7 g	61.7 g
- sugars	12.3 g	30.8 g
Sodium	74.4 mg	186.0 mg

Wheat flour (standard & wholemeal), sugar, margarine (vegetable oils, water, salt, emulsifiers (471, 322 (**Soy**)), flavour, antioxidant (307b), acidity regulator (330), colour (160a)), colour (carotenes), **Oats**, desiccated coconut, golden syrup, water, brown sugar, raising agent (sodium bicarbonate)

Contains: Gluten, Wheat, Soy



Carrot Cake Slice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	528.0 kJ	1320.0 kJ
Protein	1.7 g	4.3 g
Fat, total	5.6 g	14.0 g
- saturated	0.9 g	2.2 g
Carbohydrate	16.4 g	41.0 g
- sugars	10.4 g	25.9 g
Sodium	166.8 mg	417.0 mg

Sugar, **Wheat** flour (standard & wholemeal), carrot 20%, vegetable oil, water, **Eggs**, raising agents (500, 450, 575), molasses, spices, modified maize starch, emulsifiers (471, 477), salt, stabiliser (412, 415), folic acid, flavour.

Contains: Gluten, Wheat, Egg

Plain Dinner Roll

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 35g

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

	Average Quantity per Serving	Average Quantity per 100ml
Energy	400.0 kJ	2000.0 kJ
Protein	4.5 g	22.7 g
Fat, total	2.5 g	12.5 g
- saturated	0.3 g	1.3 g
Carbohydrate	9.5 g	47.3 g
- sugars	0.6 g	3.2 g
Sodium	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

	Average Quantity per Serving	Average Quantity per 100ml
Energy	200.9 kJ	2009.0 kJ
Protein	0.1 g	1.1 g
Fat, total	0.5 g	5.3 g
- saturated	0.1 g	0.6 g
Carbohydrate	5.2 g	52.2 g
- sugars	0.6 g	6.0 g
Sodium	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

