

Flagstaff **FINE FOODS**

DIET KIT



Meal Information:
Breakfasts, Mini Meals, Main Meals, Desserts,
Soups, Vegetarian Meals, and Blends

A restaurant in your freezer

V20 1.11.18



HEATING GUIDE

STORAGE

- Products should be kept frozen until use.
- All meals have frozen shelf life of 12 months from date of manufacture.

SPECIAL NOTES

- Reheating time are approximate and depend on oven type, power, size and age.
- If frozen meals have thawed, **do not refreeze products**.

REHEATING

We recommend frozen meals be reheated from a frozen state.

Do not thaw, do not defrost, do not bring back to room temperature - doing this will affect the quality of the meal.

The packaging and plastic film are safe for microwaves and conventional ovens

MICROWAVE

- Do not remove lid
- Do not pierce film
- Remove meal from freezer and place directly in Microwave Oven

STEP 1



Set microwave to HIGH

STEP 2

MAIN MEALS

7:30

min
(approx)

let stand for 1 minute

MINI MEALS & SOUP

4:00

min
(approx)

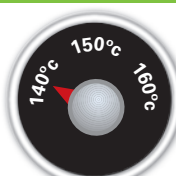
let stand for 1 minute

ABOVE SAMPLE IS SET ON 1100W

CONVENTIONAL OVEN

- Do not remove lid
- Do not pierce film
- Remove meal from freezer and place directly in conventional Oven

STEP 1



Preheat oven to **140°C**
(300°F)

STEP 2

MAIN MEALS

40:00

min
(approx)

let stand for 1 minute

MINI MEALS & SOUP

30:00

min
(approx)

let stand for 1 minute



DO NOT steam, place under griller or exceed 180°C.

The Flagstaff Group Ltd accepts no responsibility for Clients' microwaves or conventional ovens used for the heating of our meals.

Meals & Vegetable Accompaniments

Code Beef Meals

60003	Beef & bacon casserole with parsley potato, pumpkin & broccoli
60004	Corned silverside with parsley sauce, creamed potato mash, carrots & peas
60005	Cottage pie with pumpkin & beans
60006	Beef stroganoff with rice, carrots & peas
60009	Roast beef with gravy, roast potato, pumpkin & beans
60010	Beef lasagne with pumpkin & beans
60012	Honey mustard beef with parsley potato, carrots, cauliflower & broccoli
60016	Steak & kidney pie with pastry lid, creamed potato mash, carrots & beans
60115	Rissole with onion gravy, creamed potato mash & vegetable mélange
60181	Sausages with gravy, creamed potato mash, carrots & beans
60270	Spaghetti bolognese with pumpkin, peas & a sprinkle of cheese
60200	Beef Pie and gravy with a creamed mash potato & peas

Lamb Meals

60021	Roast lamb with gravy, roast potato, pumpkin & beans
60022	Lamb chop with gravy, carrot, cauliflower & broccoli
60027	Crumbed lamb patties with gravy, creamed potato mash & vegetable mélange
60025	Mongolian lamb with boiled rice, Thai vegetables & beans
60028	Sweet Lamb Curry with Cous Cous

Pork Meals

60040	Pork in BBQ sauce with fried rice, carrots, cauliflower & broccoli
60042	Roast pork with gravy, with roast potato, pumpkin & peas
60044	Ham & cheese omelette with rice, carrots & beans
60046	Ham steak & pineapple glazed with creamed potato mash, pumpkin & beans
60047	Pork, apple & cranberry casserole with rice, carrots, cauliflower & broccoli
60192	Battered Pork with a Sweet & Sour Sauce, boiled rice, broccoli & carrots

Veal Meals

60030	Vienna schnitzel with gravy, parsley potato, carrots, cauliflower & broccoli
60033	Veal parmigiana with creamed potato mash, carrots & peas

Soups

60120	Minestrone soup
60121	Pea & ham soup
60122	Pumpkin soup
60123	Beef & vegetable soup
60224	Chicken & vegetable soup
60225	Potato & Leek Soup
60127	Beef & Barley Soup
60126	Chicken & sweet corn soup



Code Chicken Meals

60050	Honey soy chicken with fried rice, carrots & beans
60051	Roast chicken with gravy, roast potato, pumpkin & peas
60052	Curried chicken with boiled rice, carrots & broccoli
60054	Chicken strips with lemon sauce, boiled rice, peas & vegetable mélange
60055	Chicken & asparagus mornay with parsley potato, beans & vegetable mélange
60056	Chicken & vegetable pie with pastry lid, creamed potato mash, pumpkin & peas
60182	Chicken Schnitzel, Vegetables and Gravy
60351	Chicken scallopini with bacon, creamed potato mash, carrots & broccoli
60059	Butter Chicken with boiled rice, peas & carrots
60057	Thai Chicken Curry with boiled rice & Thai vegetables
60053	Chicken Parmigiana with grated cheese, peas, parsley potato & pumpkin

Fish Meals

60060	Crumbed fish with oven fries, pumpkin, peas & beans
60061	Steamed fish with creamed potato mash, Thai vegetables & beans
60063	Curried prawns with boiled rice, vegetable mélange & peas
60066	Fish cake with parsley sauce, oven fries, carrots & broccoli

Vegetarian Meals (*Assorted Box Available)

60070	Macaroni cheese with vegetable mélange, peas & a sprinkle of cheese
60175	Spinach & cheese risotto with broccoli & carrots
60232	Vegetarian cottage pie with pumpkin & beans
60236	Vegetable pasta bake with carrots & beans



Mini Meals - 200gm

63003	Beef & bacon casserole with parsley potato, pumpkin & broccoli
63016	Steak & kidney pie with pastry lid, creamed potato mash, carrots & beans
63004	Corned silverside with parsley sauce, creamed potato mash, carrots & peas
63005	Cottage pie with pumpkin & beans
63009	Roast beef with gravy, roast potato, pumpkin & beans
63021	Roast lamb with gravy, roast potato, pumpkin & beans
63042	Roast pork with gravy, roast potato, pumpkin & peas
63052	Curried chicken with boiled rice, carrots & broccoli
63055	Chicken & asparagus mornay with parsley potato, vegetable mélange & beans
63059	Chicken wing in BBQ sauce & fried rice
63056	Chicken & vegetable pie with pastry lid, creamed potato mash, pumpkin & peas
63060	Crumbed fish with oven fries, pumpkin & peas
63070	Macaroni cheese with vegetable mélange & a sprinkle of cheese
63270	Spaghetti bolognese with cheese, pumpkin & peas
63181	Sausages with gravy, creamed potato mash, carrots & beans
63198	Spinach & fetta omelette with pumpkin & Thai vegetables
63200	Meat pie with gravy, creamed potato mash & peas
63006	Beef stroganoff with rice, carrots, & peas
63351	Chicken scallopini with bacon, creamed potato mash, carrots & broccoli
63063	Curried prawns with boiled rice, vegetable mélange & peas
63040	Pork in BBQ sauce, with fried rice, carrots, cauliflower & broccoli
63232	Vegetarian Cottage Pie with beans & pumpkin
63352	Chicken Pesto Pasta

Pureed Meals (*Assorted Box Available)

(all served with creamed potato, blended orange veg (carrot & pumpkin) & blended green veg (green split peas))

60233SS	Savoury beef & veg blend
60026SS	Savoury lamb & veg blend
60234SS	Savoury pork & veg blend
60056SS	Chicken & veg blend
60003SS	Beef & Bacon blend
60047SS	Pork Apple & Cranberry blend
60052SS	Curried Chicken blend
60055SS	Chicken Asparagus blend
60061SS	Steamed Fish blend
60075SS	Curry Vegetable blend



Code Desserts

60087	Wine trifle & cream
60091	Peaches and custard
60100	Sticky date with caramel sauce
60103	Fruit salad
60106	Creamed rice and apricots
60116	Stewed apple and custard
60118	Blueberry sponge crumble with custard
60130	Apple & rhubarb crumble with custard
60131	Carrot cake
60134	Chocolate Mousse
60143	Bread & butter pudding
60145	Baked rice pudding
60149	Mango flavoured mousse
60252	Banana cake
60084	Lemon Drizzle Cake
60113	Creamed Rice & Fruit Blend

Premium Desserts

60092	Tropical pavlova with fruit salad & cream
60261	Strawberry swirl cheesecake
60267	Choc rocher slice & cream
60269	Tiramisu
60089	Chocolate Lava Pudding
60086	Apple pie & cream
60138	Apricot pie & cream



Beef Meals - 360g Main Meal

60003 Beef & Bacon Casserole

DIET KEY

Beef & Bacon Casserole (42%) (Beef (58.1%), Water, Bacon (9.7%), Onion, Gravy Powder (Soy), Carrot, Starch, Celery, Tomato Paste, Garlic, Pepper, Colour (150c), Salt), Parsley Potato (Potato (99.9 %), Parsley Flakes (0.1 %)), Roast Pumpkin (Pumpkin, Vegetable Oil (Soy)), Broccoli.

ALLERGENS: Soy

60004 Corned Silverside with Parsley Sauce

DIET KEY

Corned Beef Silverside (25%) (Beef, Water, Salt, Mineral Salts (450, 451, 452), Antioxidant (316) Preservative (250)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Diced Carrots, Parsley Sauce (17%) (Water, Milk Powder, Thickener (1422), Milk Solids, Starch, Flavouring (Milk), Thickened Cream (Milk), Vegetable Gums (407, 412), Salt, Parsley Flakes (0.1%), White Pepper, Onion Powder, Ground Cloves), Peas.

ALLERGENS: Milk

60005 Cottage Pie

DIET KEY

Cottage Pie (62%) (Mashed Potato (36.1%) (Potato (88.5%), Milk, Milk Solids, Salt), Minced Beef (25.9%), Onion, Water, Carrot, Crushed Tomatoes, Milk, Celery, Tomato Paste, Starch, Gravy Powder (Soy), Milk Powder, Beef Flavour, Caramel Colour (150c), Crushed Garlic, Salt, Herbs, White Pepper, Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy))), Beans.

ALLERGENS: Milk, Soy

60006 Beef Stroganoff

DIET KEY

Vegetables, Beef (24%), water, sliced mushrooms(5%), water, rice, salt,, antioxidant(300), thickened cream, vegetable gum(407,412), tomato concentrate, 24/26 Brix, tapioca starch, maltodextrin, whey powder, sugar, hydrolysed vegetable protein(maize, soy), flavouring(soy), chicken fat, ground spice, dehydrated vegetable(onion, garlic, capsicum), caramel powder(150d,150c), flavour enhancer(635), shortening powder. Modified maize starch(1422), vegetable fat, milk solids, Coflo 67, rice flour, Canola oil, food acid(330). Spice extract, ground spices, flavour enhancer(635), vinegar, vegetable oil, pepper. Anticaking agent (551). Parisienne essence. Parsley flakes.

ALLERGENS: Milk, Soy

60009 Roast Beef with Gravy

DIET KEY

Roast Beef (25%), Roast Potato (Potato (99.1%), Vegetable Oil (Soy)), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Beans.

ALLERGENS: Soy

60010 Beef Lasagne

DIET KEY

Bolognese Sauce 62%, (Beef (20%), Tomatoes, Tomato Paste, TVP (Textured Vegetable Protein), Sugar, Salt, Dehydrated Vegetables (Garlic, Onion), Spices, Herbs, Flavour Enhancer (635), Thickner (1422, 415), Acidity Regulator (330), Pasta 19% (Wheat Flour, Durum Semolina, Egg Powder, Water), Cheese 19% (Milk), Salt, Culture, Modified Starch (E1422), Milk Protein, Salt Emulsifying Salt (E341), Colour E160a)

ALLERGENS: Wheat, Egg, Milk, Soy

60012 Honey Mustard Beef

DIET KEY

Honey Mustard Beef (42%) (Beef (73%), Honey Mustard Sauce (25%) (Water, Mustard, Sugar, Honey, Starch, Onion, Salt, Garlic, Colour (Paprika Oleoresin)), Thickener (1442), Vegetables (Carrot, Cauliflower, Broccoli), Parsley Potato (Potato (99.9 %), Parsley Flakes (0.1 %)).

ALLERGENS: Soy

60016 Steak & Kidney Pie

DIET KEY

Steak and Kidney Pie (44%) (Beef (33.5 %), Beef Kidney (22.3 %), Onion, Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Vegetables, Worcestershire Sauce, Tomato Paste, garlic, colour (150c)), Pastry (Wheat Flour, Margarine (Soy), Acidity Regulators (500, 330), Antioxidant (306 (Soy)), Water, Butter (Milk), Preservative (202)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Carrots, Beans.

ALLERGENS: Wheat, Milk, Soy

60115 Rissole with Onion Gravy

DIET KEY

Beef Rissole (28%) (Beef (44%), Soy Protein, Wheat Cereal, Onion, Carrot, Vegetable Oil, Water, Salt, Hydrolysed Vegetable Protein, Yeast Extract, Sugar, Spices, Flavours, Dehydrated Vegetables, Herbs, Vegetable Powder, Food Acid (330)), Vegetables, Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Onion Gravy (17%) (Water, Onion (11.0 %), Gravy Powder (Soy)).

ALLERGENS: Soy, Wheat, Milk

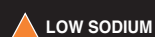
60181 Sausages with Gravy

DIET KEY

Sausages (30%) (Beef (70%), Lamb (30%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223), Canola Oil, Spice and Herb Extracts, Colour (160c), Antioxidants (320, 310), Acidity Regulator (330)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Carrots, Gravy (17%) (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powder, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Beans.

ALLERGENS: Milk, Soy, Sulphites

DIET KEY LEGEND





60270 Spaghetti Bolognese

DIET KEY

Vegetables, spaghetti (26%) - durum wheat semolina, water, vegetable oil, bolognese sauce (28%) - beef (14%), tomato (6%), salt, food acid (330), red wine, onion, garlic, thickener (1422), salt, maltodextrin, sugar, flavour, vegetable & canola oils, flavour enhancers (635, 627), yeast extract, colours (turmeric, 150d), pepper, herbs, cheese, anti-caking agent (460), preservative (200).

ALLERGENS: Egg, Wheat, Soy, Milk, Peanuts, Sesame, Tree Nuts

60200 Beef Pie with Mash and Gravy

DIET KEY

Beef Pie (48%) (Wheat, Water, Beef, Vegetable Oil (Soy), Antioxidant (320), Flavour), Thickener (1422), Salt, Soy Flour, Milk Solids, Flavour (Soy), Colour (150c), Spices, Hydrolysed Vegetable Protein), Potato Mash (22%) (Potato (88.5%), Milk, Milk Solids, Salt), Gravy (16%) (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powder, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Peas.

ALLERGENS: Wheat, Milk, Soy

Lamb Meals - 360g Main Meal

60021 Roast Lamb with Gravy

DIET KEY

Roast Lamb (25%), Roast Potato (Potato (99.1%), Vegetable Oil (Soy)), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Gravy (17%) (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Beans.

ALLERGENS: Soy

60022 Lamb Chop with Gravy

DIET KEY

Vegetables, Lamb Chop (36%), Gravy (17%) - water, thickener (1422), maltodextrin, rice flour, salt, sugar, vegetable powders, yeast extracts, hydrolysed vegetable protein (maize), colour (150c), vegetable fats & oils (soy, canola), flavour enhancer (635), flavourings (soy), food acids (330, 296), spice, vegetable gum (415)

ALLERGENS: Soy

60027 Crumbed Lamb Patties with Gravy

DIET KEY

Crumbed Lamb Patties (43%) (Lamb (78%), Batter (Wheat), Breadcrumbs (Wheat), Water, Vegetable Oil, Wheat Protein, Dextrose, Wheat Bran, Salt, Mineral Salt (451), Soy Sauce, Soy Protein), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Vegetable Mix, Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)).

ALLERGENS: Wheat, Egg, Milk, Soy

60025 Mongolian Lamb & Rice

DIET KEY

Vegetables, Lamb(29%) (lamb, onion, hoi sin sauce (soy bean, vinegar, garlic, salt, sugar, water, modified corn starch, wheat flour, food colour (e110, e122), ground bean (soy bean, wheat flour, corn starch, water, soy sauce (water soy bean, wheat flour, salt), spices, sugar), soy sauce dark (water, sugar, caramel, soy bean, salt, flour), oyster sauce (water, sugar, salt oyster extractives, flavour enhancer (621), modified corn starch, wheat flour, colour (150c)), garlic (garlic, water, vegetable oil, vinegar, salt), mirin (glucose syrup, water, glutinous rice, alcohol, koji (white rice, rice yeast)), Colflo 67, ginger (ginger, canola oil, vinegar, salt, acidity regulator (270)),sesame seed oil, capsicum dried flakes red, capsicum dried flakes green, chinese five spice (star anise, cloves, cinnamon, sichuan pepper, fennel), chilli dry, pepper white ground, Rice (8%),

ALLERGENS: Soy, Wheat, Sulphites, Sesame

60028 Sweet Lamb Curry with Cous Cous

DIET KEY

Vegetables, lamb (23%), water, chutney (apple, sugar, carrots, tomato, onion, thickener (440, 1412, 1422, 1442), sultanas, currants, salt, food acid (260, 296, 330), mustard flour, colour (150c, 150d), flavour, garlic, mineral salt (509), maltodextrin, rice flour, sugar, yeast extracts, vegetable powders, hydrolysed vegetable protein (maize, soy), vegetable fats & oils (soy, canola), flavour enhancer (627, 631, 635), vegetable gum (415), spice, Curry powder (<1%), canola oil, acidity regulator (270), pepper, Cous Cous (22.2%) - wheat flour, antioxidant (330), chilli.

ALLERGENS: Soy, Wheat

Pork Meals - 360g Main Meal

60040 Pork in BBQ Sauce

DIET KEY

Pork in BBQ Sauce (42%) (Pork Fillets (72%), BBQ Sauce (25%) (Concentrated Tomatoes, Apple Puree, Sugar, Thickener (1414), Salt, Acidity Regulators (260, 330), Colour (150c), Natural Flavours, Spice), Vegetable Mix (Carrots, Cauliflower, Broccoli), Fried Rice (Rice (53.6%), Vegetables (Carrots, Peas, Corn, Shallots), Bacon, Egg, Onion, Soy Sauce, Vegetable Powder), Carrots, Cauliflower, Broccoli.

ALLERGENS: Egg, Soy, Wheat

60042 Roast Pork with Gravy

DIET KEY

Roast Pork (25%), Roast Potato (Potato (99.1%), Vegetable Oil (Soy)), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Peas.

ALLERGENS: Soy

DIET KEY LEGEND

SOFT

LOW FAT

LOW SODIUM

GLUTEN FREE

LACTOSE FREE



Pork Meals - cont

60044 Ham & Cheese Omelette

DIET KEY

Rice, Vegetables, Ham & Cheese Omelette (33%): (egg (19%), water, ham (3%) (pork, water, salt, mineral salts (450, 451, 452), acidity regulators (327, 330), thickeners (1414, 415, 407), dextrose, soy protein, maltodextrin, flavour enhancer (621), hydrolysed maize protein, antioxidant (316), preservative (250), gelling agent (508), canola oil, honey, rice flour, flavour), cheese (2%) (pasteurised milk, salt, culture, enzymes (rennet), anti-caking agent (460), preservative (200)) skim milk powder, vegetable oil (sunflower), stabiliser (starch, vegetable gums 415, 412), salt

ALLERGENS: Egg, Milk, Soy,

60046 Ham Steak & Pineapple Glazed

DIET KEY

Ham Steak with Pineapple (40%) (Ham Shoulder Pressed (60.4%) (Pork, Water, Salt, Acidity Regulator (325), Dextrose, Sugar, Mineral Salts (450, 451, 452), Antioxidant (316), Preservative (250)), Sliced Pineapple in Juice (21.2%), Brown Sugar, Honey, Pineapple Juice (4.5%), Pepper, Cloves, Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Beans.

ALLERGENS: Milk, soy

60047 Pork, Apple & Cranberry Casserole

DIET KEY

Pork, Apple & Cranberry Casserole (42%) (Pork (55.5 %), Water, Apple Slices (6.2%), Apple Puree (5.8%), Cranberry Sauce (5.6 %), Onion, Gravy Powder (Soy), Carrot, Starch, Celery, Dried Cranberries, Tomato Paste, Salt, Pepper, Garlic, Caramel Colour (150c)), Vegetables, Rice.

ALLERGENS: Soy

60192 Sweet & Sour Pork with Rice

DIET KEY

Battered Pork Pieces (25%) (Pork (53%), Water, Batter (Wheat Flour, Thickeners (1404, 415), Maize Flour, Mineral Salts (500, 541, 451), Salt, Hydrolysed Vegetable Protein, Dehydrated Vegetables, Vegetable Gum (412), Spices, Whole Egg, Preservative (282), Yeast Extract), Soy Sauce, Starch, Sugar, Salt, Sodium Bicarbonate, Mineral Salt (451, 450), Chicken Powder, Baking Powder, Pepper, Flavour Enhancer (635), Rice, Sweet and Sour Sauce (Water, Crushed Pineapple in Juice, Sugar, Vinegar, Tomato Paste, Crushed Tomatoes, Starch), Vegetable Powder, Crushed Ginger, Chinese Five Spice, Pepper, Carrot, Broccoli.

ALLERGENS: Wheat, Egg, Soy

Veal Meals - 360g Main Meal

60030 Vienna Schnitzel with Gravy

DIET KEY

Vienna Schnitzel (27%) (Veal Mince (75%), Worcestershire Sauce (Water, Vinegar, Molasses, Salt, Spices, Colour (150d), Flavours), Spices, Sesame Oil, Breadcrumbs (Wheat Flour, Yeast, Vegetable Oil, Wheat, Soy Flour, Emulsifiers (481, 471), Sugar, Preservative (282), Acidity Regulator (330), Thiamine, Enzyme, Vegetable Oil), Vegetables, Parsley Potato (Potato (99.9 %), Parsley Flakes (0.1 %)), Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavours (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)).

ALLERGENS: Sesame, wheat, soy

60033 Veal Parmigiana

DIET KEY

Vegetables(potato, carrot, peas), Veal chuck(25%), Parmigiana Sauce(17%),Tomatoes, carrot, onion, vegetable oil,(olive), cheese , salt, sugar, thickener(1422), basil, garlic, food acid(citric), vegetable gum(707,412,xanthan), chilli, spice. Thickened cream, pepper

ALLERGENS: Made on equipment that also processes products containing almond, peanut, sesame, fish and crustacea

Chicken Meals - 360g Main Meal

60050 Honey Soy Chicken

DIET KEY

Honey Soy Chicken (46%) (Chicken (32%), Honey Soy Sauce (14%) (Water, Sugar, Soy Sauce (20%) (Soy, Wheat), Honey (3%), Starch (1422), Sherry, Yeast Extract, Acidity Regulator (260), Vegetable Oil, Caramel (150d), Vegetable Gum (415), Salt), Fried Rice (Rice (53.6%), Vegetables (Carrots, Peas, Corn, Shallots), Bacon, Egg, Onion, Soy Sauce, Vegetable Powder), Carrots, Beans.

ALLERGENS: Soy, Egg, Wheat. Sauce made on equipment that also processes products containing almond, peanut, sesame, fish and crustacea

60051 Roast Chicken with Gravy

DIET KEY

Roast Chicken (32%), Roast Potato (Potato (99.1%), Vegetable Oil (Soy)), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavours (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Peas.

ALLERGENS: Soy

DIET KEY LEGEND





Chicken Meals cont - 360g

60052 Curried Chicken

DIET KEY

Curried Chicken (42%) (Chicken (58.5 %), Vegetables (Carrots, Peas, Corn), Water, White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk)), Diced Onion, Chicken Powder, Curry Powder, Ground Turmeric, Crushed Garlic, Pepper, Salt), Rice, Carrot, Broccoli.

ALLERGENS: Milk

60054 Chicken Strips with Lemon Sauce

DIET KEY

Vegetables, Chicken(13%), Flour(wheat), water, vegetable oil, starch, wheat, salt, soy protein, milk solids. Yeast, mineral salts(450,451), sugar, flavours, semolina, herbs & spice extract, natural colour(100,160c,150d), dehydrated vegetable powders(garlic, onion) acidity regulators(500,341), no artificial colours, flavours or preservatives. Rice. Lemon juice(3%), thickener(1414), flavours(soy & milk derivatives), sunflower oil, vegetable gum(xanthan), yeast extract, food acid, beta carotene, maltodextrin, flavour enhancer(627), garlic & spice extract.

ALLERGENS: Wheat, Soy, Milk, Egg

60055 Chicken & Asparagus Mornay

DIET KEY

Vegetables, Chicken(20%), milk, Asparagus(5%), bacon(pork, salt, water, Mineral salts(451,452,450), antioxidant(316), flavour enhancer(631), preservative(250), cheese, onion, thickener(1422),wheat flour, seeded mustard(sugar, food acid(260), herbs, spices). Vegetable oil, seasoning(maltodextrin, sugar, flavour, flavour enhancer(635,627), yeast extract, colours(turmeric, caramel IV), potato double rumble, parsley flakes.

ALLERGENS: Milk, Egg, Wheat, Soy, Peanuts, Sesame, Tree Nuts

60056 Chicken & Vegetable Pie

DIET KEY

Chicken & Vegetable Pie (43%) (Chicken (43.1 %), Water, Vegetables (19.4%) (Carrots, Peas, Corn, Onion), White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk)), Chicken Powder, Salt, Pepper, Parsley Flakes, Pastry (Wheat Flour, Margarine (Soy), Acidity Regulators (500, 330), Antioxidant (306 (Soy))), Water, Butter (Milk), Preservative (202)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Peas.

ALLERGENS: Milk, Wheat, Soy

60059 Butter Chicken & Rice

DIET KEY

Chicken(28%), Rice(25%),water, thickened cream, vegetable gums(407,412),soybean, red lentils, spices, malt, vinegar(barley),lime juice, ginger, chilli powder, garlic, paprika, onion powder, food acid(330), colours(110,124,100), yoghurt natural, (milk product), modified maize starch(1422), vegetable fat, tapioca starch, milk solids. Garam Masala, turmeric, pepper, cloves, cinnamon, cumin, cardamom. Lemon juice, preservative(223), antioxidant(300), Garlic, vegetable oil, vinegar, ginger, canola oil, acidity regulator(270).

ALLERGENS: Soy, Milk

60182 Chicken Schnitzel, Vegetables and Gravy

DIET KEY

Vegetables (33%) (carrot, cauliflower, broccoli), chicken schnitzel (28%) (chicken breast (74%), salt, thickener (1442, 1404), sugar, maltodextrin, acidity regulator (450, 451, 541, 500), emulsifier (452), crumbs (wheat flour, maize flour, egg, vegetable gums (412, 415), yeast, vegetable oil (cottonseed)), fries (potato (95%), canola oil, dextrose (maize), gravy (17%) (water (90.6%), Gravy mix (9.1%) (Thickener (1422), maltodextrin, rice flour, salt, sugar, vegetable powders, yeast extracts, hydrolysed vegetable protein (maize), colour (150c), vegetable fats & oils (soy), flavour enhancer (635), canola oil, flavourings (soy), food acids (330, 296), vegetable gum (415)).

ALLERGENS: Wheat, Egg, Soy

60351 Chicken Scallopini with Bacon

DIET KEY

Chicken Scaloppini (42%) (Chicken (51.4 %), Mushrooms, Water, Thickened Cream (Cream (Milk), Vegetable Gums (407, 412)), Wine (Preservative (220), Antioxidant (300)), Gravy Powder (Soy), Bacon (4.6%), Chicken Powder, Pepper, Sage), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Carrots, Broccoli.

ALLERGENS: Milk, Soy

60057 Thai Green Chicken Curry

DIET KEY

Chicken Thai Curry (42%) (Chicken (57.3 %), Water, Spinach, Coconut Powder (Milk), White Sauce (Milk), Green Curry Paste (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp paste, Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Sugar, Fish Sauce (Anchovy Extract, Salt, Sugar), Vinegar, Crushed Garlic (Garlic, Water, Vegetable Oil, Vinegar, Salt), Chicken Powder, Reconstituted Lime Juice, Kaffir Lime Leaves), Vegetables, Rice.

ALLERGENS: Milk, Crustacea, Fish

60053 Chicken Parmigiana

Vegetables, Chicken Schnitzel (28%) (Chicken Breast (74%), salt, thickener (1442, 1404), sugar, maltodextrin, acidity regulator (450, 451, 541, 500), emulsifier (452), crumbs (wheat & maize flour, egg, vegetable gums (412, 415), yeast, vegetable oil (cottonseed)), Parmigiana sauce (17%), tomatoes, onion, olive oil, cheese, salt, sugar, thickener (1422), basil, garlic, food acid (citric), vegetable gum (707, 412, xanthan), chilli, spice, Grated Cheese (milk, anticaking agent (450), preservative (200), canola oil (soy))

ALLERGENS: Wheat, Egg, Milk, Soy



Fish Meals - 360g Main Meal

60060 Crumbed Fish

DIET KEY ● ■ ✕

Vegetables (potato,pumpkin,beans,peas) White Fish (12%), water, wheat flour, yellow corn flour, sugar, salt, leavening agent(500,541), yeast, dextrose, palm oil, modified starch(1422, 1420,1400, guar gum), rice flour, vegetable oil, soybean oil, canola oil, corn starch, acidity regulators(450, sodium bicarbonate), dextrose, natural colours(carotene, turmeric), sunflower oil

ALLERGENS: Fish, Wheat, Soy

60061 Steamed Fish

DIET KEY ● ■ ✱

Seasonal Vegetables, Steamed Basa Fillet (31%) (Fish), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt).

ALLERGENS: Milk, Fish

60063 Curried Prawns & Rice

DIET KEY ● ■ ✱

Vegetables (36%), Rice (22%), Curried Prawns (42%) ((Prawns (50.7%), Salt), Water, Vegetables (17.5 %), Onion, White Sauce (Thickener (1422), Milk Solids, Maize Starch, Flavouring (Milk)), Flavour Enhancer (627, 631), Curry Powder (0.6 %), Pepper, Acidity Regulator (270)).

ALLERGENS: Crustacea, Milk, Sulphites

60066 Fish Cake with Parsley Sauce

DIET KEY ● ▲

Vegetables(potato, carrot, broccoli), white fish (6%), water, wheat flour, salt, yeast, soy flour, flour conditioners(516,300), emulsifiers(471,481), enzymes, acidity regulator(263), colour(160b), thickeners(1404,412), hydrolysed vegetable protein, herbs & spices, emulsifier (450), preservative (222, sulphite), flavour enhancer(635). Parsley sauce(16%), rice flour, soy flour, sugar, dextrose, onion, parsley, raising agent (450, 500), natural colour (160C, 160B), Yeast, spice, thickeners (1422, 1442), vegetable shortening, milk solids, glucose, starch (tapioca), anti-caking agent (554), colour (101), dextrose

ALLERGENS: Fish, Wheat, Soy, Milk, Sulphites

Vegetarian Meals - 360g Main Meal

60070 Macaroni Cheese

DIET KEY ●

Macaroni Cheese (59%) (Water, Durum Wheat Semolina, Cheese (10.3%) (Milk, Cultures, Enzymes, Salt, Anticaking Agent (460), Starch, Preservative (200)), White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk), Milk Powder), Grated Cheese, Pepper, Vegetables.

ALLERGENS: Milk, Wheat

60175 Spinach & Cheese Risotto

DIET KEY ● ■ ▲ ✱

Vegetables, Spinach (15%), Rice (6.9%), Cheese Shredded (4.8%) (Pasteurised milk, cultures, enzymes, rennet, salt, anti-caking agent (tapioca starch e200, e460)), Onion, Wine- Dry White Classic (preservative (220), antioxidant (300)), Margarine Meadow Lea (vegetable oils (Canola, sunflower), water, milk solids, emulsifiers(soy, lecithin, 471), preservative(202), food acid(lactic), natural colour(beta-carotene), vitamins(A & D), natural flavour), Oil Olive (refined olive pomace oil, extra virgin olive oil), Garlic, Pepper White Ground, vinegar

ALLERGENS: Soy, Milk, Sulphites

60232 Vegetarian Cottage Pie

DIET KEY ● ✱

Vegetarian Cottage Pie 56% (Vegetables 34% (Peas, Beans, Zucchini, Carrots, Onions), Mashed Potato 29% (Water, Potatoes, Potato Flakes (Potatoes, vegetable fat, lactose (from milk), salt, sodium caseinate (from milk), emulsifier (471), stabiliser (450), acidity regulator (330), flavour, preservative (sulphur dioxide), antioxidant (304)), Margarine, Cream), Crushed Tomatoes 14% (Water, Concentrated Crushed Tomatoes, Salt, Food Acid (Citric)), Red Lentils 8%, Water, Cheese, Oil, Thickener (1422), Salt, White Pepper, Paprika), Roast Pumpkin 22%, Beans 22%.

ALLERGENS: Milk, Soy

60236 Vegetable Pasta Bake

DIET KEY ● ■

Vegetables 63% (broccoli, onion, carrots, zucchini, mushroom, capsicum, beans), Tomato soup(concentrated tomatoes, sugar, tapioca starch, salt, acidity regulator(sodium bicarbonate). Natural colour(paprika extract), Flavours, herb & spice extracts, spice). Pasta 7% (Durum wheat semolina, tomato powder, spinach powder) Vegetable Mince(Water, wheat). Hydrolysed vegetable protein(vegetable protein extract(soy), molasses, colour(caramel), spices, food acid(lactic acid)), wheat flour, sugar, minerals(zinc gluconate, ferrous gluconate),colour(caramel), thickener(modified maize starch), vitamin B12)cheese, sour cream, vegetable oil

ALLERGENS: Wheat, Milk, Soy, Peanuts, Sesame, Egg

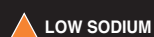
DIET KEY LEGEND



SOFT



LOW FAT



LOW SODIUM



GLUTEN FREE



LACTOSE FREE

Soups

60120 Minestrone Soup

DIET KEY ● ■

Water, tomato, vegetables(14%)(onion ,peas, celery, potatoes, carrots) red kidney beans, macaroni(6%), salt, sugar, vegetable oil, thickener(1422). Parmesan cheese, garlic, food acid(330),mineral salt(509),basil, pepper, citric acid, maltodextrin, flavour, colour(150d),yeast extracts, flavour enhancer(635),garlic powder, onion powder.

ALLERGENS: Wheat, Milk

60121 Pea & Ham Soup

DIET KEY ● ■

Water, peas (18%), skim milk, ham (7%) [pork, water, starch, soy protein, food acid (325), salt, vegetable gum (407), mineral salt (451, 452), hydrolysed vegetable protein, antioxidant (316), dextrose(wheat), spices, preservative (223), sodium nitrite (250)], onion, carrots, thickener maize (1422),sugar, flavour, vegetable oil, flavour enhancer (635, 627), yeast extracts, pepper, colour(100,150d),maltodextrin.

ALLERGENS: Wheat, Milk, Soy, Sulphites

60122 Pumpkin Soup

DIET KEY ● ■ *

Water, pumpkin (32%), cream, vegetable gums (407, 412, 415) thickener (1422), maltodextrin, rice flour, sugar, salt, yeast extracts, vegetable powders, hydrolysed vegetable protein (maize, soy), vegetable fats & oils (soy, canola), flavour enhancer (627, 631, 635), dehydrated vegetable, food acids (330, 296), spice, stabilisers (471, 330), antioxidant (300), milk powder, natural vegetable flavours, chilli, pepper, nutmeg.

ALLERGENS: Soy, Milk

60123 Beef & Vegetable Soup

DIET KEY ● ■ * ✕

Water, vegetables (16.4 %), beef (9.4 %), thickener (1422), maize maltodextrin, rice flour, sugar, salt, yeast extracts, vegetable powders, hydrolysed vegetable protein (maize, soy), vegetable fats & oils (soy, canola), flavour enhancer (627, 631, 635), dehydrated vegetable, vegetable gum (415), food acids (330, 296), onion, garlic, colour (150c), salt, pepper.

ALLERGENS: Soy, Sulphites

60224 Chicken & Vegetable Soup

DIET KEY ● ■ * ✕

Water, vegetables (24%) (potatoes, onion, carrots, celery), chicken (7%), thickener (1422,1414), sugar, salt, parsley, fl avour, vegetable oil, soy protein, mineral salt (451, 450, 508, 452), dextrose, fl avour enhancer (635, 627), hydrolysed maize protein, yeast extracts, maltodextrin (maize), vegetable gum (407), pepper, colour(100, 150d), maltodextrin

ALLERGENS: Soy

60225 Potato & Leek Soup

DIET KEY ●

Water, Potato(10%), Thickened Cream, Onion, Seasoning(maize starch, potato, skim milk, leek) vegetable fibre, creamer(soy), mineral salts(451,452), spinach, flavours(635,627), salt, sour cream, sugar, sunflower oil, maltodextrin(maize), food acid(citric, lactic), spice, herb & leek extract, colours(160b, turmeric, caramel IV). Leek(4%), Margarine, Vegetable oil, yeast extract, thickener(1422), ground white pepper.

ALLERGENS: Milk, Soy

60127 Beef & Barley Soup

DIET KEY ● ■ ✕

Water, modified maize starch (1422), maltodextrin, rice flour, sugar, salt, yeast extracts, vegetable powders, hydrolysed vegetable protein (maize, soy), vegetable fats & oils (soy), flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids (330, 296), spice, onion, vegetables, Beef (4.9 %), Barley (1.1 %), garlic, ginger, acidity regulator (270), pepper, parsley.

ALLERGENS: Wheat, Soy, Sulphites

60126 Chicken & Sweet Corn Soup

DIET KEY ● ■ *

Water, Chicken 8% (Chicken, Water, Thickener (1414), Soy Protein, Salt, Mineral Salts (451, 450, 452, 508), Dextrose, Hydrolysed Maize Protein, Maltodextrin, Vegetable Gum (407), Flavours, Yeast Extract, Food Acid (331)), Onions, Celery, Corn (8%), Seasoning, Thickener (1422), Oil, Seasoning (Salt, maltodextrin (maize), sugar, flavour (milk derivatives), sunflower oil, flavour enhancers (635, 627), yeast extract, colours (turmeric, caramel IV), Salt.

ALLERGENS: Milk, Soy

Mini Meals - 200g

63003 Beef & Bacon Casserole - 200g

DIET KEY ● ▲ * ✕

Beef & Bacon Casserole (42%) (Beef (58.1%), Water, Bacon (9.7%), Onion, Gravy Powder (Soy), Carrot, Starch, Celery, Tomato Paste, Garlic, Pepper, Colour (150c), Salt), Parsley Potato (Potato (99.9 %), Parsley Flakes (0.1 %)), Roast Pumpkin (Pumpkin, Vegetable Oil (Soy)), Broccoli.

ALLERGENS: Soy

63004 Corned Silverside with Parsley Sauce - 200g

DIET KEY ■ *

Corned Beef Silverside (30%) (Beef, Water, Salt, Mineral Salts (450, 451, 452), Antioxidant (316) Preservative (250)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Diced Carrots, Parsley Sauce (15%) (Water, Milk Powder, Thickener (1422), Milk Solids, Starch, Flavouring (Milk), Thickened Cream (Milk), Vegetable Gums (407, 412), Salt, Parsley Flakes (0.1%), White Pepper, Onion Powder, Ground Cloves), Peas.

ALLERGENS: Milk

DIET KEY LEGEND





Mini Meals - 200g cont

63005 Cottage Pie - 200g

DIET KEY

Cottage Pie (71%) (Mashed Potato (36.1%) (Potato (88.5%), Milk, Milk Solids, Salt), Minced Beef (25.9%), Onion, Water, Carrot, Crushed Tomatoes, Milk, Celery, Tomato Paste, Starch, Gravy Powder (Soy), Milk Powder, Beef Flavour, Caramel Colour (150c), Crushed Garlic, Salt, Herbs, White Pepper, Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Beans.

ALLERGENS: Milk, Soy

63009 Roast Beef with Gravy - 200g

DIET KEY

Roast Beef (30%), Roast Potato (Potato (99.1%), Vegetable Oil (Soy)), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Beans.

ALLERGENS: Soy

63016 Steak & Kidney Pie - 200g

DIET KEY

Steak and Kidney Pie (44%) (Beef (33.5 %), Beef Kidney (22.3 %), Onion, Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Vegetables, Worcestershire Sauce, Tomato Paste, garlic, colour (150c)), Pastry (Wheat Flour, Margarine (Soy), Acidity Regulators (500, 330), Antioxidant (306 (Soy)), Water, Butter (Milk), Preservative (202)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Carrots, Beans.

ALLERGENS: Wheat, Milk, Soy

63021 Roast Lamb with Gravy - 200g

DIET KEY

Roast Lamb (30%), Roast Potato (Potato (99.1%), Vegetable Oil (Soy)), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Gravy (15%) (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Beans.

ALLERGENS: Soy

63042 Roast Pork with Gravy - 200g

DIET KEY

Roast Pork (30%), Roast Potato (Potato (99.1%), Vegetable Oil (Soy)), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Gravy (15%) (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Peas.

ALLERGENS: Soy

63052 Curried Chicken with Rice - 200g

DIET KEY

Curried Chicken (45%) (Chicken (58.5 %), Vegetables (Carrots, Peas, Corn), Water, White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk)), Diced Onion, Chicken Powder, Curry Powder, Ground Turmeric, Crushed Garlic, Pepper, Salt), Rice, Carrot, Broccoli.

ALLERGENS: Milk

63055 Chicken & Asparagus Mornay - 200g

DIET KEY

Vegetables, Chicken(22%), milk, Asparagus(5%), bacon(pork, salt, water, Mineral salts(451,452,450), antioxidant(316), flavour enhancer(631), preservative(250), cheese, onion, thickener(1422),wheat flour, seeded mustard(sugar, food acid(260), herbs, spices). Vegetable oil, seasoning(maltodextrin, sugar, flavour, flavour enhancer(635,627), yeast extract, colours(turmeric, caramel IV), potato double rumble, parsley flakes.

ALLERGENS: Milk, Egg, Wheat, Soy, Peanuts, Sesame, Tree Nuts

63056 Chicken & Vegetable Pie - 200g

DIET KEY

Chicken & Vegetable Pie (48%) (Chicken (43.1 %), Water, Vegetables (19.4%) (Carrots, Peas, Corn, Onion), White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk)), Chicken Powder, Salt, Pepper, Parsley Flakes, Pastry (Wheat Flour, Margarine (Soy), Acidity Regulators (500, 330), Antioxidant (306 (Soy)), Water, Butter (Milk), Preservative (202)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Peas.

ALLERGENS: Milk, Wheat, Soy

63059 Chicken Wing in BBQ Sauce - 200g

DIET KEY

Chicken Wings 54% (Chicken Wings (85%), water, BBQ marinade powder (sugar, tomato powder, food acids (330, 262), thickener (1422), salt, flavouring, vegetable gums (412, 412), colour (150c), spices, anticaking agent (551), maltodextrin)), Fried Rice 46% (Rice (54%), Vegetables (9.1%) (Carrots, Peas, Corn), Bacon (9.1%) (Pork, water, salt, dextrose, sugar, mineral salts (450, 451), antioxidants (316), sodium nitrate (250), natural wood smoke), Shallots, Egg (7%) (Egg pulp pasteurised), Onion, Soy Sauce (water, salt, hydrolysed vegetable protein (soy and maize), molasses, spices, sugar, colour (150c), food acid (330)), Vegetable Booster (salt, maize maltodextrin, sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic celery, spinach), natural vegetable flavours, disodium guanylate, inosinate, vegetable oil (canola), chilli).

ALLERGENS: Egg, Soy

63060 Crumbed Fish, Chips & Vegetables - 200g

DIET KEY

Vegetables(potato,pumpkin,beans,peas) White Fish (22%), water, wheat flour, yellow corn flour, sugar, salt, leavening agent(500,541), yeast, dextrose, palm oil, modified starch(1422, 1420,1400, guar gum), rice flour, vegetable oil, soybean oil, canola oil, corn starch, acidity regulators(450, sodium bicarbonate), dextrose, natural colours(carotene, turmeric), sunflower oil

ALLERGENS: Fish, Wheat, Soy.

63070 Macaroni Cheese with Vegetables - 200 g

DIET KEY

Macaroni Cheese (70%) (Water, Durum Wheat Semolina, Cheese (10.3%) (Milk, Cultures, Enzymes, Salt, Anticaking Agent (460), Starch, Preservative (200)), White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk), Milk Powder), Grated Cheese, Pepper, Vegetables.

ALLERGENS: Milk, Wheat

DIET KEY LEGEND



Mini Meals cont - 200g

63181 Sausages with Gravy - 200 g

DIET KEY 

Sausages (30%) (Beef (70%), Lamb (30%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223), Canola Oil, Spice and Herb Extracts, Colour (160c), Antioxidants (320, 310), Acidity Regulator (330)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Carrots, Gravy (17%) (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powder, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Beans.

ALLERGENS: Soy, Milk

63198 Spinach & Fetta Omelette - 200 g

DIET KEY  

Vegetables(40%)(pumpkin, carrot, sugar snap peas, red capsicum, baby corns, celery). Egg(40%), water,fetta cheese(9%) (pasteurised milk, non-animal rennet, culture, salt) spinach (4%), skim milk powder, vegetable oil(sunflower), stabiliser (starch, vegetable gums 415,412), salt.

ALLERGENS: Egg, Milk, Soy

63200 Meat Pie with Mash & Vegetables - 200 g

DIET KEY 

Beef Pie (48%) (Wheat, Water, Beef, Vegetable Oil (Soy), Antioxidant (320), Flavour), Thickener (1422), Salt, Soy Flour, Milk Solids, Flavour (Soy), Colour (150c), Spices, Hydrolysed Vegetable Protein), Potato Mash (24%) (Potato (88.5%), Milk, Milk Solids, Salt), Gravy (14%) (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powder, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)), Peas.

ALLERGENS: Soy, Wheat, Milk

63270 Spaghetti Bolognese - 200 g

DIET KEY 

Vegetables, Spaghetti (32%) (Durum wheat semolina, water), Vegetable oil. Bolognese sauce (25%)(Beef mince (12%), concentrated crushed tomatoes(8%), salt, food acid (citric), concentrated tomato, red wine, onion, minced garlic, vegetable oil, water, thickener (1422), salt, seasoning (salt, maltodextrin, sugar, flavour, vegetable oil, flavour enhancers (635, 627), yeast extract, colours (turmeric, caramel IV), ground white pepper, mixed herbs, parsley, basil leaves, Cheese (pasteurised milk, salt, cultures, enzyme (rennet), anti-caking agent (460), Preservative (200). Canola oil spray.

ALLERGENS: Egg, Wheat, Soy, Milk, Peanuts, Sesame, Tree Nuts

63006 Beef Stroganoff - 200 g

DIET KEY   

Vegetables, Beef (26%), water, sliced mushrooms(6%), water, rice, salt, antioxidant(300), thickened cream, vegetable gum(407,412), tomato concentrate, 24/26 Brix, tapioca starch, maltodextrin, whey powder, sugar, hydrolysed vegetable protein(maize,soy), flavouring(soy), chicken fat, ground spice, dehydrated vegetable(onion, garlic, capsicum), caramel powder(150d,150c), flavour enhancer(635), shortening powder. Modified maize starch(1422), vegetable fat,milk solids, Coflo 67, rice flour, Canola oil, food acid(330). Spice extract, ground spices, flavour enhancer(635), vinegar, vegetable oil, pepper. Anticaking agent (551). Parisienne essence. Parsley flakes.

ALLERGENS: Milk, Soy

63351 Chicken Scallopini with Bacon - 200 g

DIET KEY  

Chicken Scaloppini (64%) (Chicken (51.4 %), Mushrooms, Water, Thickened Cream (Cream (Milk), Vegetable Gums (407, 412)), Wine (Preservative (220), Antioxidant (300)), Gravy Powder (Soy), Bacon, Chicken Powder, Pepper, Sage), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt), Carrots, Broccoli.

ALLERGENS: Milk, Soy

63063 Curried Prawns & Rice - 200 g

DIET KEY   

Vegetables (30%), Rice (25%), Curried Prawns (45%) ((Prawns (50.7%), Salt), Water, Vegetables (17.5 %), Onion, White Sauce (Thickener (1422), Milk Solids, Maize Starch, Flavouring (Milk)), Flavour Enhancer (627, 631), Curry Powder (0.6 %), Pepper, Acidity Regulator (270)).

ALLERGENS: Crustacea, Milk

63040 Pork in BBQ Sauce - 200 g

DIET KEY  

Pork in BBQ Sauce (45%) (Pork Fillets (72%), BBQ Sauce (25%) (Concentrated Tomatoes, Apple Puree, Sugar, Thickener (1414), Salt, Acidity Regulators (260, 330), Colour (150c), Natural Flavours, Spice), Vegetable Mix (Carrots, Cauliflower, Broccoli), Fried Rice (Rice (53.6%), Vegetables (Carrots, Peas, Corn, Shallots), Bacon, Egg, Onion, Soy Sauce, Vegetable Powder), Carrots, Cauliflower, Broccoli.

ALLERGENS: Egg, Soy, Wheat

63232 Vegetarian Cottage Pie - 200 g

DIET KEY  

Vegetarian Cottage Pie (70%) (Vegetables 34% (Peas, Beans, Zucchini, Carrots, Onions), Mashed Potato 29% (Water, Potatoes, Potato Flakes (Potatoes, vegetable fat, lactose (from milk), salt, sodium caseinate (from milk), emulsifier (471), stabiliser (450), acidity regulator (330), flavour, preservative(sulphur dioxide), antioxidant (304)), Margarine, Cream), Crushed Tomatoes 14% (Water, Concentrated Crushed Tomatoes, Salt, Food Acid (Citric)), Red Lentils 8%, Water, Cheese, Oil, Thickener (1422), Salt, White Pepper, Paprika) Pumpkin (15%), Beans (15%).

ALLERGENS: Milk, Soy

63352 Chicken Pesto Pasta

DIET KEY 

Water (33.1 %), Chicken Thigh (31.7 %), Pasta (durum wheat semolina) (Wheat) (7.8 %), Pimento (E330), Artichoke Heart, Cream Thickened (cream, vegetable gums(407, 412)) (Milk), Pesto Basil (3.4 %) (basil, vegetable oil(canola, olive), nuts(pine nuts, cashews, pistachios, salt, sugar, parmesan cheese(milk), food acids(330, 270), preservative (202)) (Milk, Peanuts, Tree Nuts), Onion, Sauce White (Thickener (1422), maize starch), Wine – White (Sulphites) (2.1 %), Booster – Chicken (disodium guanylate & inosinate), Garlic (vegetable gum (415), acidity regulator (260,330)) White Pepper

ALLERGENS: Wheat, Milk, Peanuts, Tree nuts, Sulphites

DIET KEY LEGEND



SOFT



LOW FAT



LOW SODIUM



GLUTEN FREE



LACTOSE FREE



Blended Meals - 360g

60026SS Savoury Lamb & Vegetable Blend

DIET KEY

Lamb Puree (41%) (Lamb (59.2%), Onion, Water, Crushed Tomato, Carrot, Celery, Starch, Tomato Paste, Vegetable Powder, Caramel Colour (150c), Crushed Garlic, Mixed Herbs), Vegetable Puree (38%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt).

ALLERGENS: Milk

60056SS Chicken & Vegetable Blend

DIET KEY

Chicken & Vegetable Casserole (41%) (Chicken (43.1 %), Water, Vegetables (19.4%) (Carrots, Peas, Corn, Onion), White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk)), Chicken Powder, Salt, Pepper, Parsley Flakes, Vegetable Puree (38%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Mashed Potato (Potato, Milk, Salt).

ALLERGENS: Milk

60233SS Savoury Beef & Vegetable Blend

DIET KEY

Savoury Beef (41%) (Beef (60.0 %), Onion, Water, Crushed Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330)), Carrot, Celery, Tomato Paste (Tomato Concentrate), Beef Powder, Starch, Caramel Colour (150c), Garlic, Herbs), Vegetable Puree (37.8%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Mashed Potato (Potato, Milk, Salt).

ALLERGENS: Milk

60234SS Savoury Pork & Vegetable Blend

DIET KEY

Pureed Pork (41%) (Pork (59.2 %), Onion, Water, Crushed Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (330)), Carrot, Celery, Starch, Tomato Paste (Tomato Concentrate), Vegetable Powder Caramel Colour (150c), Garlic, Herbs, Vegetable Puree (38%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt).

ALLERGENS: Milk

60003SS Beef & Bacon Blend

DIET KEY

Beef & Bacon Casserole (41%) (Beef (58.1%), Water, Bacon (9.7%), Onion, Gravy Powder (Soy), Carrot, Starch, Celery, Tomato Paste, Garlic, Pepper, Colour (150c), Salt), Vegetable Puree (38%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Mashed Potato (Potato, Milk, Salt).

ALLERGENS: Milk, Soy

60047SS Pork, Apple & Cranberry Blend

DIET KEY

Pork, Apple & Cranberry Casserole (42%) (Pork (55.5 %), Water, Apple Slices (6.2%), Apple Puree (5.8%), Cranberry Sauce (5.6 %), Onion, Gravy Powder (Soy), Carrot, Starch, Celery, Dried Cranberries, Tomato Paste, Salt, Pepper, Garlic, Caramel Colour (150c)), Vegetable Puree (38%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Mashed Potato (Potato, Milk, Salt).

ALLERGENS: Soy, Milk

60052SS Curried Chicken Blend

DIET KEY

Curried Chicken Puree (41%) (Chicken (58.5 %), Vegetables (Carrots, Peas, Corn), Water, White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk)), Diced Onion, Chicken Powder, Curry Powder, Ground Turmeric, Crushed Garlic, Pepper, Salt), Vegetable Puree (37.8%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt).

ALLERGENS: Milk

60055SS Chicken & Asparagus Blend

DIET KEY

Vegetables (potato, carrot, pumpkin, green split peas) Chicken (20%), milk, asparagus (4.5%), bacon (pork) salt, water, mineral salts (451,452,450), antioxidant(316), flavour enhancer (631,635,627), preservative (250), cheese, onion, thickener (1422), wheat flour, seeded mustard (food acid (260), herbs & spices), vegetable oil, seasoning, maltodextrin, yeast extract, tumeric, caramel IV, thickened cream, vegetable gums (407,412), pepper white ground, potato flakes, dehydrated vegetables (pumpkin, onion, garlic), modified maize starch (1422), whey powder, potato starch, vegetable protein(maize), vegetable shortening powder, canola oil, Coflo 67.

ALLERGENS: Wheat, Milk

60061SS Steamed Fish Blend

DIET KEY

Steamed Basa Fillet (31%) (Fish), Vegetable Puree (36%) (Water, Pumpkin, Carrot, Peas, Potato Flakes (Potatoes, Stabiliser (471, 300), Antioxidant (300), Starch, Salt, Pepper), Mashed Potato (Potato, Milk, Salt), Parsley Sauce (15%) (Water, Milk Powder, Thickener (1422), Milk Solids, Starch, Flavouring (Milk), Thickened Cream (Milk), Vegetable Gums (407, 412), Salt, Parsley Flakes (0.1%), White Pepper, Onion Powder, Ground Cloves).

ALLERGENS: Fish, Milk

60075SS Curry Vegetable Blend

DIET KEY

Vegetables (67.5%), water, onion, modified maize starch (1422), sultanas, coconut milk, maltodextrin, emulsifier (469), salt, maize maltodextrin, sugar, yeast extract, rice flour, garlic, natural vegetable flavours, flavour enhancer (627, 631), canola oil, chilli, curry powder, milk, salt, stabilisers (471, 330), antioxidant (300)

ALLERGENS: Milk

DIET KEY LEGEND



Desserts

60087 Wine Trifle with Cream**DIET KEY**  

Water, Two Fruits(9%)(pear, peach Fruit juice(apple, pineapple ,pear, peach). Sugar, full cream milk powder, thickener(1414), vegetable gums(401,410,412,415,466),salt, food acid(331),flavours, colours(102,110,160a),Jelly(6%),gelatine, citric acid. Cake Mix(3%), wheat flour, canola oil, non-fat milk solids, pregelatinised wheat starch, raising agents(450,500), dextrose, rice starch, emulsifiers(475,433soy,472b,477), preservative(202,220),soy flour. Wine(2%), antioxidant(300), egg pulp pasteurised. Thickened cream, gelatine.

ALLERGENS: Milk, Wheat, Egg, Soy, Sulphites

60091 Peaches & Custard**DIET KEY**   

Peaches (30%), water, pear Juice (5%), food acid (330), antioxidant (300), custard(50%)milk, sugar, wheat starch, colours (110,102), thickener maize (1422), salt, vanilla essence, ethanol, flavour.

ALLERGENS: Milk

60100 Sticky Date with Caramel Sauce**DIET KEY** 

Wheat flour, sugar, dates(5%), maltodextrin, vegetable fat(vegetable oil, emulsifiers(471,477),antioxidant(320)), milk solids, raising agents(450,500,541),Salt, colour(102,155,133,150c),spice, mineral salt(170),wheat starch, vegetable gum(xanthan), preservative(202), acidity regulator(330), malt extract, water, egg. Water, sugar, maize thickener(1442), condensed milk, flavour, vegetable gum(415), preservatives(202,223)

ALLERGENS: Wheat, Milk, Soy, Egg. May contain: Tree nuts, Sesame

60103 Fruit Salad**DIET KEY**     

Fruit Salad (61% Min)- diced pears, peaches, grapes, pineapple. Refined fruit juice(pear, apple, pineapple, peach).

ALLERGENS:

60106 Creamed Rice & Apricots**DIET KEY**   

Milk(54%), rice (5%), sugar, butter, vanilla essence (water, flavour, ethanol). Apricots (19%), Pear Juice Concentrate, Firming Agent (509)

ALLERGENS: Milk

60116 Stewed Apple & Custard**DIET KEY**    

Apples (41%), white sugar, water, ground cloves, ground cinnamon. Custard(50%) (Milk(34%) custard powder(2%)(wheat starch, salt, colours(110,102). Thickener(1422), vanilla essence(ethanol, flavour).

ALLERGENS: Milk

60118 Blueberry Sponge Crumble with Custard**DIET KEY** 

Blueberry Sponge Crumble 62% (Wheat Flour, Sugar, Vegetable Oil, Emulsifiers (471,472b,477), Antioxidant (320), Glucose, Milk Solids, Mineral Salt (339, 327, 452)), Raising Agents (450, 500, 541), Wheat Starch, Vegetable Gums (412, 466), Preservative (202), Flavour, Food Additive (330), Colours (100, 160a), Soy Flour, Blueberries (50%), Water, Thickener (1442), Egg, Margarine), Custard 50% (Water 73.6%, Milk Powder & Solids, Sugar, Thickener (1422), maize starch, flavouring, Thick Cream (Cream, vegetable gums(407, 412), Vanilla Essence (colour (150c), preservative (202), food acid (330), Yellow colour (102, 110), food acid (260, 330))

ALLERGENS: Milk, Wheat, Soy, Egg

60130 Apple & Rhubarb Crumble with Custard**DIET KEY**  

Apple(21%), antioxidant, calcium chloride, self-raising flour(wheat), Rhubarb(8%), fruit juice, sugar, coconut desiccated, margarine, canola and sunflower oil, water salt, milk solids, emulsifiers(soy, lecithin,471), preservative(202), food acid, colour(beta-carotene), vitamins(A & D), modified maize starch(1422), ethanol, vegetable gums(413,415), colours(102,122,123,110). Custard(38%) (milk(25%), custard powder(1%), wheat starch, vanilla essence).

ALLERGENS: Milk, soy, Wheat

60131 Carrot Cake**DIET KEY** 

Icing mixture (cane sugar, tapioca starch), Canola Oil, water, carrot (10.5%), wheat flour, Neufchatel cheese (milk, cream, vegetable gums (410, 412, 415), starter cultures). Vegetable oils(soybean oil),water, salt, emulsifier(322(soy), 435,471,475), preservative(202), acidity regulator(330), antioxidant(306,soy), permitted colour(160a), & flavour. Pecans, walnuts, pear, whey, vanilla flavour, ethanol, caramel(150c,150d), glycerine(422), baking soda(450,500), cinnamon.

ALLERGENS: Milk, soy, Wheat. May contain traces of egg, peanuts, sesame seeds & tree nuts

60134 Chocolate Mousse**DIET KEY**    

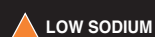
Sugar, skim milk powder, cocoa (15%), gelatine, maltodextrin, hydrogenated vegetable oil, glucose syrup solids, flavours, milk protein, thickener (412), Colours(155), emulsifier (472a)

ALLERGENS: Milk

60143 Bread & Butter Pudding**DIET KEY** 

Skim Milk(52%), Egg(23%) Bread (11%) (flour, wheat, water, bakers yeast, vinegar, iodised salt, canola oil, wheat, soy flour, emulsifiers (481,472e,471), vitamins(thiamine, folate), honey, sultanas, vanilla essence, ethanol, ground cinnamon.

ALLERGENS: Wheat, Egg, Milk, Soy, Sesame

DIET KEY LEGEND



Desserts cont

60145 Baked Rice Pudding

DIET KEY

Water, egg(26%), milk (8.5%), rice(10%), sugar , vanilla essence, flavour, colour caramel (150c), preservative (202), food acid (330), nutmeg

ALLERGENS: Milk, Egg, Wheat

60149 Mango Flavoured Mousse

DIET KEY

Sugar, skim powder, hydrogenated Vegetable oil, gelatine, glucose, Emulsifier (472a), milk protein, acidity regulator (330), Salt, Flavour, Colour (102, 110).

ALLERGENS: Milk

60252 Banana Cake

DIET KEY

Banana(15%), Icing mixture, (cane sugar, tapioca starch), raw sugar, self-raising flour, canola oil, water, wheat flour, vegetable oil, milk solids, salt, emulsifier(435,322 (soy),471,475,492), preservative(202), antioxidant(320), stabiliser(385), acidity regulator(330), flavour, and colour (100,160a,150d). Neufchatel cheese, cream, vegetable gums(410,412,415), starter cultures. Nutmeg, pear, whey, bicarbonate soda(500), glycerine(422), vanilla flavour, ethanol.

ALLERGENS: Wheat, Milk, soy. May contain traces of egg, peanuts, tree nuts, sesame seeds

60084 Lemon Drizzle Cake

DIET KEY

Sugar, egg, wheat flour (wheat), vegetable oil, milk solids, water, salt, emulsifier (435, 322 {soy }, 471, 475, 492), preservative (202), antioxidant (320), stabiliser (385), acidity regulator (330), flavour, colour (100,160a), lemon juice (10.1%), cream, mineral salt (450, 500), vegetable gum (400), sucrose, tapioca starch

ALLERGENS: Soy, Wheat, Egg, Milk. May contain traces of: Peanuts, Tree nuts and Sesame seeds.

60113 Creamed Rice & Fruit Blend

DIET KEY

Milk (55%), Rice (5.3%), Sugar, Butter, Vanilla Essence, Apple Puree (28.3%), Pineapple Juice (3.3%), Thickeners (1422, 410, 415), Fruit (Pear/Apple) Juice Concentrate, Flavour, Natural Colour (100).

ALLERGENS: Milk

Premium Desserts

60092 Tropical Pavlova

DIET KEY

Pavlova(33%) Sugar, egg white(vegetable gums(415,412), whipping agent(1505)), egg white powder, vinegar, natural vanilla, xanthan gum(415).Fruit salad(pears & peaches, grapes, pineapple, apple). Cream ,vegetable gums(407,412)

ALLERGENS: Milk, Egg

60261 Strawberry Swirl Cheesecake

DIET KEY

Cream, mineral salt(450,500), vegetable gum(400,410,412,415), wheat flour, sugar, palm oil, antioxidant - soy lecithin(E322,320), tocopherol(307), milk solids, salt, raising agent(E503), sodium bicarbonate(500), sodium pyrophosphate(E450), Neufchatel cheese(17.14%), starter cultures. Water, vegetable oil, emulsifiers(435,471,475,492), preservative(202). Stabiliser(385), acidity regulator(330,331,3412), flavour & colour(100,160a,150d). Strawberry(4%), glucose-fructose syrup, pectin(E440), carrageenan(E407).Beef hide gelatine, lemon juice, maize cornflour starch, strawberry flavour, propylene glycol(1520), vanilla flavour.

ALLERGENS: Soy, Milk, Wheat. May contain traces of peanuts, tree nuts and sesame seeds

60267 Choc Rocher Slice with Cream

DIET KEY

Classique Chocolate(sugar, vegetable fat, cocoa powder, milk solids, emulsifiers(soya,lecithin,492,435,322) favours). Thickened cream,(20%), mineral salt,(450,500), vegetable gum(400), Halal gelatine, Egg, butter rich(vegetable oil, milk solids, water, salt, soy derived(471,475,492). Preservative(202), antioxidant (320), stabiliser (385), acidity regulator(330), flavour, colour(100,160a). Almond whey, gelatine (beef hide).

ALLERGENS: Milk, Soy, Egg, Tree nuts. May contain traces of peanuts, tree nuts and sesame seeds

60269 Tiramisu

DIET KEY

Water (42.6 %), Cheese Marscapone (26.7%) (cream, thickener (1442), food acid (330), vegetable gum(407)), Biscuit Savoiardi (14%) (Wheat flour, sugar, egg, baking powder (raising agents 500, 450), flavour), Rap Crème De Passtier (sugar, milk powder, thickener (1414), vegetable gums (401, 407, 410, 412, 415, 466), salt, food acid (331), flavours, colours(102, 110)) Cream Cooking (cream, vegetable gums(407, 412)), Tia Maria (0.7 %), Coffee (0.6 %), Cocoa Powder (0.6 %), Sugar.

ALLERGENS: Eggs, Wheat, Milk

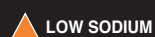
60089 Chocolate Lava Pudding

DIET KEY

Mud mix (sugar, wheat flour (thiamine, folate), cocoa powder (6%), vegetable oil (canola), antioxidant (307), vegetable fat ((vegetable oil (palm), emulsifiers (471, 477), antioxidant (307))), maltodextrin, potato flour, salt, milk solids, raising agents (341, 450, 500), natural flavour, vegetable gum (415)), water, canola oil, chocolate (7.2%) (Sugar, vegetable fat (soya lecithin 492), cocoa powder, milk solids, emulsifiers (soya lecithin 476), flavours), thickened cream (cream, gelatine, stabiliser (407a), emulsifier (471)), whey, calcium carbonate

ALLERGENS: Soy, Wheat, Milk

DIET KEY LEGEND





Desserts Premium cont

60086 Apple Pie with Cream

DIET KEY  

Apple (53%), antioxidant (300, 320), mineral salt (509), flour, sugar, vegetable shortening (vegetable oil, water, salt, emulsifier (322, 471), preservative (202), flavour, food acid (330), colour (102, 124, 132, 160a), egg, thickener (1422), vanilla essence (stabiliser (413), baking powder (raising agent (500, 450), anti-caking agent (170), maize starch), cinnamon, Cream (23.7 %), gelatine

ALLERGENS: Milk, Wheat, Egg, Soy, Sulphites

60138 Apricot Pie with Cream

DIET KEY  

Apricot(25%), apple(17%), wheat flour, sugar, butter, sunflower oil, canola oil, water, salt, milk solids, emulsifiers(471 soy), food acid(citric), colour(160a), flavour, vitamins A & D, modified maize starch(1422),. Baking powder(wheat starch), egg, milk, flavour, cinnamon. Cream, halal gelatine.

ALLERGENS: Wheat, Milk, egg, soy. May contain traces of nuts



Beef Main Meals

60003 Beef & Bacon Casserole

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1440 kJ	400 kJ
Protein	28.0 g	7.8 g
Fat, total	12.6 g	3.5 g
- saturated	4.3 g	1.2 g
Carbohydrate	26.4 g	7.3 g
- sugars	7.6 g	2.1 g
Sodium	380 mg	105 mg

60004 Corned Silverside

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1380 kJ	384 kJ
Protein	34.5 g	9.6 g
Fat, total	8.2 g	2.3 g
- saturated	4.2 g	1.2 g
Carbohydrate	25.0 g	7.0 g
- sugars	10.6 g	2.9 g
Sodium	1980 mg	549 mg

60005 Cottage Pie

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1230 kJ	341 kJ
Protein	23.7 g	6.6 g
Fat, total	6.8 g	1.9 g
- saturated	2.6 g	0.7 g
Carbohydrate	30.9 g	8.6 g
- sugars	10.8 g	3.0 g
Sodium	525 mg	146 mg

60006 Beef Stroganoff

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1490 kJ	413 kJ
Protein	25.1 g	7.0 g
Fat, total	10.4 g	2.9 g
- saturated	4.5 g	1.2 g
Carbohydrate	36.5 g	10.1 g
- sugars	6.1 g	1.7 g
Sodium	494 mg	137 mg

60009 Roast Beef with Gravy

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2710 kJ	754 kJ
Protein	33.5 g	9.3 g
Fat, total	44.3 g	12.3 g
- saturated	20.6 g	5.7 g
Carbohydrate	26.8 g	7.4 g
- sugars	7.1 g	2.0 g
Sodium	271 mg	75 mg

60010 Beef Lasagne

Nutrition Information

Servings per package: 1.00

Serving size: 370.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2400 kJ	649 kJ
Protein	26.0 g	7.0 g
Fat, total	27.9 g	7.5 g
- saturated	14.3 g	3.9 g
Carbohydrate	52.1 g	14.1 g
- sugars	11.5 g	3.1 g
Sodium	931 mg	252 mg

60012 Honey Mustard Beef

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1310 kJ	364 kJ
Protein	36.2 g	10.0 g
Fat, total	6.5 g	1.8 g
- saturated	1.4 g	0.4 g
Carbohydrate	24.4 g	6.8 g
- sugars	10.0 g	2.8 g
Sodium	558 mg	155 mg

60016 Steak & Kidney Pie

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2110 kJ	585 kJ
Protein	43.1 g	12.0 g
Fat, total	15.5 g	4.3 g
- saturated	7.7 g	2.2 g
Carbohydrate	44.7 g	12.4 g
- sugars	10.0 g	2.8 g
Sodium	762 mg	212 mg

60115 Rissole with Onion Gravy

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1080 kJ	301 kJ
Protein	21.7 g	6.0 g
Fat, total	4.6 g	1.3 g
- saturated	1.2 g	0.3 g
Carbohydrate	29.3 g	8.1 g
- sugars	6.8 g	1.9 g
Sodium	743 mg	206 mg

60200 Beef Pie with Mash & Gravy

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2370 kJ	659 kJ
Protein	22.2 g	6.2 g
Fat, total	24.6 g	6.8 g
- saturated	12.6 g	3.5 g
Carbohydrate	60.2 g	16.7 g
- sugars	4.3 g	1.2 g
Sodium	1090 mg	303 mg

60181 Sausages with Gravy

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1780 kJ	494 kJ
Protein	18.9 g	5.2 g
Fat, total	25.3 g	7.0 g
- saturated	12.2 g	3.4 g
Carbohydrate	25.8 g	7.2 g
- sugars	6.6 g	1.8 g
Sodium	1160 mg	323 mg

60270 Spaghetti Bolognese

Nutrition Information

Servings per package: 1.00

Serving size: 360.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1700 kJ	473 kJ
Protein	25.0 g	7.0 g
Fat, total	13.2 g	3.7 g
- saturated	5.1 g	1.4 g
Carbohydrate	42.4 g	11.8 g
- sugars	9.3 g	2.6 g
Sodium	434 mg	121 mg



Lamb Main Meals

60021 Roast Lamb with Gravy

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1710 kJ	474 kJ
Protein	33.7 g	9.4 g
Fat, total	17.1 g	4.7 g
- saturated	6.1 g	1.7 g
Carbohydrate	26.8 g	7.4 g
- sugars	7.1 g	2.0 g
Sodium	316 mg	88 mg

60022 Lamb Chop with Gravy

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1330 kJ	369 kJ
Protein	18.4 g	5.1 g
Fat, total	18.7 g	5.2 g
- saturated	7.5 g	2.1 g
Carbohydrate	16.3 g	4.5 g
- sugars	3.6 g	1.0 g
Sodium	275 mg	77 mg

60027 Crumbed Lamb Patties with Gravy

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2100 kJ	583 kJ
Protein	23.9 g	6.6 g
Fat, total	19.8 g	5.5 g
- saturated	7.2 g	2.0 g
Carbohydrate	53.3 g	14.8 g
- sugars	5.9 g	1.6 g
Sodium	1020 mg	283 mg

60025 Mongolian Lamb with Rice

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1480 kJ	412 kJ
Protein	28.3 g	7.9 g
Fat, total	8.4 g	2.3 g
- saturated	2.6 g	0.7 g
Carbohydrate	40.6 g	11.3 g
- sugars	10.7 g	3.0 g
Sodium	823 mg	229 mg

60028 Sweet Lamb Curry with Cous Cous

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1320 kJ	368 kJ
Protein	25.7 g	7.2 g
Fat, total	7.3 g	2.0 g
- saturated	2.0 g	0.6 g
Carbohydrate	33.4 g	9.3 g
- sugars	12.0 g	3.3 g
Sodium	461 mg	128 mg

Pork Main Meals

60040 Pork in BBQ Sauce

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1830 kJ	509 kJ
Protein	34.5 g	9.6 g
Fat, total	7.8 g	2.2 g
- saturated	2.3 g	0.6 g
Carbohydrate	53.8 g	14.9 g
- sugars	12.5 g	3.5 g
Sodium	813 mg	226 mg

60042 Roast Pork with Gravy

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1860 kJ	516 kJ
Protein	42.7 g	11.9 g
Fat, total	15.9 g	4.4 g
- saturated	5.4 g	1.5 g
Carbohydrate	28.7 g	8.0 g
- sugars	7.7 g	2.1 g
Sodium	358 mg	99 mg

60044 Ham & Cheese Omelette

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1820 kJ	505 kJ
Protein	21.8 g	6.0 g
Fat, total	16.5 g	4.6 g
- saturated	6.1 g	1.7 g
Carbohydrate	47.5 g	13.2 g
- sugars	6.9 g	1.9 g
Sodium	694 mg	193 mg

60046 Ham Steak & Pineapple Glazed

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1120 kJ	311 kJ
Protein	18.5 g	5.1 g
Fat, total	8.6 g	2.4 g
- saturated	3.4 g	0.9 g
Carbohydrate	25.9 g	7.2 g
- sugars	11.2 g	3.1 g
Sodium	1390 mg	387 mg

60047 Pork, Apple & Cranberry Casserole

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1220 kJ	340 kJ
Protein	25.8 g	7.2 g
Fat, total	3.3 g	0.9 g
- saturated	0.9 g	0.3 g
Carbohydrate	37.8 g	10.5 g
- sugars	11.1 g	3.1 g
Sodium	258 mg	72 mg

60192 Sweet & Sour Pork

Nutrition Information

Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1210 kJ	335 kJ
Protein	17.8 g	5.0 g
Fat, total	1.6 g	0.4 g
- saturated	0.4 g	0.1 g
Carbohydrate	47.0 g	13.0 g
- sugars	13.8 g	3.8 g
Sodium	907 mg	252 mg



Chicken Main Meals

60050 Honey Soy Chicken

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2210 kJ	614 kJ
Protein	40.6 g	11.3 g
Fat, total	12.8 g	3.5 g
- saturated	3.9 g	1.1 g
Carbohydrate	58.0 g	16.1 g
- sugars	19.2 g	5.3 g
Sodium	1070 mg	297 mg

60051 Roast Chicken with Gravy

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1450 kJ	404 kJ
Protein	33.7 g	9.4 g
Fat, total	9.6 g	2.7 g
- saturated	2.4 g	0.7 g
Carbohydrate	27.9 g	7.8 g
- sugars	7.5 g	2.1 g
Sodium	328 mg	91 mg

60052 Curried Chicken with Rice

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1220 kJ	339 kJ
Protein	21.6 g	6.0 g
Fat, total	5.3 g	1.5 g
- saturated	1.5 g	0.4 g
Carbohydrate	34.8 g	9.7 g
- sugars	7.3 g	2.0 g
Sodium	360 mg	100 mg

60054 Chicken Strips with Lemon Sauce

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1670 kJ	464 kJ
Protein	20.6 g	5.7 g
Fat, total	10.3 g	2.9 g
- saturated	2.7 g	0.7 g
Carbohydrate	52.5 g	14.6 g
- sugars	14.2 g	4.0 g
Sodium	818 mg	227 mg

60055 Chicken & Asparagus Mornay

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1520 kJ	421 kJ
Protein	29.4 g	8.2 g
Fat, total	17.0 g	4.7 g
- saturated	6.4 g	1.8 g
Carbohydrate	19.7 g	5.5 g
- sugars	5.5 g	1.5 g
Sodium	393 mg	109 mg

60056 Chicken & Vegetable Pie

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1380 kJ	382 kJ
Protein	21.0 g	5.8 g
Fat, total	9.4 g	2.6 g
- saturated	4.5 g	1.2 g
Carbohydrate	35.8 g	9.9 g
- sugars	9.6 g	2.7 g
Sodium	311 mg	86 mg

60059 Butter Chicken & Rice

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1670 kJ	463 kJ
Protein	24.5 g	6.8 g
Fat, total	14.9 g	4.2 g
- saturated	6.6 g	1.8 g
Carbohydrate	38.8 g	10.8 g
- sugars	9.8 g	2.7 g
Sodium	514 mg	143 mg

60182 Chicken Schnitzel, Vegetables & Gravy

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1390 kJ	387 kJ
Protein	22.9 g	6.4 g
Fat, total	10.5 g	2.9 g
- saturated	2.1 g	0.6 g
Carbohydrate	33.4 g	9.3 g
- sugars	2.5 g	0.7 g
Sodium	763 mg	212 mg

60351 Chicken Scallopini with Bacon

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1260 kJ	349 kJ
Protein	21.9 g	6.1 g
Fat, total	11.0 g	3.1 g
- saturated	4.9 g	1.4 g
Carbohydrate	22.9 g	6.4 g
- sugars	8.5 g	2.4 g
Sodium	604 mg	168 mg

60057 Thai Green Chicken Curry

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1250 kJ	347 kJ
Protein	22.2 g	6.2 g
Fat, total	5.6 g	1.6 g
- saturated	1.6 g	0.5 g
Carbohydrate	37.3 g	10.4 g
- sugars	6.3 g	1.8 g
Sodium	185 mg	51 mg

60053 Chicken Parmigiana

Nutrition Information		
Servings per package:	1.00	
Serving size:	360.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1690 kJ	469 kJ
Protein	28.6 g	7.9 g
Fat, total	16.1 g	4.5 g
- saturated	7.1 g	2.0 g
Carbohydrate	32.8 g	9.1 g
- sugars	8.0 g	2.2 g
Sodium	785 mg	218 mg



Fish Main Meals

60060 Crumbed Fish

Nutrition Information			
Servings per package: 1.00			
Serving size: 365.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1640 kJ	449 kJ	
Protein	17.7 g	4.8 g	
Fat, total	10.2 g	2.8 g	
- saturated	1.4 g	0.4 g	
Carbohydrate	51.2 g	14.0 g	
- sugars	8.6 g	2.4 g	
Sodium	552 mg	151 mg	

60061 Steamed Fish

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	837 kJ	232 kJ	
Protein	23.2 g	6.4 g	
Fat, total	2.5 g	0.7 g	
- saturated	1.7 g	0.5 g	
Carbohydrate	19.3 g	5.4 g	
- sugars	7.5 g	2.1 g	
Sodium	161 mg	45 mg	

60066 Fish Cake with Parsley Sauce

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1850 kJ	514 kJ	
Protein	15.7 g	4.4 g	
Fat, total	16.7 g	4.6 g	
- saturated	3.3 g	0.9 g	
Carbohydrate	52.2 g	14.5 g	
- sugars	9.0 g	2.5 g	
Sodium	422 mg	117 mg	

60063 Curried Prawns with Rice

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1080 kJ	299 kJ	
Protein	20.4 g	5.7 g	
Fat, total	1.6 g	0.4 g	
- saturated	0.4 g	0.1 g	
Carbohydrate	35.6 g	9.9 g	
- sugars	7.3 g	2.0 g	
Sodium	725 mg	202 mg	

Veal Main Meals

60030 Vienna Schnitzel

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1510 kJ	418 kJ	
Protein	24.4 g	6.8 g	
Fat, total	13.2 g	3.7 g	
- saturated	2.6 g	0.7 g	
Carbohydrate	32.7 g	9.1 g	
- sugars	6.5 g	1.8 g	
Sodium	573 mg	159 mg	

60033 Veal Parmigiana

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1290 kJ	358 kJ	
Protein	25.7 g	7.1 g	
Fat, total	10.3 g	2.9 g	
- saturated	4.9 g	1.4 g	
Carbohydrate	23.7 g	6.6 g	
- sugars	6.4 g	1.8 g	
Sodium	520 mg	144 mg	



Vegetarian Main Meals

60070 Macaroni Cheese

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1500 kJ	416 kJ	
Protein	19.8 g	5.5 g	
Fat, total	14.8 g	4.1 g	
- saturated	9.4 g	2.6 g	
Carbohydrate	32.1 g	8.9 g	
- sugars	6.5 g	1.8 g	
Sodium	454 mg	126 mg	

60175 Spinach & Cheese Risotto

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	872 kJ	242 kJ	
Protein	10.4 g	2.9 g	
Fat, total	9.0 g	2.5 g	
- saturated	4.5 g	1.2 g	
Carbohydrate	17.6 g	4.9 g	
- sugars	5.6 g	1.6 g	
Sodium	425 mg	118 mg	

60236 Vegetable Pasta Bake

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1280 kJ	355 kJ	
Protein	15.5 g	4.3 g	
Fat, total	9.8 g	2.7 g	
- saturated	5.2 g	1.4 g	
Carbohydrate	35.4 g	9.8 g	
- sugars	9.9 g	2.8 g	
Sodium	482 mg	134 mg	

60232 Vegetarian Cottage Pie

Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1570 kJ	436 kJ	
Protein	18.1 g	5.0 g	
Fat, total	18.0 g	5.0 g	
- saturated	6.3 g	1.7 g	
Carbohydrate	34.0 g	9.4 g	
- sugars	12.4 g	3.5 g	
Sodium	518 mg	144 mg	



Soups

Minestrone Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	386 kJ	193 kJ
Protein	4.0 g	2.0 g
Fat, total	2.8 g	1.4 g
- saturated	0.6 g	0.3 g
Carbohydrate	12.6 g	6.3 g
- sugars	3.4 g	1.7 g
Sodium	246 mg	123 mg

60121 Pea & Ham Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	660 kJ	330 kJ
Protein	11.0 g	5.5 g
Fat, total	2.4 g	1.2 g
- saturated	0.6 g	0.3 g
Carbohydrate	24.6 g	12.3 g
- sugars	1.8 g	0.9 g
Sodium	266 mg	133 mg

60122 Pumpkin Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	472 kJ	236 kJ
Protein	3.0 g	1.5 g
Fat, total	4.0 g	2.0 g
- saturated	2.4 g	1.2 g
Carbohydrate	15.6 g	7.8 g
- sugars	6.2 g	3.1 g
Sodium	252 mg	126 mg

60123 Beef & Vegetable Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	380 kJ	190 kJ
Protein	6.8 g	3.4 g
Fat, total	1.8 g	0.9 g
- saturated	0.8 g	0.4 g
Carbohydrate	11.4 g	5.7 g
- sugars	2.8 g	1.4 g
Sodium	552 mg	276 mg

60224 Chicken & Vegetable Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	230 kJ	115 kJ
Protein	3.6 g	1.8 g
Fat, total	0.6 g	0.3 g
- saturated	0.2 g	0.1 g
Carbohydrate	8.0 g	4.0 g
- sugars	1.6 g	0.8 g
Sodium	246 mg	123 mg

60225 Potato & Leek Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	686 kJ	343 kJ
Protein	2.2 g	1.1 g
Fat, total	11.8 g	5.9 g
- saturated	7.4 g	3.7 g
Carbohydrate	12.2 g	6.1 g
- sugars	3.6 g	1.8 g
Sodium	352 mg	176 mg

60127 Beef & Barley Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	328 kJ	164 kJ
Protein	4.0 g	2.0 g
Fat, total	1.0 g	0.5 g
- saturated	0.4 g	0.2 g
Carbohydrate	13.0 g	6.5 g
- sugars	2.4 g	1.2 g
Sodium	384 mg	192 mg

60126 Chicken & Corn Soup

Nutrition Information

Servings per package: 1.00

Serving size: 200.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	334 kJ	167 kJ
Protein	5.0 g	2.5 g
Fat, total	3.6 g	1.8 g
- saturated	0.8 g	0.4 g
Carbohydrate	7.4 g	3.7 g
- sugars	1.4 g	0.7 g
Sodium	304 mg	152 mg



Mini Meals -200g

63003 Beef & Bacon Casserole - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	815 kJ	408 kJ
Protein	16.4 g	8.2 g
Fat, total	7.4 g	3.7 g
- saturated	2.6 g	1.3 g
Carbohydrate	13.9 g	7.0 g
- sugars	4.0 g	2.0 g
Sodium	227 mg	114 mg

63004 Corned Silverside with Parsley Sauce - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	826 kJ	413 kJ
Protein	22.1 g	11.1 g
Fat, total	5.0 g	2.5 g
- saturated	2.4 g	1.2 g
Carbohydrate	13.7 g	6.8 g
- sugars	5.2 g	2.6 g
Sodium	1280 mg	642 mg

63005 Cottage Pie - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	730 kJ	365 kJ
Protein	14.7 g	7.4 g
Fat, total	4.1 g	2.1 g
- saturated	1.7 g	0.8 g
Carbohydrate	17.9 g	8.9 g
- sugars	5.8 g	2.9 g
Sodium	342 mg	171 mg

63016 Steak & Kidney Pie - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3460 kJ	1730 kJ
Protein	25.1 g	12.6 g
Fat, total	9.7 g	4.8 g
- saturated	5.0 g	2.5 g
Carbohydrate	26.5 g	13.2 g
- sugars	5.0 g	2.5 g
Sodium	447 mg	224 mg

63021 Roast Lamb with Gravy - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1030 kJ	515 kJ
Protein	21.6 g	10.8 g
Fat, total	11.0 g	5.5 g
- saturated	4.0 g	2.0 g
Carbohydrate	13.6 g	6.8 g
- sugars	3.6 g	1.8 g
Sodium	171 mg	86 mg

63055 Chicken & Asparagus Mornay - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	894 kJ	447 kJ
Protein	17.2 g	8.6 g
Fat, total	10.2 g	5.1 g
- saturated	3.8 g	1.9 g
Carbohydrate	11.6 g	5.8 g
- sugars	2.9 g	1.5 g
Sodium	232 mg	116 mg

63042 Roast Pork with Gravy - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1130 kJ	563 kJ
Protein	27.5 g	13.8 g
Fat, total	10.2 g	5.1 g
- saturated	3.6 g	1.8 g
Carbohydrate	14.7 g	7.4 g
- sugars	4.0 g	2.0 g
Sodium	199 mg	100 mg

63052 Curried Chicken/Steamed Rice - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	717 kJ	358 kJ
Protein	12.8 g	6.4 g
Fat, total	3.2 g	1.6 g
- saturated	0.9 g	0.5 g
Carbohydrate	20.4 g	10.2 g
- sugars	3.4 g	1.7 g
Sodium	209 mg	104 mg

63060 Crumbed Fish, Chips, Veg - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1090 kJ	546 kJ
Protein	13.7 g	6.9 g
Fat, total	7.0 g	3.5 g
- saturated	1.0 g	0.5 g
Carbohydrate	32.8 g	16.4 g
- sugars	3.8 g	1.9 g
Sodium	510 mg	255 mg

63056 Chicken & Vegetable Pie - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	845 kJ	422 kJ
Protein	12.0 g	6.0 g
Fat, total	6.5 g	3.3 g
- saturated	3.6 g	1.8 g
Carbohydrate	21.4 g	10.7 g
- sugars	4.8 g	2.4 g
Sodium	198 mg	99 mg

63059 Chicken Wing in BBQ Sauce - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	220.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2370 kJ	1080 kJ
Protein	28.6 g	13.0 g
Fat, total	27.0 g	12.3 g
- saturated	7.9 g	3.6 g
Carbohydrate	51.7 g	23.5 g
- sugars	5.9 g	2.7 g
Sodium	617 mg	280 mg

63070 Macaroni Cheese with Veg - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	893 kJ	446 kJ
Protein	10.9 g	5.5 g
Fat, total	9.6 g	4.8 g
- saturated	6.1 g	3.1 g
Carbohydrate	19.2 g	9.6 g
- sugars	3.3 g	1.6 g
Sodium	294 mg	147 mg

Mini Meals -200g - cont.

63181 Sausages with Gravy - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1100 kJ	552 kJ
Protein	12.0 g	6.0 g
Fat, total	16.7 g	8.3 g
- saturated	8.0 g	4.0 g
Carbohydrate	13.9 g	7.0 g
- sugars	3.3 g	1.6 g
Sodium	716 mg	358 mg

63198 Spinach & Fetta Omelette - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1160 kJ	580 kJ
Protein	18.8 g	9.4 g
Fat, total	17.2 g	8.6 g
- saturated	6.8 g	3.4 g
Carbohydrate	10.9 g	5.4 g
- sugars	7.1 g	3.5 g
Sodium	545 mg	273 mg

63200 Meat Pie, Mash & Veg - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1030 kJ	516 kJ
Protein	15.1 g	7.6 g
Fat, total	10.2 g	5.1 g
- saturated	5.0 g	2.5 g
Carbohydrate	22.3 g	11.2 g
- sugars	2.8 g	1.4 g
Sodium	430 mg	215 mg

63270 Spaghetti Bolognese - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1050 kJ	525 kJ
Protein	14.3 g	7.2 g
Fat, total	8.9 g	4.4 g
- saturated	3.7 g	1.8 g
Carbohydrate	26.3 g	13.2 g
- sugars	4.6 g	2.3 g
Sodium	265 mg	133 mg

63009 Roast Beef with Gravy - Mini

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1700 kJ	850 kJ
Protein	21.5 g	10.8 g
Fat, total	29.2 g	14.6 g
- saturated	13.7 g	6.8 g
Carbohydrate	13.6 g	6.8 g
- sugars	3.6 g	1.8 g
Sodium	141 mg	71 mg

63006 Beef Stroganoff

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	872 kJ	436 kJ
Protein	15.0 g	7.5 g
Fat, total	6.2 g	3.1 g
- saturated	2.7 g	1.3 g
Carbohydrate	21.2 g	10.6 g
- sugars	3.0 g	1.5 g
Sodium	282 mg	141 mg

63351 Chicken Scallopini with Bacon

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	735 kJ	367 kJ
Protein	13.0 g	6.5 g
Fat, total	6.6 g	3.3 g
- saturated	3.0 g	1.5 g
Carbohydrate	13.1 g	6.5 g
- sugars	4.2 g	2.1 g
Sodium	358 mg	179 mg

63063 Curried Prawns & Rice

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	634 kJ	317 kJ
Protein	11.8 g	5.9 g
Fat, total	0.9 g	0.5 g
- saturated	0.2 g	0.1 g
Carbohydrate	21.5 g	10.8 g
- sugars	4.0 g	2.0 g
Sodium	432 mg	216 mg

63040 Pork in BBQ Sauce

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1390 kJ	694 kJ
Protein	21.7 g	10.9 g
Fat, total	5.9 g	3.0 g
- saturated	1.8 g	0.9 g
Carbohydrate	45.9 g	22.9 g
- sugars	6.6 g	3.3 g
Sodium	603 mg	301 mg

63232 Vegetarian Cottage Pie

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	990 kJ	495 kJ
Protein	11.6 g	5.8 g
Fat, total	12.2 g	6.1 g
- saturated	4.4 g	2.2 g
Carbohydrate	20.2 g	10.1 g
- sugars	6.7 g	3.3 g
Sodium	361 mg	181 mg

63352 Chicken Pesto Pasta

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1440 kJ	721 kJ
Protein	24.2 g	12.1 g
Fat, total	14.4 g	7.2 g
- saturated	5.4 g	2.7 g
Carbohydrate	27.2 g	13.6 g
- sugars	3.4 g	1.7 g
Sodium	530 mg	265 mg



Blends

60026SS Savoury Lamb & Vegetable Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1340 kJ	373 kJ	
Protein	27.1 g	7.5 g	
Fat, total	7.7 g	2.1 g	
- saturated	2.7 g	0.7 g	
Carbohydrate	33.2 g	9.2 g	
- sugars	6.9 g	1.9 g	
Sodium	822 mg	228 mg	

60056SS Chicken & Vegetable Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1310 kJ	364 kJ	
Protein	25.0 g	7.0 g	
Fat, total	6.2 g	1.7 g	
- saturated	2.2 g	0.6 g	
Carbohydrate	36.1 g	10.0 g	
- sugars	6.3 g	1.8 g	
Sodium	391 mg	109 mg	

60233SS Savoury Beef & Vegetable Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1450 kJ	402 kJ	
Protein	33.6 g	9.3 g	
Fat, total	7.9 g	2.2 g	
- saturated	3.6 g	1.0 g	
Carbohydrate	32.0 g	8.9 g	
- sugars	6.8 g	1.9 g	
Sodium	804 mg	223 mg	

60234SS Savoury Pork & Vegetable Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1450 kJ	403 kJ	
Protein	25.6 g	7.1 g	
Fat, total	11.0 g	3.1 g	
- saturated	4.2 g	1.2 g	
Carbohydrate	33.1 g	9.2 g	
- sugars	6.9 g	1.9 g	
Sodium	819 mg	227 mg	

60052SS Curried Chicken Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1290 kJ	358 kJ	
Protein	24.7 g	6.9 g	
Fat, total	6.1 g	1.7 g	
- saturated	2.1 g	0.6 g	
Carbohydrate	34.6 g	9.6 g	
- sugars	6.4 g	1.8 g	
Sodium	562 mg	156 mg	

60003SS Beef & Bacon Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1540 kJ	429 kJ	
Protein	29.5 g	8.2 g	
Fat, total	12.2 g	3.4 g	
- saturated	4.8 g	1.3 g	
Carbohydrate	32.6 g	9.1 g	
- sugars	5.4 g	1.5 g	
Sodium	612 mg	170 mg	

60047SS Pork Apple & Cranberry Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1320 kJ	366 kJ	
Protein	27.9 g	7.7 g	
Fat, total	4.0 g	1.1 g	
- saturated	1.5 g	0.4 g	
Carbohydrate	39.1 g	10.8 g	
- sugars	11.6 g	3.2 g	
Sodium	465 mg	129 mg	

60075SS Curry Vegetable Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 390.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1060 kJ	273 kJ	
Protein	10.5 g	2.7 g	
Fat, total	2.9 g	0.8 g	
- saturated	1.8 g	0.5 g	
Carbohydrate	40.7 g	10.4 g	
- sugars	9.9 g	2.5 g	
Sodium	525 mg	135 mg	

60055SS Chicken & Asparagus Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1820 kJ	493 kJ	
Protein	31.9 g	8.6 g	
Fat, total	17.9 g	4.8 g	
- saturated	6.9 g	1.9 g	
Carbohydrate	34.1 g	9.2 g	
- sugars	6.5 g	1.8 g	
Sodium	630 mg	170 mg	

60061SS Steamed Fish Blend			
Nutrition Information			
Servings per package: 1.00			
Serving size: 360.00 g			
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1140 kJ	318 kJ	
Protein	27.3 g	7.6 g	
Fat, total	3.8 g	1.1 g	
- saturated	2.7 g	0.8 g	
Carbohydrate	31.1 g	8.6 g	
- sugars	7.0 g	2.0 g	
Sodium	342 mg	95 mg	

Desserts

60087 Wine Trifle with Cream

Nutrition Information		
Servings per package:	1.00	
Serving size:	145.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	799 kJ	551 kJ
Protein	2.3 g	1.6 g
Fat, total	9.6 g	6.6 g
- saturated	6.9 g	4.7 g
Carbohydrate	30.6 g	21.1 g
- sugars	18.8 g	12.9 g
Sodium	133 mg	92 mg

60091 Peaches & Custard

Nutrition Information		
Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	412 kJ	344 kJ
Protein	2.2 g	1.8 g
Fat, total	2.3 g	1.9 g
- saturated	1.5 g	1.2 g
Carbohydrate	17.2 g	14.3 g
- sugars	14.0 g	11.6 g
Sodium	44 mg	37 mg

60100 Sticky Date with Caramel Sauce

Nutrition Information		
Servings per package:	1.00	
Serving size:	150.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1750 kJ	1160 kJ
Protein	4.0 g	2.6 g
Fat, total	6.4 g	4.3 g
- saturated	3.2 g	2.1 g
Carbohydrate	84.3 g	56.2 g
- sugars	61.4 g	40.9 g
Sodium	353 mg	235 mg

60103 Fruit Salad

Nutrition Information		
Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	272 kJ	227 kJ
Protein	0.5 g	0.4 g
Fat, total	0.1 g	0.1 g
- saturated	0.1 g	0.1 g
Carbohydrate	14.8 g	12.3 g
- sugars	12.0 g	10.0 g
Sodium	6 mg	5 mg

60106 Creamed Rice & Apricots

Nutrition Information		
Servings per package:	1.00	
Serving size:	150.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	697 kJ	465 kJ
Protein	4.0 g	2.7 g
Fat, total	5.6 g	3.7 g
- saturated	3.7 g	2.5 g
Carbohydrate	24.8 g	16.5 g
- sugars	17.6 g	11.7 g
Sodium	67 mg	45 mg

60116 Stewed Apple & Custard

Nutrition Information		
Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	530 kJ	442 kJ
Protein	1.7 g	1.4 g
Fat, total	2.3 g	2.0 g
- saturated	1.5 g	1.2 g
Carbohydrate	25.6 g	21.4 g
- sugars	22.2 g	18.5 g
Sodium	28 mg	24 mg

60118 Blueberry Sponge Crumble & Custard

Nutrition Information		
Servings per package:	1.00	
Serving size:	160.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1500 kJ	935 kJ
Protein	7.6 g	4.8 g
Fat, total	15.2 g	9.5 g
- saturated	7.8 g	4.9 g
Carbohydrate	64.2 g	40.1 g
- sugars	33.6 g	21.0 g
Sodium	374 mg	234 mg

60130 Apple & Rhubarb Crumble & Custard

Nutrition Information		
Servings per package:	1.00	
Serving size:	160.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1030 kJ	644 kJ
Protein	3.8 g	2.4 g
Fat, total	9.1 g	5.7 g
- saturated	4.3 g	2.7 g
Carbohydrate	37.6 g	23.5 g
- sugars	22.4 g	14.0 g
Sodium	43 mg	27 mg

60131 Carrot Cake

Nutrition Information		
Servings per package:	1.00	
Serving size:	80.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1250 kJ	1560 kJ
Protein	3.2 g	4.0 g
Fat, total	15.2 g	19.0 g
- saturated	2.6 g	3.2 g
Carbohydrate	36.5 g	45.6 g
- sugars	25.4 g	31.8 g
Sodium	214 mg	267 mg

60145 Baked Rice Pudding

Nutrition Information		
Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	578 kJ	482 kJ
Protein	7.2 g	6.0 g
Fat, total	5.9 g	4.9 g
- saturated	2.6 g	2.2 g
Carbohydrate	14.5 g	12.1 g
- sugars	11.2 g	9.3 g
Sodium	90 mg	75 mg

60134 Chocolate Mousse

Nutrition Information		
Servings per package:	1.00	
Serving size:	80.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	231 kJ	289 kJ
Protein	1.5 g	1.9 g
Fat, total	1.4 g	1.7 g
- saturated	1.3 g	1.6 g
Carbohydrate	4.6 g	5.8 g
- sugars	3.8 g	4.7 g
Sodium	18 mg	23 mg

60143 Bread & Butter Pudding

Nutrition Information		
Servings per package:	1.00	
Serving size:	140.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	932 kJ	666 kJ
Protein	11.5 g	8.2 g
Fat, total	5.2 g	3.7 g
- saturated	1.5 g	1.1 g
Carbohydrate	32.9 g	23.5 g
- sugars	23.7 g	16.9 g
Sodium	218 mg	156 mg



Desserts continued

60149 Mango Flavoured Mousse

Nutrition Information		
Servings per package:	1.00	
Serving size:	80.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	80 kJ	100 kJ
Protein	0.7 g	0.9 g
Fat, total	0.6 g	0.8 g
- saturated	0.6 g	0.8 g
Carbohydrate	2.7 g	3.4 g
- sugars	2.4 g	3.0 g
Sodium	10 mg	12 mg

60252 Banana Cake

Nutrition Information		
Servings per package:	1.00	
Serving size:	80.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1190 kJ	1490 kJ
Protein	3.2 g	4.0 g
Fat, total	13.1 g	16.4 g
- saturated	2.7 g	3.4 g
Carbohydrate	37.7 g	47.1 g
- sugars	26.6 g	33.3 g
Sodium	256 mg	320 mg

60084 Lemon Drizzle Cake

Nutrition Information		
Servings per package:	1.00	
Serving size:	65.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	919 kJ	1410 kJ
Protein	2.7 g	4.2 g
Fat, total	9.0 g	13.9 g
- saturated	5.3 g	8.1 g
Carbohydrate	31.2 g	48.0 g
- sugars	23.6 g	36.3 g
Sodium	84 mg	129 mg

60113 Creamed Rice & Fruit Blend

Nutrition Information		
Servings per package:	1.00	
Serving size:	150.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	720 kJ	480 kJ
Protein	4.0 g	2.7 g
Fat, total	4.5 g	3.0 g
- saturated	3.0 g	2.0 g
Carbohydrate	28.3 g	18.9 g
- sugars	19.6 g	13.0 g
Sodium	50 mg	33 mg



Premium Desserts

60092 Tropical Pavlova

Nutrition Information

Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	871 kJ	726 kJ
Protein	2.4 g	2.0 g
Fat, total	7.5 g	6.2 g
- saturated	5.2 g	4.4 g
Carbohydrate	34.0 g	28.4 g
- sugars	31.5 g	26.2 g
Sodium	34 mg	28 mg

60261 Strawberry Swirl Cheesecake

Nutrition Information

Servings per package:	1.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1430 kJ	1430 kJ
Protein	4.4 g	4.4 g
Fat, total	23.4 g	23.4 g
- saturated	14.5 g	14.5 g
Carbohydrate	28.2 g	28.2 g
- sugars	18.8 g	18.8 g
Sodium	196 mg	196 mg

60267 Choc Rocher Slice w/ Whipped Cream

Nutrition Information

Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2120 kJ	1760 kJ
Protein	7.1 g	5.9 g
Fat, total	39.6 g	33.0 g
- saturated	25.2 g	21.0 g
Carbohydrate	30.2 g	25.2 g
- sugars	29.8 g	24.8 g
Sodium	122 mg	102 mg

60269 Tiramisu

Nutrition Information

Servings per package:	1.00	
Serving size:	120.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1170 kJ	973 kJ
Protein	3.5 g	2.9 g
Fat, total	16.1 g	13.4 g
- saturated	10.2 g	8.5 g
Carbohydrate	29.8 g	24.8 g
- sugars	19.2 g	16.0 g
Sodium	126 mg	105 mg

60089 Chocolate Lava Pudding

Nutrition Information

Servings per package:	1.00	
Serving size:	90.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1410 kJ	1570 kJ
Protein	4.3 g	4.8 g
Fat, total	15.1 g	16.8 g
- saturated	4.8 g	5.3 g
Carbohydrate	45.0 g	50.0 g
- sugars	30.9 g	34.3 g
Sodium	278 mg	309 mg

60086 Apple Pie & Cream

Nutrition Information

Servings per package:	1.00	
Serving size:	100.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1030 kJ	1030 kJ
Protein	2.6 g	2.6 g
Fat, total	13.0 g	13.0 g
- saturated	7.7 g	7.7 g
Carbohydrate	30.1 g	30.1 g
- sugars	16.5 g	16.5 g
Sodium	110 mg	110 mg

60138 Apricot Pie with Cream

Nutrition Information

Servings per package:	1.00	
Serving size:	105.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1090 kJ	1040 kJ
Protein	2.7 g	2.6 g
Fat, total	15.6 g	14.9 g
- saturated	9.6 g	9.2 g
Carbohydrate	34.6 g	33.0 g
- sugars	13.8 g	13.2 g
Sodium	82 mg	78 mg



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