

MEAL INFO KIT



INGREDIENTS AND NUTRITIONAL INFORMATION FOR:

Breakfasts, Main meals,
Mini meals, Desserts,
Soups and Purees.

IMPORTANT: As recipes may change from time to time, please check physical meal label for up-to-date ingredients and nutritional information

Flagstaff Fine Foods

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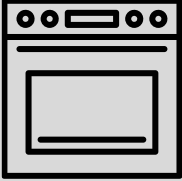


www.flagstafffinefoods.com.au

Monday to Friday 9am-4pm

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COOKING INSTRUCTIONS

- **For best results, meals must be cooked from frozen state.**
- Frozen meals should be placed straight from freezer into the microwave or oven.
- Do not remove packaging or pierce film.
- Packaging and plastic film are safe for microwaves and conventional ovens.
- Do not remove or pierce film
- Do not thaw or defrost
- Do not steam, grill or exceed 180°C (for ovens).
- Let stand for 1 minute after cooking.

MICROWAVE	MAIN MEALS	MINI MEALS & SOUPS
FULL POWER  (tested on 1100watt microwave)		
OVEN	MAIN MEALS	MINI MEALS & SOUPS
140°C / 300°F 		

- *All appliances vary, these are guidelines only.*
- *Please refer to individual meal labels as cooking times may vary for individual meals.*
- *Cooking times are approximate and depend on oven/microwave type, power, size and age.*

STORAGE

- Products must be kept frozen until use.
- All meals have frozen shelf life of 9-12 months from date of manufacture. Please check **Use By Date** on individual meals purchased.
- **Do not refreeze once meals are cooked.**

The Flagstaff Group Ltd accepts no responsibility for clients' microwaves or ovens used for the cooking of our meals.

MEALS AND VEGETABLE ACCOMPANIMENTS

MAIN MEALS – 360G

CODE Beef Meals

60003	Beef & Bacon Casserole with parsley potato, carrots & broccoli
60004	Corned Silverside with parsley sauce, creamed potato mash, carrots & peas
60005	Cottage Pie with mixed vegetables
60006	Beef Stroganoff with rice, carrots & peas
60009	Roast Beef with gravy, roast potato, pumpkin & beans
60010	Beef Lasagne with mixed vegetables
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 carrots, peas & a sprinkle of cheese
60200	Beef Pie and Gravy with a creamed mashed potato & peas
60018	Curried Sausages with creamed potato mash, carrots & beans
60359	Meatballs in Tomato Sauce with Penne Pasta, carrots & peas

Lamb Meals

60021	Roast Lamb with gravy, roast potato, pumpkin & beans
60022	Lamb Chop with gravy, parsley potato & mixed vegetables
60027	Crumbed Lamb Patties with gravy, creamed potato mash & mixed vegetables
60025	Mongolian Lamb with steamed rice & mixed vegetables

Pork Meals

60356	Pork Ragu with Penne Pasta, mixed vegetables, tasty cheese
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 & mixed vegetables
60047	Pork, Apple & Cranberry Casserole with rice & mixed vegetables
60192	Sweet & Sour Pork - battered pork with a sweet & sour sauce, boiled rice, broccoli & carrots

Veal Meals

60030	Vienna schnitzel with gravy, parsley potato, carrots & beans
60033	Veal parmigiana – beef steak with parmigiana sauce, creamed potato mash, carrots & peas

Turkey Meals (Christmas Special)

60058	Turkey with Gravy (turkey breast, gravy, pumpkin, roast potatoes, peas)
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Chicken Meals

60050	Honey Soy Chicken – skinless roast chicken with honey soy sauce served with fried rice, carrots and beans
60051	Roast Chicken with Gravy, roast potato, pumpkin & peas
60052	Curried Chicken with Steamed Rice, carrots & broccoli
60054	Chicken Strips with Lemon Sauce, boiled rice, & mixed vegetables
60055	Chicken & Asparagus Mornay with parsley potato, beans & vegetable mélange
60056	Chicken & Vegetable Pie with pastry puff roll, creamed potato mash, pumpkin & peas
60182	Chicken Schnitzel, mixed vegetables, fries, and gravy
60351	Chicken Scallopini with Bacon, creamed potato mash, carrots & broccoli
60059	Butter Chicken with boiled rice, peas & carrots
60053	Chicken Parmigiana with grated cheese, peas, parsley potato & pumpkin

60355 Chicken & Mushroom Pasta Bake, mixed vegetables
60357 Hawaiian Chicken, steamed white rice, carrots, peas

CODE **Fish Meals**

60060	Crumbed Fish with oven fries, pumpkin, peas & beans
60063	Curried Prawns with Steamed Rice, mixed vegetables
60066	Fish Cake with Parsley Sauce, oven fries, carrots & broccoli

Vegetarian Meals

60070	Macaroni Cheese with mixed vegetable
60232	Vegetarian Cottage Pie with pumpkin & beans
60236	Vegetable Pasta Bake with carrots & beans
60072	Vegan Mixed Bean Casserole with boiled rice, carrots & peas
60273	Vegetable and Potato Yellow Curry with boiled rice and vegetable melange

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 steamed rice, carrots & broccoli
63055	Chicken & Asparagus Mornay with parsley potato, vegetable mélange & beans
63059	Chicken Wings 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 mixed vegetables
63270	Spaghetti Bolognese with cheese, carrots & peas
63181	Sausages with Gravy, creamed potato mash, carrots & beans
63198	Spinach & Fetta Omelette with pumpkin & mixed vegetables
63200	Meat Pie with Gravy, creamed potato mash & peas
63351	Chicken Scallopini with Bacon, creamed potato mash, carrots & broccoli
63354	Noodles with Stir Fry Vegetables
63192	Sweet and Sour Pork with Fried Rice
63357	Hawaiian Chicken with White Rice, Peas, Carrots
63358	Chilli Con Carne with White Rice & Peas

SOUPS

60120	Minestrone soup
60121	Pea & Ham soup
60122	Pumpkin soup
60123	Beef & Vegetable soup
60224	Chicken & Vegetable soup
60225	Potato & Leek soup
60353	Cauliflower Bacon Soup

BREAKFASTS

- 66403 Bubble and Squeak with Breakfast Sausage
- 66411 Banana Bread with Cream Cheese Icing
- 66412 Pancakes with Berry Compote

PUREED MEALS

All served with mashed potato, carrot puree, pea puree

- 60233SS Savoury Beef & Veg Puree
- 60026SS Savoury Lamb & Veg Puree
- 60234SS Savoury Pork & Veg Puree
- 60056SS Chicken & Veg Puree
- 60047SS Pork Apple & Cranberry Puree
- 60055SS Chicken Asparagus Puree

DESSERTS

- 60087 Trifle with Custard
- 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 Crumble with Custard
- 60130 Apple & Rhubarb Crumble with Custard
- 60131 Carrot Cake
- 60134 Chocolate Flavoured Mousse
- 60143 Bread & Butter Pudding
- 60145 Baked Rice Pudding
- 60149 Mango Flavoured Mousse
- 60197 Fruit Cake with Custard
- 60252 Banana Cake
- 60104 Chocolate Gateaux Cake
- 60354 Apple Sponge Cake
- 60360 Lemon Cake

PREMIUM DESSERTS

- 60092 Tropical Pavlova with fruit salad & cream
- 60261 Strawberry Swirl Cheesecake
- 60269 Tiramisu
- 60086 Apple Pie & Cream
- 60138 Apricot Pie & Cream
- 60139 Vanilla Slice
- 60102 Baked Cheesecake

INGREDIENTS

Beef Meals 360g Main Meal

60003 BEEF AND BACON CASSEROLE

S **So** **G** **La**

Beef and Bacon Casserole (42%) (beef (58%), water, bacon (pork, water, salt, dextrose, sugar, mineral salts (450, 451), antioxidant (316), sodium nitrate (250), natural wood smoked, onion, gravy (maltodextrin, thickener (1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein (maize), flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids (330), spice), carrot, colflo 67 (maize starch), celery, tomato paste, garlic, acidity regulator(260/330)), pepper, essence – parisienne (water, colour caramel (150c)), Carrots, Potato Parslied (potato (**sulphites**), parsley), Broccoli.

CONTAINS: Sulphites

60004 CORNED SILVERSIDE WITH PARSLEY SAUCE

LF **G**

Vegetables (carrots, peas), Corned SilverSide 25% [beef (82%), water, acidity regulators (325, 262), salt, sugar, mineral salts(451, 452, 508, 450), vegetable gum(407a), dextrose (maize), hydrolysed vegetable protein (maize), antioxidant (316), preservative (250), dried vegetable], Mash Potato [potato, **sulphites**(223), **milk**, **milk** powder full cream (**soy** lecithin, emulsifier 322 from **soy**), salt], Parsley Sauce [water, full cream **milk** powder, **soy** lecithin(emulsifier 322 from **soy**, thickener (1422), **milk** solids, maize starch, flavouring (**milk**), cream, vegetable gums(407, 412), salt, onion powder, parsley flakes, pepper, cloves].

CONTAINS: Sulphites, Milk, Soy

60005 COTTAGE PIE

S **LF** **G**

Cottage Pie (65%)[potato, **sulphites**(223)(**Sulphites**), beef mince, onion, water, carrot, tomatoes, tomato puree, food acid(330), **milk** (**Milk**), celery, tomato paste(concentrated tomato, salt, food acid(citric)), COLFLO 67(modified maize starch) gravy(maltodextrin, thickener(1422), rice cereal, sugar, yeast extract, vegetable powders(tomato, onion), hydrolysed vegetable protein(maize), flavour enhancer(635), canola oil, vegetable gum(415), spice) **milk** powder (**milk**) (**soy** lecithin(emulsifier 322 from **soy**) (**Milk**, **Soy**), beef booster (sea salt, maize maltodextrin, cane sugar, rice flour, dehydrated vegetables(onion, celery, garlic), natural vegetable flavours, caramelised sugar syrup, disodium guanylate & inosinate), essence-parisienne (colour caramel(150c)), acidity regulator(260/330)), selected herbs & vegetable oil, pepper)], Mixed Vegetables (**soybean** (**soy**), broccoli, carrot, green & yellow beans, cauliflower, capsicum).

CONTAINS: Sulphites, Milk, Soy

60006 BEEF STROGANOFF

S **LF** **So** **G**

Beef Stroganoff (42%) Beef (57.8%), mushroom, cream (vegetable gums (407,412), onion, tomato paste (tomato, salt, food acid (citric), Gravy (maltodextrin, thickener (1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion) hydrolysed vegetable protein, flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids (330), spice) carrot, white sauce **milk** solids, maize starch, flavouring (**milk**), COLFLO 67 (celery, beef booster (salt, sugar, rice flour, dehydrated vegetables, (garlic, natural vegetable flavours, disodium guanylate and inosinate, canola oil),vegetable gum (415), acidity regulator (260/330),pepper, Parisienne Essence (colour caramel (150c), Pepper, Parsley Flakes, Rice, Carrots, Peas.

CONTAINS: Milk

S SOFTER MEAL **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60009 ROAST BEEF WITH GRAVY

LF

G

La

Roast beef (25%) (beef (92%), acidity regulators (326, 325, 262), salt, mineral salts (451, 450), sugar, dried vegetables (including garlic, onion), maltodextrin (maize or tapioca), yeast extract, dextrose, vegetable gum(407), spice extract, natural flavour. Roast Potato {potato, **sulphites**(223), canola oil, propellant (butane, propane, hydrocarbons), emulsifier (**soy**, lecithin), paprika}, Pumpkin, Gravy [water, brown gravy (thickener(1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein(maize), colour(150c), flavour enhancer(635), canola oil, dehydrated vegetable, flavourings(**soy**), food acids(330), spice, vegetable gum(415)], Green Beans.

CONTAINS: Soy, Sulphites

60010 BEEF LASAGNE

Beef Lasagne (69%), bolognese sauce, beef (20%), tomatoes, tomato paste, texture vegetable protein (**soy**), sugar, salt, dehydrated vegetables (garlic, onion), spices, herbs, flavour enhancer (635), thickener (1422,415), acidity regulator (330), pasta (19%) (**wheat** flour (**gluten**), durum, semolina, **egg** powder, water), cheese (**milk**), culture, modified starch (E1422), **milk** protein, salt emulsifying salt (E341), colour (E160a), Vegetables (green beans, broccoli, carrot, yellow beans, cauliflower, capsicum)

CONTAINS: Soy, Wheat, Gluten, Egg, Milk

60016 STEAK & KIDNEY PIE

LF

Steak & Kidney Casserole(39%)[beef(34%), water, beef kidney(22%), onion, gravy-all round (maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein(maize), flavour enhancer(635), canola oil, dehydrated vegetable, vegetable gum(415), food acids(330), spice), carrot, colflo67, (modified maize starch), sauce-worcestershire (vinegar, molasses, vegetables, spices, colour(150d, 160a), flavours), celery, concentrated tomato(food acid(citric), garlic, acidity regulator (260/330), essence-parisian(colour caramel(150c), white ground pepper], mash potato [**sulphites**(223), **milk**, **milk** powder, **soy** lecithin (emulsifier 471, 322 (**soy**)], Carrots, Green Beans, Pastry puff roll [**wheat** flour, margarine (vegetable oils, flavour, antioxidant (307b), preservative (202, 281)].

CONTAINS: Milk, Soy, Sulphites, Wheat, Gluten

60115 RISSOLE WITH ONION GRAVY

Rissoles (30%) (beef (69%), rehydrated onion, breadcrumb (**wheat** flour, water, yeast, canola oil, salt, acidity regulator (262)), textured **Soy** protein, **Egg**, salt, whey protein concentrate (**milk** protein), modified food starch (1442), spices, hydrolysed maize protein, mineral salt (451), beef extract), Mixed Vegetables (broccoli, carrot, cauliflower, green beans, yellow beans, red capsicum), Mash Potato (potato, **Sulphites**, **Milk**, milk powder full cream (**Milk**), salt), Onion Gravy (17%) (water, onion (10.9%), gravy, thickener(1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein(maize), colour(150c), flavour enhancer(635), canola oil, dehydrated vegetable, flavourings(**Soy**), food acids(330),spice, vegetable gum(415))

CONTAINS: wheat, gluten, soy, egg, milk, sulphites

60181 SAUSAGES WITH GRAVY

G

Sausages (29%)[selected meat 70% (excluding pork), water, rice flour, potato starch, salt, mineral salt(451), preservative (223 **Sulphites**), spice & herb extracts], Potato Mash [**Sulphites** (223), **Milk**, **Milk** Powder, **Soy** lecithin (emulsifier 322 from **Soy**), salt], Gravy(16%) [water, thickener(1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein (maize), colour(150c), flavour enhancer(635), canola oil, dehydrated vegetable, flavourings (**Soy**), food acids (330), spice, vegetable gum(415)], Carrots, Green Beans,

Contains: Sulphites, Soy, Milk

60270 SPAGHETTI BOLOGNAISE

S

LF

Spaghetti (28%) [water, spaghetti (pasta (**wheat** flour) (**gluten**), sauce (tomato puree, sugar, thickener (1412)), salt, cheese (**milk**), canola oil, natural flavours, vegetable powder, citric acid, ascorbic acid, olive oil], bolognese sauce (28%) [beef, tomato, tomato paste, onion, carrot, celery, modified maize starch, red wine (**sulphites**), garlic (vegetable gum (415), acidity regulator (260, 330)), sugar, gravy mix (thickener (1422), yeast extract, hydrolysed vegetable protein, colour (150c), flavour enhancer (635), flavourings (**soy**), spice), beef booster (maize maltodextrin, rice flour, dehydrated vegetables, disodium guanylate & inosinate), iodised salt, pepper, basil, oregano], carrots, peas, cheese [**milk**, salt, cultures, enzyme, non-animal rennet, anticaking agent (460), preservative (200)].

CONTAINS: Wheat, Gluten, Milk, Sulphites, Soy.

60200 BEEF PIE WITH MASH AND GRAVY

Meat pie (71%)[**wheat** flour (**gluten**), thiamine, folate], beef (25%), water, shortening [animal fat, antioxidants (310, 320), seasonings, thickener (1422), salt, flavours (**wheat**, barley, oats, **soy** bean derived), spices, colour (150, 150c), flavour enhancers (621, 627, 631, 635), margarine(471), **soy** bean lecithin, (331, 330, 307b, 160a), vegetable protein [defatted **soy** meal, 150a], **milk** powder, canola oil, onions, modified maize starch [1422], sugar, dough relaxer (920), milk solids, 500, 451, dried glucose syrup, (160b), black pepper], Potato Mash(20%)[potato (**sulphites** (223)), **milk**, **milk** powder(**soy** lecithin), emulsifier(322), iodised salt], Gravy (15%) [water, gravy mix (thickener (1422), maize maltodextrin, rice cereal, salt, vegetable powders, yeast extract, hydrolysed vegetable protein (maize), dehydrated vegetable, flavourings (soy), food acid (330), spice, vegetable gum (415)], Peas.

CONTAINS: Wheat, Gluten, Soy, Milk, Sulphites. May contain traces of: Egg, Sesame seed, Peanut & Tree nuts.

60018 CURRIED SAUSAGES

G

Curried Sausages (41%)[sausages (meats(beef, lamb, chicken, venison), water, rice flour, potato starch, salt, mineral salt(451), preservative(223),spice & herb extracts, natural colour(160C),**sulphites**, onions, apples(antioxidants, ascorbic acid), calcium chloride, carrot, beans, corn, peas, coconut **milk** powder (coconut **milk**, maltodextrin, sodium caseinate), tomato paste (food acid(citric), colflo 67(modified maize starch),curry powder (coriander, turmeric, fennel, pepper, cumin, chilli, fenugreek, garlic, ginger, salt), garlic(water, vegetable gum(415), acidity regulator(260/330), chicken powder(sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, dehydrated vegetables(onion, celery, spinach, garlic, cabbage), disodium guanylate & inosinate, canola oil], Vegetables (beans, carrots), Mash Potato (potato, **sulphites**(223) **milk**, **milk** powder full cream, **soy** lecithin(emulsifier 322 from **soy**), salt.

CONTAINS: Milk, Sulphites, Soy

60359 MEATBALLS IN TOMATO SAUCE

Meatballs in tomato sauce (41%)[meatballs(50%) (Beef (69%), onion, water, breadcrumb (**Wheat**), **Egg**, Textured vegetable protein (**Soy**), Salt, Whey protein (**Milk**), Modified starch (1442), Canola oil, Sugar, Spices, Hydrolysed vegetable protein (**Soy**), Mineral salt (450)], Tomato Sauce (50%) [tomato, Water, Tomato paste, Sugar, Salt, Oregano leaf, Pepper, Citric acid (330)], Red onions, Canola oil, Garlic paste (Reconstituted), Worcestershire sauce (**Fish**), Salt)], Vegetables (carrots, peas), Penne Pasta (water, Penne Pasta, durum **wheat** semolina, (**Gluten**), olive oil].

CONTAINS: Gluten, Wheat, Egg, Soy, Milk, Fish

Lamb Meals 360g Main Meal

60021 ROAST LAMB WITH GRAVY

So G La

Roast Lamb (25%), Roast Potato (Potato (99.1%), Vegetable Oil (**Soy**), **Sulphites**), 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.

CONTAINS: Soy, Sulphites

60022 LAMB CHOP WITH GRAVY

So G La

Lamb Chop (33%), Vegetables, Parslied Potatoes (potato, **sulphites** (223), parsley flakes), Gravy (15%) (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) (soy))

CONTAINS: Soy, Sulphites

60027 CRUMBED LAMB PATTIES WITH GRAVY

Crumbed Lamb Patties(44%)[lamb mince(75%)], meat binder (**soy**, mineral salt(451), thickener(415)), crumb (**wheat** flour), onion, water, rosemary, salt, white pepper, yeast, sugar, colour (turmeric), canola oil], Mash Potato [potato, **sulphites**(223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322 from **soy**), salt], Mixed Vegetables (Broccoli, Carrot, Green Beans, Yellow Beans, Cauliflower, Capsicum, may be present: **soybean**), Gravy (water, brown gravy (thickener 1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, natural flavour, colour (150d), flavour enhancer(635), food acid(330), spice, vegetable gum(415))

CONTAINS: Wheat, Gluten, Soy, Milk, Sulphites

S SOFTER MEAL **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60025 MONGOLIAN LAMB & RICE

S

LF

La

Mongolian Lamb (41%)[lamb(56%), onion, Hoisin sauce (**soy** bean, vinegar, garlic, salt, sugar, water, modified corn starch, **wheat** flour), food colour(E110, E122), spices, sauce-ground bean (**soy** bean, **soy** sauce, salt, spices, sugar, caramel), oyster sauce (oyster extractives (**crustacean**, **mollusc**), flavour enhancer(621), colour(150c), garlic, vegetable gum(415), acidity regulator (260/270/330), mirin (glucose syrup & dextrose), glutinous rice, alcohol, koji (white rice, rice yeast), COLFLO 67 (modified maize starch), ginger, canola oil, capsicum, **sesame** oil (**sesame seeds**), five spice (star anise, cloves, cinnamon, sichuan pepper, fennel), chilli, white ground pepper], Vegetables (green beans, broccoli, carrot, red capsicum, sugar snap peas, baby corn), Rice.

CONTAINS: Crustacean, Mollusc, Wheat, Gluten, Sesame, Soy

Pork Meals 360g Main Meal

60356 PORK RAGU WITH PENNE PASTA

So

Vegetables(Carrots, Green Beans), Pork Ragu(27%)[pork mince(85%), tomatoes, tomato puree, food acid(330), tomato paste(concentrated tomato, salt, food acid(citric)), onion, water, celery, carrot, COLFLO 67(modified maize starch), cooking red wine (grapes, sulphur dioxide, garlic, vegetable gum(415), acidity regulator(260/330), thickener(1422), maltodextrin(maize), rice cereal, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein (maize), colour(150c), flavour enhancer(635), canola oil, dehydrated vegetable, flavourings(**soy**) (**sulphites**), spice, beef booster powder(sea salt, cane sugar, rice flour, natural vegetable flavours, disodium guanylate & inosinate, ground pepper, oregano, basil], Penne Pasta(27%)[durum **wheat** semolina, olive oil (olive pomace oil, olive oil)], Cheddar Cheese (**milk**, cultures, enzyme, non-animal rennet, anticaking agent(460), preservative(200))

CONTAINS: Wheat, Gluten, Milk, Soy, Sulphites

60042 ROAST PORK

So G La

Roast Pork (25%), Roast Potato (potato, **sulphites** (223), canola oil, propellant (butane, propane) Emulsifier (**soy**, lecithin), propellant (hydrocarbons), pumpkin, gravy (16%), (water, gravy powder (thickener (1422), maltodextrin, rice flour, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein, colour (150c), vegetable oil, flavour enhancer (635), canola oil, dehydrated vegetables, flavourings , food acids (330, 296), spices, vegetable gum (415), peas.

CONTAINS: Soy, Sulphites

60044 HAM & CHEESE OMELETTE

S

G

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

CONTAINS: Egg, Milk, Soy

60046 HAM STEAK & PINEAPPLE GLAZED

LF

G

Ham steak with pineapple (42%) [ham steak (meat (67%), water, food starch (potato, tapioca, maize), salt, food acid (325), **soy** protein, flavouring, mineral salt (451), sugar, vegetable gum (407), antioxidant (316), hydrolysed vegetable protein, sodium nitrite (250), vegetable oil, vegetable extract (**soy**)), pineapple (35%), honey, pineapple juice (1.8%), sugar, pepper, cloves], Mixed Vegetables (broccoli, carrot, green & yellow beans, cauliflower, capsicum), Potato Mash (potato, **sulphites** (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322), iodised salt).

CONTAINS: Soy, Sulphites, Milk.

60047 PORK, APPLE & CRANBERRY CASSEROLE

LF

So

G

La

Pork, Apple & Cranberry Casserole (42%) [pork (56%), water, apple (apple (6%), antioxidant (ascorbic acid), calcium chloride), cranberry sauce (5%) (high fructose corn syrup), onion, gravy (maltodextrin, thickener (1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein (maize), flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids (330), spice, carrot, colflo 67 (modified maize starch), celery, cranberries dried (sunflower oil), tomato paste (concentrated tomato, citric acid), pepper, garlic (vegetable gum (415), acidity regulator (260/330)) essence parisienne (colour caramel (150c)], Vegetable mix (carrot, cauliflower core, peas, corn, green beans), Rice.

CONTAINS:

*No allergens requiring mandatory declaration

S SOFTER MEAL **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60192 SWEET & SOUR PORK

LF

La

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, Pineapple, Sugar, Vinegar, Tomato, Starch), Vegetable Powder, Ginger, Chinese Five Spice, Pepper, Carrot, Broccoli.

CONTAINS: Egg, Wheat, Soy

Veal Meals 360g Main Meal

60030 VIENNA SCHNITZEL

Veal Schnitzel (32%)[veal 66%, breadcrumbs (**wheat** flour, salt, yeast, flour conditioners(516, 300), enzymes, colour(160b, 150c), thickeners(1404,412,1422), herbs & spices, water, canola oil, palmolein (TBHQ antioxidant 319), salt, hydrolysed vegetable protein (**soy**), dehydrated vegetables, sunflower oil, textured vegetable protein], Vegetables (green beans, carrots), Parslied Potato (potato, **sulphites**, parsley), Gravy [gravy mix (maize maltodextrin, rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein (maize), flavour enhancer(635), dehydrated vegetable, flavourings (**soy**), food acid(330), spice, vegetable gum(415) (**soy**)].

Contains: wheat, gluten, soy, sulphites. May Contain traces of: milk, egg, crustacean, fish

60033 VEAL PARMIGIANA

LF

G

Vegetables (carrots, peas), Beef steak with parmigiana sauce[beef(25%), parmigiana sauce(16%)(tomato paste, tomatoes(41%), firming agent(509), carrot, onion, vegetable oil, pecorino cheese(1%) (**Milk**), salt, thickeners(1422, 415), sugar, garlic, chilli, basil, food acid(citric), natural flavour)], Potato Mash (potato, **sulphites** (223), **milk** (**Sulphites, Milk, Soy**), **milk** powder(**Milk**), soy lecithin (emulsifier 322 from **Soy**), salt).

CONTAINS: Milk, Soy, Sulphites

MAY CONTAIN: Sesame, Peanut, Tree Nuts

Turkey Main Meal 360gm

60058 TURKEY WITH GRAVY

LF

G

La

Turkey Breast(25%)[turkey breast(84%), water, salt, acidity regulators(326,261), modified starch (1412), potato starch, dextrose (maize), sugar, mineral salts(451,450), hydrolysed vegetable protein (maize), vegetable gum(407,415), flavour enhancer (635), yeast extract, flavouring], Pumpkin, Roast Potato (potato, **sulphites** (223)(**Sulphites**), canola oil (propellant (butane, propane, hydrocarbons), emulsifier (**soy**, lecithin), paprika), Gravy(16%)[thickener(1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, colour(150c), dehydrated vegetable, flavourings (**soy**), food acid(330), spice) , Peas.

CONTAINS: Soy, Sulphites

Chicken Meals 360g Main Meal

S SOFTER MEAL **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60050 HONEY SOY CHICKEN

G

Honey **Soy** Chicken (46%) (Roast Chicken (32%), Honey **Soy** Sauce (14%) (water, sugar, **soy** sauce(18%) (water, **soybeans**, rice, salt), thickeners (1422, 415), honey (2%), sherry, food acid (acetic), yeast extract, colour (150d)), Fried Rice (22%) (rice (54%), mixed vegetables, bacon diced (pork, dextrose, mineral salts (450,451), antioxidant (316), sodium nitrate (250), shallots, **egg** pulp pasteurised, onion, **soy** sauce (water, salt, hydrolysed vegetable protein (**soy**, maize), molasses, spices, sugar, colour (150c), food acid (330)), booster- vegetable (sea salt, maize maltodextrin, cane sugar, rice flour, dehydrated vegetables), natural vegetable flavours, disodium guanylate & inosinate, vegetable oil (canola), chilli) carrots, beans.

CONTAINS: Egg, Soy. May Contain; Milk, Sesame, Peanuts, Tree Nuts

60051 ROAST CHICKEN WITH GRAVY

LF

So

G

La

Roast Chicken (32%), Roast Potato (Potato (99.1%) (**Sulphites**), 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. **CONTAINS: Soy, Sulphites**

60052 CURRIED CHICKEN

S

LF

So

G

Curried Chicken(41%)[chicken(58%), carrots, peas, corn, beans, water, thickener(1422), **milk** solids (**Milk**), maize starch, flavouring (**Milk**), onion, booster- chicken powder (sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, celery, disodium guanylate & inosinate, canola oil, curry powder(0.55%)(coriander, turmeric, fennel, pepper, cumin, chili, fenugreek, garlic, ginger, salt, vegetable gum(415), acidity regulator (260/330)], Vegetables (broccoli, carrots), Rice.

CONTAINS: Milk

60054 CHICKEN STRIPS WITH LEMON SAUCE

Crumbed chicken tenders (32%) [chicken (45%), water coating (potato flakes (potato, emulsifier (471), mineral salt (450), preservative (223) (**sulphites**), food acid (330)), **wheat** flour, **gluten**, rice flour, salt, emulsifier (481), dextrose, spice extracts (160c, 100, 160b), yeast), vegetable oil (canola, cottonseed), **wheat** starch, salt, tapioca starch, thickener (1404), mineral salts (450, 500, 451), vegetable gums (412, 415), **soy** protein isolate], Vegetables (peas, broccoli, carrot, cauliflower, beans, capsicum), Rice, Lemon sauce (16%) (water, lemon juice (24%) (reconstituted lemon juice), antioxidant (300), sugar, honey, COLFLO 67, salt).

CONTAINS: Wheat, Gluten, Soy, Sulphites.

May contain: egg, milk, sesame, peanuts, tree nuts.

60055 CHICKEN & ASPARAGUS MORNAY

LF

So

Chicken & Asparagus Mornay: (41%) Chicken (51%), Asparagus (17%), Salt, Cream, Vegetable Gums (407, 412), **Milk**, White Sauce (thickener (1422), **milk** solids, maize starch, flavourings), Parmesan Cheese (**Milk**) (cultures, rennet, anticaking (tapioca starch), Chicken Booster (salt, maize maltodextrin, sugar, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery), disodium guanylate & inosinate, canola oil) Pepper, Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum, Potatoes (**Sulphites** (223), Parsley Flakes

CONTAINS : Milk, Sulphites

60056 CHICKEN & VEGETABLE PIE

S

LF

So

Chicken & Vegetable Pie(41%)[chicken(46%), water, vegetables(18%)(carrots, peas, corn, beans, onion), thickener(1422), milk solids, maize starch, flavouring (**Milk**), booster-chicken powder (sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, dehydrated vegetables(onion, celery), disodium guanylate & inosinate, canola oil, salt, pepper, parsley], Mash Potato [potato, **sulphites** (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322) (**Soy**)], Pumpkin, Peas, Pastry Puff Roll [**wheat** flour (**Gluten**), margarine(vegetable oils, emulsifier(471, **soy** lecithin), food acid(330), flavour, antioxidant(307B), colour(160A), preservative(202, 281)].

CONTAINS: Milk, Soy, Sulphites, Wheat, Gluten

S SOFTER MEAL **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60059 BUTTER CHICKEN & RICE

S

G

Butter Chicken - Chicken (56.1 %), cream, vegetable gums (407, 412), tomato, onion, tandoori paste (ginger, water, spices, lemon juice, vegetable oil, lentils, tamarind, salt, food acids (acetic, citric, lactic), garlic, **sulphites**, colours (paprika extract, carmine), sugar, water, yoghurt (**milk**), white sauce, thickener (1422), **milk**, maize starch, flavouring (**milk**), garam masala (tumeric, pepper, cloves, cinnamon, cumin, cardamom), garlic, lemon juice, preservative (223), antioxidant (300), ginger, chilli, canola oil, acidity regulator(270) rice, peas, carrots. **CONTAINS: Milk, Sulphites**

60182 CHICKEN SCHNITZEL, VEGETABLES & GRAVY

La

Vegetables (33%), Chicken Schnitzel (28%) (Chicken Breast (74%), Salt, Thickener (1442, 1404), Sugar, Maltodextrin, Acidity Regulator (450, 451, 541, 500), Emulsifier (452), Crumbs (**Wheat** Flour (Vitamin Thiamine), Maize Flour, **Egg** Albumen, Vegetable Gums (412, 415), Yeast, Vegetable Oil), Fries (Potato, Canola Oil, Dextrose (Maize), Gravy (17%) (Water, Gravy Mix (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)).

CONTAINS: Wheat, Gluten, Egg, Soy

60351 CHICKEN SCALOPPINI WITH BACON

S

G

Chicken Scallopini (42%) (Chicken (51.4%), mushroom, thickened cream (cream, vegetable gums (407,412), white wine (wine grapes, sulphur dioxide), Gravy mix (thickener (1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein , colour (150c), flavour enhancer (635), canola oil, dehydrated vegetables (celery), flavourings (**soy**), food acids (330), spice, vegetable gum (415))Bacon, (pork, dextrose, mineral salts (450,451), antioxidant (316), sodium nitrite(250), natural wood smoked), onion, chicken booster (disodium guanylate and inosinate, canola oil), pepper, sage, potato mash (potato, **sulphites**, **milk** powder), broccoli, carrots

CONTAINS: Milk, Soy, Sulphites

60355 CHICKEN & MUSHROOM PASTA BAKE

Chicken & mushroom pasta bake (55%) [water, chicken(20%), pasta (durum **wheat** semolina) (**Wheat**) (9%), cream (**Milk**), vegetable gums(407, 412, 415)), bacon (pork, salt, dextrose, sugar, mineral salts(450, 451), antioxidant(316), sodium nitrite(250), natural wood smoked), tasty cheese (pasteurised **milk**, cultures, enzymes, anti-caking agent(tapioca starch e200,e460)) (**Milk**), white sauce (thickener(1422), **milk** solids, maize starch, flavouring (**Milk**), mushrooms (3%), white wine, (grapes, sulphur dioxide) (**Sulphites**), peas, shallots, parmesan cheese (rennet) (**Milk**), mushroom powder, vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic, celery, spinach), natural vegetable flavours, disodium guanylate & inosinate, vegetable oil (canola), chilli), parsley flakes, garlic, acidity regulator(260/330), pepper]. Carrots, Peas.

CONTAINS: Wheat, Gluten, Milk, Sulphites.

60053 CHICKEN PARMIGIANA

Chicken Schnitzel with Parmigiana Sauce(43%)[Chicken Schnitzel(27%)(chicken breast(69%), water, crumb (**wheat** flour), salt, vegetable powder, **wheat** starch (**Wheat**), mineral salts(450, 500), vegetable gums(412,415), vegetable oil(cottonseed, canola), tapioca starch, dextrose(maize), potato fibre), Parmigiana Sauce(tomato puree(46%), tomatoes(41%), firming agent(509), carrot, onion, pecorino cheese(1%) (**Milk**), salt, thickener(1404, 1422, 415), sugar, garlic, chilli, basil, food acid(citric), natural flavour)], Pumpkin, Parslied Potato(**sulphites** (223), parsley), Peas, Cheddar Cheese[pasteurised **milk** (**Milk**), cultures, enzyme (non-animal rennet), anticaking agent(460), preservative(200)].

CONTAINS: milk, sulphites, wheat, gluten,

MAY CONTAIN: soy, sesame, peanut, tree nut, egg

S SOFTER MEAL **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60357 HAWAIIAN CHICKEN

LF

So

La

Hawaiian Chicken(41%)[chicken (60%), pineapple in juice(6%), white vinegar, onion, water, gravy-all round (maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein (maize), flavour enhancer(635), canola oil, dehydrated vegetables, vegetable gum(415), food acid(330), spice, tomato paste, kecap manis sauce (**soy** extract, **soybean**, **wheat**) (**Soy**, **Wheat**, **Soybean**, **Sulphites**), colour(150A), preservative(211,223), acidity regulator(260/330), stabilizer(415), garlic, booster-chicken powder(sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, disodium guanylate & inosinate), onion, celery], Rice, Carrots, Peas.

CONTAINS: Wheat, Gluten, Soy, Sulphites

Fish Meals 360g Main Meal

S SOFTER MEAL **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60060 CRUMBED FISH

S **LF** **So** **La**

Chips [Potato (97%), Canola oil, Dextrose (from maize)], Crumbed **Fish** (23%) [Alaskan Pollock (53%), Batter [Water, **Wheat** Flour (**Gluten**), Thickener (1404), Emulsifier (1420), Leavening Agents (450, 500), Starch, Rice Flour, Salt, Dextrin, Spice, Yeast Extract, Flavour (621)], Crumb [**Wheat** Flour, Salt, Dry Yeast, Antioxidant (300)], Soybean Oil (**Soy**)], Vegetables (Green Beans, Peas), Pumpkin.

CONTAINS: Fish, Gluten, Wheat, Soy.

60063 CURRIED PRAWNS & RICE

S **LF** **G**

Curried Prawns (41%)[prawn(52%) (**Crustacea**), carrots, peas, corn, beans, water, onion, thickener (1422), **milk** solids, maize starch, flavouring (**Milk**), sugar, vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, celery, spinach), natural vegetable flavours, disodium guanylate & inosinate, canola oil, chilli, curry powder (coriander, turmeric, fennel, pepper, cumin, fenugreek, garlic, ginger, salt, vegetable gum(415), acidity regulator(260/330/270), vinegar], Vegetables (peas, broccoli, carrot, cauliflower, green & yellow beans, capsicum) (**Mollusc**), Rice.

CONTAINS: Crustacean, Milk, Mollusc

60066 FISH CAKE WITH PARSLEY SAUCE

S

Fish Cake(27%)[water, potato, emulsifier(471), mineral salt(450, 500), preservatives(222, 223), food acid(330), **Fish** (tuna(14%), hoki), flour (**Wheat**), rice, maize, dehydrated vegetables, **soy** protein, salt, thickeners (1404, 461, 415, 464), maize starch, herb, spice, yeast extract, hydrolysed vegetable protein (**Soy**), flavours, yeast, spice & herb extracts [including(100)], Vegetables (carrots, broccoli), Chips[potato, canola oil, dextrose (from maize)], Parsley Sauce [**milk** powder (**Milk**), **soy** lecithin, emulsifier 322 (**Soy**), thickener(1422), **milk** solids (**Milk**), flavouring, thickened cream(**Milk**), vegetable gums(407,412), salt, parsley, pepper, cloves].

CONTAINS: Milk, Soy, Fish, Wheat, Gluten

Vegetarian Meals 360g Main Meal

60070 MACARONI CHEESE

S So V

Macaroni Cheese (58%)[water, macaroni(10%)(durum **wheat** semolina), cheddar & parmesan cheese(14%)(**milk**, cultures, enzymes, salt, rennet, non-animal rennet, anti-caking agent (anticaking agent(460), preservative(200), tapioca starch E200, E460), white sauce (thickener(1422), **milk** solids, maize starch, flavouring (**milk**), **milk** powder, **soy** lecithin (emulsifier 322 from **soy**), **soybean (soy)** colouring yellow (tartrazine(102), sunset yellow (110), preservative (sodium benzoate(211) citric acid(330)), ground pepper], Mixed Vegetables (peas, broccoli, carrot, green & yellow beans, cauliflower, capsicum)
CONTAINS: Wheat, Gluten, Milk, Soy

60072 VEGAN MIXED BEAN CASSEROLE

LF So G La V

Vegetable Casserole (42%) (five bean mix (butter beans, cannellini beans, chickpeas, red kidney beans, borlotti beans), salt, ascorbic acid) (30.7%), tomatoes, food acid (330), pumpkin, carrot, onion, capsicum, tomato paste, food acid (citric), celery, white wine, (sulphur dioxide),(**sulphites**) mushrooms, lemon juice (reconstituted lemon juice, preservative(223), antioxidant(300)), olive oil, coriander, cumin, garlic (vegetable gum (415), acidity regulator (260/330), Rice, Carrots, Peas.
CONTAINS: Sulphites

60232 VEGETARIAN COTTAGE PIE

S LF So G V

Vegetarian Cottage Pie(55%)[potato(32%) (**sulphites** (223)), vegetables(25%)(onion, celery, turnip, potato, cauliflower, zucchini, pumpkin, carrot, cabbage, spinach), water, tomato, tomato puree, food acid(330), lentils, tasty cheese(cultures, pasteurised **milk**, enzymes, salt, anti-caking agent(tapioca starch E200, E460)), tomato paste, food acid(citric)), **milk** powder full cream, **soy** lecithin (emulsifier 322 from **soy**), colflo 67(modified maize starch), booster-vegetable (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, garlic, natural vegetable flavours disodium guanylate & inosinate, vegetable oil(canola), chilli, sugar, pepper, basil, vegetable gum(415), acidity regulator(260/330)], Green Beans, Pumpkin.
CONTAINS: Milk, Soy, Sulphites

60236 VEGETABLE PASTA BAKE

LF So V

Vegetable Pasta Bake(55%)[water, tomato, tomato puree, food acid(330), vegetables(20%) (broccoli, cauliflower, carrot, zucchini, eggplant, red capsicum, onion), penne pasta (9%)(durum **wheat** semolina (**Wheat**), cheese-tasty & parmesan (pasteurised **milk**, cultures, enzymes, salt, rennet, anti-caking agent (tapioca starch E200, E460), colflo 67(modified maize starch) (**Milk**)), artichoke heart (citric acid), tomato-paste(concentrated tomato, food acid(citric)), sugar, vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic, celery, spinach), natural vegetable flavours, disodium guanylate & inosinate, vegetable oil(canola), chilli, vegetable gum(415), acidity regulator(260/330), basil, parsley, pepper], Carrots, Green Beans.
CONTAINS: Milk, Wheat, Gluten

60273 VEGETABLE AND POTATO YELLOW CURRY

S LF G V

Curry (41%) mixed vegetables (broccoli, beans, carrot, yellow squash, zucchini), potato (potato, (**Sulphites** (223)), coconut **milk** powder (maltodextrin, sodium caseinate), (**Milk**), gravy (thickener (1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein (maize), flavor enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids (330), spice), curry paste- yellow (lemongrass, garlic, shallot, galangal, dried red chilli, coriander seed, kaffir lime peel, cumin, cinnamon, mace, turmeric, cardamon), potato flakes (stabilizer (471), sodium acid pyrophosphate, sulphur dioxide (222), citric acid(**Sulphites**),Cauliflower, Capsicum, Rice
CONTAINS: Sulphites, Milk

Soups

60120 MINISTRONE SOUP

S LF G La V

Water, tomato, tomato puree(10%), food acid(330), gravy-all round (maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion, hydrolysed vegetable protein(maize), flavour enhancer(635), canola oil, dehydrated vegetables (cabbage, onion, garlic, celery, spinach), vegetable gums(415), spice, vegetables(16%)(onion, carrot, celery, cabbage), tomato paste, food acid (citric), tomato powder (anti-caking agent(551)), garlic, acidity regulator (260/330), vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, natural vegetable flavours, disodium guanylate & inosinate, canola oil, chilli, white ground pepper, basil.

CONTAINS:

*no allergens requiring mandatory declaration

60121 PEA & HAM SOUP

S LF G La

Water, peas(12%), onion, ham(5%)(pork, salt, dextrose, sugar, mineral salts(450, 451), antioxidant(316), sodium nitrite(250), potato flakes (stabiliser(471), sodium acid pyrophosphate, sulphur dioxide(222), citric acid, COLFLO67, modified maize starch), (**sulphites**) vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic, celery, spinach), natural vegetable flavours, disodium guanylate & inosinate, canola oil, chilli, white ground pepper, cloves.

CONTAINS: Sulphites

60122 PUMPKIN SOUP

S LF G V

Water, pumpkin(29%), thickened cream (**milk**), vegetable gums(407,412,415), gravy-all round(maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders(tomato, onion), hydrolysed vegetable protein(maize), flavour enhancer(635), canola oil, food acid(330), spice, potato flakes, stabiliser(471), sodium acid pyrophosphate, sulphur dioxide(222), citric acid, **milk** powder (**milk**), **soy** lecithin (emulsifier 322)(**soy**), dehydrated vegetables(cabbage, onion, garlic, celery, spinach), pumpkin powder anti-caking agent(551), **sulphites**, vegetable booster, sea salt, maize maltodextrin, natural vegetable flavours, disodium guanylate & inosinate, cane sugar, rice flour, chilli, pepper, nutmeg.

Contains: Milk, Soy, Sulphites

60123 BEEF & VEGETABLE SOUP

S LF G La

Beef & Vegetable Soup(100%)[water, mixed vegetables(11%)(carrots, peas, corn, beans), beef-mince(10%), gravy(maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein(maize), flavour enhancer(635), canola oil, dehydrated vegetables, vegetable gum(415), food acids(330), spice, booster-beef powder(sea salt, maize maltodextrin, cane sugar, rice flour, onion, celery, garlic, natural vegetable flavours, caramelised sugar syrup, disodium guanylate & inosinate, acidity regulator(260/330), essence Parisian (colour caramel(150c)), pepper.

CONTAINS:

*no allergens requiring mandatory declaration

60224 CHICKEN & VEGETABLE SOUP

S LF G La

Water, chicken mince(11%), vegetables (16%)(carrots, peas, corn, beans, onion, celery), gravy (maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein (maize), flavour enhancer(635), canola oil, vegetable gum(415), food acids(260/330), spice, sugar, garlic, booster-chicken powder (sea salt, maize maltodextrin, cane sugar, acidity regulator(260/330) natural vegetable flavours, yeast extract, disodium guanylate & inosinate, canola oil, white ground pepper, thyme.

CONTAINS:

*no allergens requiring mandatory declaration

S SOFT **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60225 POTATO & LEEK SOUP

S **LF** **G** **V**

Water, Leek, potato Flakes (potatoes, stabilisers (471,330), antioxidant (300)), Potato (**sulphites** (223)), Onion, Full Cream **Milk** Powder, **soy** lecithin (emulsifier 322 from **soy**), Thickened Cream (Cream, vegetable gums (407, 412), Vegetable Booster (southern ocean sea salt, maize maltodextrin, sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic, celery, spinach), natural vegetable flavours, disodium guanylate and inosinate, vegetable oil (canola), chilli) Onion Powder, Crushed Garlic (garlic, vegetable gum (415), acidity regulator (260/330), Salt, Pepper.

CONTAINS: Milk, Soy, Sulphites

60353 CAULIFLOWER BACON SOUP

S **G**

Water, cauliflower(24%), bacon(6%) (pork, salt, dextrose, sugar, mineral salts (450,451), antioxidant(316), sodium nitrite(250)), thickened cream(**milk**) (vegetable gums(407, 412, 415), gravy (maltodextrin, thickener(1422), rice cereal, yeast extract, vegetable powders(tomato, onion), hydrolysed vegetable protein (maize), flavour enhancer(635), canola oil, dehydrated vegetable (cabbage, onion garlic, celery, spinach), food acid(330), spice, potato flakes(stabiliser(471), sodium acid pyrophosphate, sulphur dioxide(222), citric acid, **milk** powder (**soy** lecithin, emulsifier 322 (**soy, sulphites**), parmesan cheese (**milk**, cultures, rennet, anticaking (tapioca starch), vegetable booster (sea salt, maize maltodextrin, cane sugar, rice flour, natural vegetable flavours, disodium guanylate & inosinate, canola oil, chilli, ground pepper.

CONTAINS: Milk, Soy, Sulphites

Mini Meals 200g

63003 MINI BEEF & BACON CASSEROLE

S **So** **G** **La**

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 % (**sulphites**), Parsley Flakes (0.1 %)), Roast Pumpkin (Pumpkin, Vegetable Oil (**Soy**)), Broccoli.

CONTAINS: Soy, Sulphites

63004 MINI CORNED SILVERSIDE WITH PARSLEY SAUCE

LF **G**

Vegetables (carrots, peas), Corned Silverside 25% [beef (82%), water, acidity regulators (325, 262), salt, sugar, mineral salts(451, 452, 508, 450), vegetable gum(407a), dextrose (maize), hydrolysed vegetable protein (maize), antioxidant (316), preservative (250), dried vegetable], Mash Potato [potato, **sulphites**(223), **milk**, **milk** powder full cream (**soy** lecithin, emulsifier 322 from soy), salt], Parsley Sauce [water, full cream **milk** powder, **soy** lecithin(emulsifier 322 from **soy**, thickener (1422), milk solids, maize starch, flavouring (milk), cream, vegetable gums(407, 412), salt, onion powder, parsley flakes, pepper, cloves].

CONTAINS: Sulphites, Milk, Soy

63005 MINI COTTAGE PIE

S **LF** **G**

Cottage Pie (71%) Potato (**sulphites** (223), Beef Mince, carrots, tomatoes, onions, tomato puree, food acid(330,260), **milk**, celery, tomato paste (citric acid), COLFLO67 (modified maize starch), Gravy (maltodextrin, thickener (1422), rice cereal, sugar, salt, yeast extract, vegetable powders, hydrolysed vegetable protein, flavour enhancer (635), oil, dehydrated vegetable, vegetable gum (415), spice, **milk** powder (emulsifier 322 from **soy**) beef booster (sea salt, maize maltodextrin, sugar, yeast extract, rice flour, dehydrated vegetables, natural vegetable flavours, caramelized sugar syrup, disodium guanylate & inosinate, canola oil) essence - parisienne (colour caramel (150c), garlic, vinegar, herbs, pepper), Pumpkin ((hydrocarbons), emulsifier (**soy** lecithin)), Green Beans

CONTAINS: Milk, Soy, Sulphites

63009 MINI ROAST BEEF WITH GRAVY

LF

G

La

Roast beef (30%) (beef, acidity regulators (326, 325, 262), salt, mineral salts (451, 450), sugar, dried vegetables (including garlic, onion), maltodextrin (maize or tapioca), yeast extract, dextrose, vegetable gum(407), spice extract, natural flavour. Roast Potato {potato, **sulphites**(223), canola oil, propellant (butane, propane, hydrocarbons), emulsifier (**soy**, lecithin), paprika}, Pumpkin, Green Beans, Gravy [water, brown gravy (thickener(1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein(maize), colour(150c), flavour enhancer(635), canola oil, dehydrated vegetable, flavourings(**soy**), food acids(330), spice, vegetable gum(415)].

CONTAINS: Soy, Sulphites

63016 MINI STEAK & KIDNEY PIE

Steak & Kidney Casserole(41%)[beef(34%), water, beef & kidney(22%), onion, gravy-all round (maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein(maize), flavour enhancer(635), canola oil, dehydrated vegetable, vegetable gum(415), food acids(330), spice), carrot, colflo67, (modified maize starch), sauce-worcestershire (vinegar, molasses, vegetables, spices, colour(150d, 160a), flavours), celery, concentrated tomato(food acid(citric), garlic, acidity regulator (260/330), essence-parisian(colour caramel(150c), white ground pepper], mash potato [**sulphites**(223), **milk**, **milk** powder, **soy** lecithin (emulsifier 471, 322 (**soy**)), Carrots, Green Beans, Pastry puff roll (7%) [**wheat** flour, margarine (vegetable oils, flavour, antioxidant (307b), preservative (202, 281)].

CONTAINS: Milk, Soy, Sulphites, Wheat, Gluten

63021 MINI ROAST LAMB WITH GRAVY

So

G

La

Roast Lamb: Lamb(30%)[lamb 100%], Potato: (**sulphites**(223), oil, canola oil, propellant (butane, propane, hydrocarbons), emulsifier (**soy**, lecithin), sweet paprika, Pumpkin, Gravy: (water, gravy powder (thickener (1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed, vegetable protein, colour (150c), flavour enhancer (635), dehydrated vegetables, flavourings (**Soy**), food acids(330), spices, vegetable gum (415)), beans

CONTAINS: Soy, Sulphites

63042 MINI ROAST PORK WITH GRAVY

Roast Pork Gravy-(30%) pork[100%], Potato (**sulphites**(223), canola oil, (propellant (butane, propane, hydrocarbons)), emulsifier, (**soy**, lecithin), paprika), Pumpkin, Peas, Gravy(15%), (water), rich brown gravy (thickener (1422) rice cereal, salt, Sugar, vegetable powder, yeast extract, hydrolysed vegetable protein(maize), colour(150c)flavoring (635) (**soy**), food acids (330), spice, vegetable gum (415))

CONTAINS: Soy, Sulphites

63052 MINI CURRIED CHICKEN WITH RICE

S

LF

So

G

Curried Chicken(45%)[chicken(58%), carrots, peas, corn, beans, water, thickener(1422), **milk** solids (**Milk**), maize starch, flavouring (**Milk**), onion, booster- chicken powder (sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, celery, disodium guanylate & inosinate, canola oil, curry powder(0.55%)(coriander, turmeric, fennel, pepper, cumin, chili, fenugreek, garlic, ginger, salt, vegetable gum(415), acidity regulator (260/330)], Vegetables (broccoli, carrots), Rice.

CONTAINS: Milk

63055 MINI CHICKEN & ASPARAGUS MORNAY

S

So

G

Chicken & Asparagus Mornay (45%) (Chicken (51%), Asparagus (17%), Salt, Cream, Vegetable Gums (407, 412), **Milk**, White Sauce (thickener (1422), **milk** solids, maize starch, flavourings), Parmesan Cheese (cultures, rennet, anticaking (tapioca starch), Chicken Booster (salt, maize maltodextrin, sugar, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery), disodium guanylate & inosinate, canola oil) Pepper, Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum, Potatoes (**sulphites** (223), Parsley Flakes

CONTAINS: Milk, Sulphites

63056 MINI CHICKEN & VEGETABLE PIE

S

Chicken & Vegetable Pie(45%)[chicken(46%), water, vegetables(18%)(carrots, peas, corn, beans, onion), thickener(1422), milk solids, maize starch, flavouring (**Milk**), booster-chicken powder (sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, dehydrated vegetables(onion, celery), disodium guanylate & inosinate, canola oil, salt, pepper, parsley), Mash Potato [potato, **sulphites** (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322) (**Soy**)], Pumpkin, Peas, Pastry Puff Roll [**wheat** flour (**Gluten**), margarine(vegetable oils, emulsifier(471, **soy** lecithin), food acid(330), flavour, antioxidant(307B), colour(160A), preservative(202, 281)].

CONTAINS: Milk, Soy, Sulphites, Wheat, Gluten.

63059 MINI CHICKEN WING IN BBQ SAUCE

G La

Chicken Wings (50%) Chicken, Smokey BBQ Powder (sugar, tomato powder, food acids (260,262,330), thickener (1422,1414), salt, vegetable gum (415,412), colour (150d), spices, flavour, anti-caking agent (554), vegetable oil. Fried Rice (rice, carrots, peas, corn, bacon (pork, dextrose, sugar, mineral salts (450,451), antioxidant (316), sodium nitrate (250), natural wood smoke), shallots, **egg** pulp, onions, **soy** sauce (hydrolysed vegetable protein (**soy** & maize), molasses, spices, colour (150c), vegetable booster (maltodextrin, yeast extract, rice flour, dehydrated vegetables (cabbage, garlic, celery, spinach),vegetable flavours, disodium guanylate & Inosinate, canola oil, chilli, **sulphites**. BBQ Sauce (16%) (tomato, apple puree, flavours, spice.

CONTAINS: Egg, Soy, Sulphites

63060 MINI CRUMBED FISH, CHIPS & VEGETABLES

S

LF

La

Crumbed **Fish** (42%) [Alaskan Pollock (53%), Batter [Water, **Wheat** Flour (**Gluten**), Thickener (1404), Emulsifier (1420), Leavening Agents (450, 500), Starch, Rice Flour, Salt, Dextrin, Spice, Yeast Extract, Flavour (621)], Crumb [**Wheat** Flour, Salt, Dry Yeast, Antioxidant (300)], Soybean Oil (**Soy**)],Potato Chips [Potato (97%), Canola oil, Dextrose (from maize)], Peas, Pumpkin.

CONTAINS: Fish, Gluten, Wheat, Soy.

63070 MINI MACARONI CHEESE WITH VEGETABLES

S

V

Macaroni Cheese (70%)[water, macaroni(10%)(durum **wheat** semolina), cheddar & parmesan cheese(14%)(**milk**, cultures, enzymes, salt, rennet, non-animal rennet, anti-caking agent (anticaking agent(460), preservative(200), tapioca starch E200, E460), white sauce (thickener (1422), **milk** solids, maize starch, flavouring (**milk**), **milk** powder, **soy** lecithin (emulsifier 322 from **soy**), **soybean** (**soy**) colouring yellow (tartrazine(102), sunset yellow (110), preservative (sodium benzoate (211) citric acid(330)), ground pepper], Mixed Vegetables (broccoli, carrot, green & yellow beans, cauliflower, capsicum)

CONTAINS: Wheat, Gluten, Milk, Soy

63270 MINI SPAGHETTI BOLOGNAISE

S

Spaghetti (35%) [water, spaghetti (pasta (**wheat** flour) (**gluten**), sauce (tomato puree, sugar, thickener (1412)), salt, cheese (**milk**), canola oil, natural flavours, vegetable powder, citric acid, ascorbic acid, olive oil], bolognaise sauce (25%) [beef, tomato, tomato paste, onion, carrot, celery, modified maize starch, red wine (**sulphites**), garlic (vegetable gum (415), acidity regulator (260, 330)), sugar, gravy mix (thickener (1422), yeast extract, hydrolysed vegetable protein, colour (150c), flavour enhancer (635), flavourings (**soy**), spice), beef booster (maize maltodextrin, rice flour, dehydrated vegetables, disodium guanylate & inosinate), iodised salt, pepper, basil, oregano], carrots, peas, cheese [**milk**, salt, cultures, enzyme, non-animal rennet, anticaking agent (460), preservative (200)].

CONTAINS: Wheat, Gluten, Milk, Sulphites, Soy.

63181 MINI SAUSAGES & GRAVY

G

Sausages (35%)[selected meat 70% (excluding pork), water, rice flour, potato starch, salt, mineral salt(451), preservative (223 **Sulphites**), spice & herb extracts], Potato Mash [**Sulphites** (223), **Milk**, **Milk** Powder, **Soy** lecithin (emulsifier 322 from **Soy**), salt], Gravy(16%) [water, thickener(1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein (maize), colour(150c), flavour enhancer(635), canola oil, dehydrated vegetable, flavourings (**Soy**), food acids (330), spice, vegetable gum(415)], Carrots, Green Beans,

Contains: Sulphites, Soy, Milk

63198 MINI SPINACH & FETTA OMELETTE

S

G

V

Spinach & Fetta Omelette (60%) (pasteurised Egg (59%) **(Egg)**, water, fetta cheese (10%), pasteurised Milk **(Milk)**, rennet, culture, salt, spinach (6%), skim milk powder, cheese, non-animal rennet, anticaking agent(460), tapioca starch, lipase, preservative (200), sunflower oil, stabiliser (starch, vegetable gums (415, 412)), Mixed Vegetables (broccoli, carrot, baby corn, sugar snap peas, red capsicum), Pumpkin.

CONTAINS: Egg, Milk

63200 MINI MEAT PIE, MASH & VEG

Meat Pie (52%)[**wheat** flour, thiamine, folate], beef(25%), water, shortening [animal fat, antioxidants (310, 320)], seasonings [thickener (1422), salt, flavours (**wheat, barley, oats, soy bean** derived), spices, colour (150, 150c), flavour enhancers (621, 627, 631, 635)], margarine [471, **soy bean** lecithin), 331, 330, 307b, 160a], vegetable Protein [defatted **soy** meal, 150a], **milk** powder, canola oil, onions, modified maize starch [1422], caramel color[150c], sugar, dough relaxer(920), glaze [**milk** solids, 500, 451, dried glucose syrup (**wheat**), 160b], pepper], Potato Mash (22%)[potato (88%), **sulphites**(223), **milk, soy** lecithin, emulsifier(322 (**soy**)), Peas, Gravy [maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein(maize), dehydrated vegetable, flavourings(**soy**), food acids(330), spice, vegetable gum(415)(**Soy**)].

CONTAINS: Gluten, Wheat, Milk, Soy, Sulphites.

May Contain traces of: egg, lupin, sesame, peanut, almond, walnut, & tree nut.

63351 MINI CHICKEN SCALLOPINI

S

G

Chicken Scallopini (45%) (Chicken (51.4%), mushroom, thickened cream (cream (**milk**), vegetable gums (407,412), white wine (wine grapes, sulphur dioxide), Gravy mix (thickener (1422), maltodextrin (maize), rice cereal, salt, sugar, vegetable powders, yeast extract, hydrolysed vegetable protein , colour (150c), flavour enhancer (635), canola oil, dehydrated vegetables (celery), flavourings (**soy**), food acids (330), spice, vegetable gum (415))Bacon, (pork, dextrose, mineral salts (450,451), antioxidant (316), sodium nitrite(250), natural wood smoked), onion, chicken booster (disodium guanylate and inosinate, canola oil), pepper, sage, potato mash (potato, **sulphites, milk** powder), broccoli, carrots

CONTAINS: Milk, Soy, Sulphites

63354 MINI NOODLES STIR FRY VEG -200GM

LF

La

Vegetables (58%) (Carrot, capsicum, zucchini, onion, cabbage, sugar snap peas, baby corn, broccoli) Noodles-Singapore Thin (42%) (**Wheat** flour, water, canola oil, salt, emulsifying salt (450, 451), lye water, preservative (202), baking powder, colour (102,122,150d,150a) (**gluten**) , **soy** sauce (hydrolysed vegetable protein (**soy** & maize, **sulphites**) , sweet chilli sauce (red chilli, garlic, thickener (modified corn starch (1422e), acidity regulator (acetic acid (e260), Ketchup Manis, (Palm sugar, sugar, **soy** extract (**soya bean, wheat**),preservative (211,223), acidity regulator (270,330), stabilizer (415), Garlic crushed (Garlic, vegetable gum (415), Ginger crushed (Ginger, canola oil, vinegar)

CONTAINS: Wheat, Soy, Sulphites, Gluten

63357 MINI HAWAIIAN CHICKEN

LF

So

La

Hawaiian Chicken(45%)[chicken (60%), pineapple in juice(6%), white vinegar, onion, water, gravy-all round (maltodextrin, thickener(1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein (maize), flavour enhancer(635), canola oil, dehydrated vegetables, vegetable gum(415), food acid(330), spice, tomato paste, kecap manis sauce (**soy** extract, **soybean, wheat**) (**Soy, Wheat, Soybean**), colour(150A), preservative(211,223), acidity regulator(260/330), stabilizer(415), garlic, booster-chicken powder(sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, disodium guanylate & inosinate), onion, celery], Rice, Carrots, Peas.

CONTAINS: Wheat, Gluten, Soy, Sulphites

63192 MINI SWEET AND SOUR PORK

La

Battered Pork (25%) (pork (53%), **wheat**, maize & rice flours, thickeners (1404, 415), mineral salts (500,541,450,451), hydrolysed vegetable protein, vegetable gum (412), spices, **egg**, preservative (282), yeast extract, **soy** sauce (**soy & maize**), starch, sodium bicarbonate, chicken powder, baking powder, pepper, flavour enhancer (635), Sweet & Sour Sauce (pineapple, vinegar, (fermented spirit, acidity (270), tomato, COLFLO 67, vegetable powder, ginger, star anise, cloves, cinnamon, sichuan pepper, fennel), Rice, vegetables, bacon, dextrose, antioxidant (316), sodium nitrate (250), wood smoke, shallots, onion, molasses, colour (150c), food acid (330) booster vegetables, sea salt, maltodextrin, cane sugar, garlic, vegetable flavours, disodium guanylate & inosinate, canola oil, chilli.

CONTAINS: Eggs, Soy, Wheat, Sulphites

63358 CHILLI CON CARNE

G

La

Chilli Con Carne (45%) [Beef (42%), Sauce (32%) [Tomatoes, Onions, Capsicums, Vinegar, Sugar, Jalapeno peppers (0.9%), Salt, Coriander leaf, Natural flavour, Food acid (Citric), Thickener (415), Cumin, Garlic, Firming agent (509)], Tomato sauce (15%) [Tomato puree, Sugar, Salt, Food acid (260), Flavour], Onion (6%), Red kidney beans [Food acid (260), Firming agent (509)], Paprika sweet, Pepper black, Oregano], Rice (water, rice), Peas.

CONTAINS:

*No allergens requiring mandatory declaration.

Puree Meals 360g

60026SS PUREE LAMB & VEGETABLE

S

LF

G

Lamb & Vegetable Puree (38%)[minced lamb(59%), minced vegetables(23%)(onion, water, tomatoes, tomato, food acid(330), carrot, celery, COLFLO67 (modified maize starch), tomato paste, salt, food acid (citric) vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic, celery spinach, natural vegetable flavours, disodium guanylate & inosinate, canola oil, chilli, essence parisian (colour caramel(150c), vegetable gum(415), acidity regulator (260/330), rosemary)], Mash Potato [(sulphites (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322(**soy**))], Pea & Carrot Purees (44%)(peas, carrot, potato flakes, stabiliser(471), sodium acid pyrophosphate, sulphur dioxide (222), spinach, salt, white ground pepper.

CONTAINS: Milk, Soy, Sulphites

60056SS PUREE CHICKEN & VEGETABLE

S

LF

G

Chicken & Vegetable Puree(41%)[chicken mince (60%), water, white sauce (thickener(1422), **milk** solids, maize starch, flavouring (**milk**), minced vegetables (carrot, onion, celery, cabbage, spinach), crushed garlic, vegetable gum(415), acidity regulator (260/330), capsicum dried flakes, booster vegetable & chicken powder (sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery), disodium guanylate & inosinate, canola oil), rice flour, chilli, parsley], Mash Potato [(sulphites (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322 (**soy**)), salt], Pea & Carrot Purees (peas, carrot, potato flakes, stabiliser (471), sodium acid pyrophosphate, sulphur dioxide (222) citric acid, spinach, COLFLO 67(modified maize starch), salt, white ground pepper.

CONTAINS: Milk, Soy, Sulphites

60233SS PUREE SAVOURY BEEF & VEGETABLE

S

LF

G

Beef & Vegetable Puree(41%)[beef mince(60%), onion, water, tomato, tomato puree, food acid(330), minced vegetables (9%)(carrot, celery), tomato paste, salt, food acid(citric), booster- beef powder (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (onion, celery, garlic), natural vegetable flavours, sugar syrup, disodium guanylate & inosinate, canola oil, COLFLO 67(modified maize starch), essence-parisian (colour caramel (150c), vegetable gum(415), acidity regulator (260/330), mixed herbs & vegetable oil], Mash Potato [(sulphites (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322 (**soy**))], Pea & Carrot Purees (44%)(peas, carrot, potato flakes, stabiliser (471), sodium acid pyrophosphate, sulphur dioxide (222) citric acid, spinach, salt, white ground pepper.

CONTAINS: Milk, Soy, Sulphites

60234SS PUREE SAVOURY PORK & VEGETABLE

S

G

Pork & Vegetable Puree(41%)[pork mince(59%), minced vegetables(25%)(onion, water, tomato, tomato puree, food acid(330), carrot, celery, COLFLO67 (modified maize starch), tomato paste, salt, food acid(citric), booster-vegetable (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic, celery, spinach), natural vegetable flavours, disodium guanylate & inosinate, canola oil, chilli, essence-parisian (colour caramel(150c)), vegetable gum(415), acidity regulator(260/330)], Mash Potato [(sulphites (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322(**soy**))], Pea & Carrot Purees (44%)(peas, carrot, potato flakes, stabiliser(471), sodium acid pyrophosphate, sulphur dioxide (222), spinach, salt, white ground pepper.

CONTAINS: Milk, Soy, Sulphites

60047SS PUREE PORK, APPLE & CRANBERRY

S **LF** **G**

Pork, Apple & Cranberry Puree (42%) [pork(56%), water, apple(apple(6%), antioxidant (ascorbic acid), calcium chloride), cranberry sauce(5%) (high fructose corn syrup), onion, gravy (maltodextrin, thickener (1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato, onion), hydrolysed vegetable protein (maize), flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum(415), food acids(330), spice, carrot, colflo 67 (modified maize starch), celery, cranberries dried (sunflower oil), tomato paste (citric acid), pepper, garlic (acidity regulator (260/330)) essence parisian (colour caramel (150c)], Mash Potato [(**sulphites** (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322(**soy**))), Pea & Carrot Purees (44%)(peas, carrot, potato flakes, stabiliser(471), sodium acid pyrophosphate, sulphur dioxide (222), spinach, salt, white ground pepper.

CONTAINS: Milk, Soy, Sulphites

60055SS PUREE CHICKEN & ASPARAGUS

S **G**

Chicken & Asparagus Puree(42%)[chicken(51%), asparagus(17%), water, salt, thickened cream (**milk**), vegetable gums(407, 412), white sauce (thickener(1422), **milk** solids, maize starch, flavouring (**milk**), parmesan cheese (**milk**, cultures, rennet, anticaking (tapioca starch)), chicken powder booster (sea salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery) disodium guanylate & inosinate, canola oil), white ground pepper], Mash Potato [(**sulphites** (223), **milk**, **milk** powder, **soy** lecithin (emulsifier 322(**soy**))), Pea & Carrot Purees (44%)(peas, carrot, potato flakes, stabiliser(471), sodium acid pyrophosphate, sulphur dioxide (222), citric acid, COLFLO67 (modified maize starch), spinach, salt, white ground pepper.

CONTAINS: Milk, Soy, Sulphites

Breakfast Items

66411 BANANA BREAD WITH CREAM CHEESE ICING

V

Banana Bread [banana pulp & puree(26%), sugar, **wheat** flour, thiamine, folic acid, cream cheese icing(10%) (**milk**), powder(11%) (cream (**milk**), **milk** solids, emulsifier (471) (**soy**), salt, antioxidant(307b), culture), mineral salts (170, 516), maize starch, natural flavours, gelatine, dextrose, salt, preservative(202, 211, 220, 223) (**sulphites**), canola oil, **egg** , protein enriched **wheat** flour, water, sour cream (**milk**) culture pasteurised), margarine (vegetable fats & oils(palm, palm kernel, canola), acidity regulators (331,330,300), colour(102, 155,160a), sodium bicarbonate (raising agent (500)), lemon juice, gel (glucose, thickener(407)), banana flavour (flavour, vegetable gum(415), food acid (330)), cream of tartar, imitation vanilla essence (flavours, colour(150d), potassium sorbate.

CONTAINS: Wheat, Gluten, Milk, Egg, Soy, Sulphites

May contain: Sesame, Lupin, Peanuts, Almonds, Macadamia, Walnuts, Tree Nut

66403 BUBBLE AND SQUEAK WITH SAUSAGES

Sausages: Selected Meats (min70%), Water, Rice flour, Salt, Mineral Salt (451), Dried Vegetable, Preservative (223), Spice Extract, Canola Oil, Flavour Enhancer (635) Bubble and Squeak (potato (62%), vegetables (19%) [peas, green bean, carrot, onion], canola oil, potato starch, dextrose, maize starch, salt, whey powder (from **milk**), Dextrose, thickener (xanthan gum), maltodextrin

CONTAINS: Milk, Sulphites Soy

66412 PANCAKES WITH BERRY COMPOTE

LF

V

Pancakes (75%) [buttermilk (**milk**, concentrated skim **milk**, culture, flour (**wheat**), **egg**, sugar, imitation vanilla essence (water, flavours, colour (150d) preservative (202), acidity regulator (330), sodium bicarbonate (raising agent (500))), Berry Compote (25%)[mixed berries (44%)(blackberry, raspberry, strawberry, blueberry), water, sugar, orange juice (reconstituted orange juice), vitamin C, food acid (citric acid) (**sulphites**), natural flavours, instant clear jel (modified corn starch (1422))]

Contains: Wheat, Gluten, Egg, Milk, Sulphites

May contain: Soy, Lupin, Peanuts & Tree Nuts

Standard Desserts

60087 TRIFLE WITH CUSTARD

S

V

Trifle(83%)[**wheat** flour(**gluten**), vegetable oil, antioxidant(307, 330, 300), whipping agent, raising agents(450, 500), **wheat** starch, flavours(**milk**, **soy**), natural colours(100, 160a), reconstituted pear Juice, food acid(330)],fruit salad(peach, pineapple, grape, cherry), food additive(E127), **Egg**. Custard (17%)[water, sugar, thickener(1414), vegetable fat(contains palm), glucose, **milk** solids, mineral salt(327, 452, 340),emulsifiers (322 **soy**,433,471,472b,477), vegetable gum(466, 401, 407 410, 412, 415), flavours, acidity regulator(330), colour(160a), salt, flavour, preservative 202, colours(102, 110),

CONTAINS: Milk, Gluten, Soy, Egg, Wheat

May contain: Sesame, Sulphites, Lupin, Peanut, Almond, Macadamia & Walnut

60091 PEACHES & CUSTARD

LF

So

G

Peaches 50% (Peaches 60%, Water, Pear Juice, Food Acid (330), Antioxidant (300, 330) Custard 50% (Water 73.6 %, **Soy**, **Milk** Powder 8.9 %, Sugar, Thickener (1422), maize starch, flavouring (**milk**), Thick Cream (Cream, vegetable gums (407, 412), Vanilla Essence (colour (150c), preservative (202), food acid (330)), water, colours (102, 110), food acid (260, 330).

CONTAINS: Soy, Milk

60100 STICKY DATE WITH CARAMEL SAUCE

Sticky Date With Caramel Sauce [brown sugar(19%), water, **wheat** flour (**Wheat**) (raising agents E339, E341, E450, E500), cream thickened (**Milk**), gelatine, dates(13%), rice flour, vegetable oil (sunflower oil), butter, **Milk**, **Egg**, **Walnut**, sodium bicarbonate (acidity regulator(500)]

Contains: Wheat, Gluten, Milk, Egg, Walnut

May Contain: Sesame, Soy, Sulphites, Lupin, Peanut, Almond, Macadamia, Tree Nut

60103 FRUIT SALAD

LF

So

G

La

Fruit Salad (100%) diced pears, peaches, grapes, pineapple, refined fruit juice (apple, pineapple, peach)

CONTAINS: No Allergens requiring mandatory declaration

MAY CONTAIN: Pit, Pit fragments, seeds, seed fragments or stems

60106 CREAMED RICE & APRICOTS

So

G

Creamed Rice: (66%) Water, Rice, Sugar, Full Cream **milk** powder,(**soy** lecithin, (emulsifier 322 from **soy**))(**Milk** , **soy**), Vanilla Essence (Flavour, Colour (150c), preservative (202), food acid (330)), Egg Yellow Colour (water, food colour, Tartazine (102), sunset yellow (110), preservative (sodium benzoate (211), Apricots:(34%) (apricots, pear juice, ascorbic acid)

CONTAINS: Milk, Soy

60116 STEWED APPLE & CUSTARD

S

LF

So

G

Apple (50%), (apple, antioxidant (ascorbic acid), calcium chloride), **sulphites**, water, sugar, orange juice, preservative (202), Vitamin C (300), food acid (260,330), Sulphites, lemon juice, (preservative (223), antioxidant (300), Instant Clear Jel (modified maize starch (1422), Cinnamon, Cloves, Custard (50%), (Water, **Milk** Powder (full cream **milk**, **soy**, lecithin, emulsifier 322), Sugar, Thickener (1422), **milk** solids, maize starch, **milk**, Cream, vegetable gums (407, 412), Vanilla Essence (colour (150c), preservative (202)), water, colours, Tartrazine(102), Sunset yellow (110), preservative (sodium benzoate (211).

CONTAINS: Milk, Sulphites, Soy

60118 BLUEBERRY CRUMBLE WITH CUSTARD

So

Blueberry Apple Crumble (60%) (apple, antioxidant (ascorbic acid), calcium chloride), Blueberries (12%), Flour (**wheat**) (**gluten**), Sugar, Butter, (pasteurized cream (from **milk**), water, salt), Rolled Oats, Desiccated Coconut, Instant Clear Jel (modified maize starch (1422), Custard (40%) **Milk Powder** (**soy** lecithin (emulsifier 322 from **soy**), Sugar, White Sauce (thickener(1422), **milk** solids, maize starch, flavouring (**milk**), Thickened Cream (cream, vegetable gums (407, 412)), Vanilla Essence (water, flavour, colour (150c), preservative (202), food acid (330), Colouring Egg Yellow (water, food colour, Tartazine (102), sunset yellow (110), preservative (sodium benzoate (211))

CONTAINS: Soy, Wheat, Milk, Gluten

60130 APPLE & RHUBARB CRUMBLE WITH CUSTARD

S

So

Apple & Rhubarb Crumble(62%)[apple(35%)(antioxidant (ascorbic acid), calcium chloride), rhubarb(14%), water, **wheat** flour, sugar, butter (pasteurised cream (**milk**), salt, rolled **oats**, coconut, instant clear jel (modified maize starch(1422)], Custard[**milk** powder & solids, **soy** lecithin (emulsifier 322 (**soy**)), thickener(1422), flavouring(**milk**), cream- thickened (vegetable gums(407,412), vanilla essence (flavour, colour(150c), preservative(202), food acid(330), yellow food colouring (tartrazine(102), sunset yellow(110), preservative (sodium benzoate(211), citric acid (330)]

CONTAINS: Wheat, Gluten, Milk, Soy

60131 CARROT CAKE

V

Water, **Wheat** Flour {Vitamins [Thiamine, Folate]}, Icing {Sucrose, Tapioca Starch}, Carrot(10%), Sugar, Canola Oil, **Soy** Lecithin, Propellants (Butane, Propane), Margarine {Vegetable Oils & fats, Salt, Emulsifiers (322 (**Soy**), 481, 471), Preservative(202), Natural Flavour, Acidity Regulator (330), Natural Colour(160a) & Antioxidant (307b)}, Cream Cheese {**Milk**, Cream, **Milk** Solids, Vegetable Gum(410), Food Acid(270), Starter Culture}, **Walnuts**, Muffin Concentrate {Raising Agent (450,500), Thickener(1422), Mineral Salt(327)}, Vegetable Fibre (Dietary fibre, Ash), Glycerine(422), Baking Powder, Sodium Bicarbonate (500), Vanilla Flavour (Colour(150d)), Caramel Colour (150c), Cinnamon.

CONTAINS: Milk, Soy, Sulphites, Tree Nut, Wheat, Gluten.

MAY CONTAIN: Egg, Peanut, Sesame, Lupin

60134 CHOCOLATE FLAVOURED MOUSSE

S

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Water, Sugar, **Milk** Solids, Cocoa, Hydrogenated Vegetable Oil, Glucose Syrup, Emulsifier (472a), Gelatine, Flavours, Stabilisers (407, 450), Colour (155).

CONTAINS: Milk

60143 BREAD & BUTTER PUDDING

So

V

Bread & Butter Pudding (100%)[water, **egg** pulp(27%), **milk** powder(8%), **soy** lecithin (emulsifier 481, 322 from **soy**, bread- raisin (8%)(**wheat** flour, fruit (raisins, sultanas, currants, vegetable oils), water, yeast, sugar, canola oil, salt, mixed spice, **soy** flour, vinegar, vitamins (thiamin, folic acid), **sesame** seeds, essence-vanilla (flavour, colour(150c), preservative(202), food acid(330)]

CONTAINS: Egg, Wheat, Gluten, Milk, Sesame, Soy

60145 BAKED RICE PUDDING

So

G

Water, Egg Pulp (Egg pulp pasteurized) (**Egg**), Full Cream Milk Powder (**soy** lecithin (emulsifier 322 from soy) (**Milk, Soy**), Sugar, Rice,(2.6%), Vanilla Essence (flavor, colour (150c), preservative (202), food acid (330))

CONTAINS: Egg, Milk, Soy

60149 MANGO FLAVOURED MOUSSE

S

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So

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V

Water, Sugar, **Milk** Solids, Hydrogenated Vegetable Oil, Glucose Syrup (from Corn), Emulsifier (472a), Gelatine, Stabilizers (407, 450), Flavour, Acidity Regulator (330), Colours (110,102)

CONTAINS: Milk

S SOFT **LF** LOW FAT **So** LOW SODIUM **G** GLUTEN FREE **La** LACTOSE FREE **V** VEGETARIAN

60252 BANANA CAKE

Water, **Wheat** Flour {Vitamins [Thiamine, Folate]}, Sugar, Icing {Sucrose, Tapioca Starch}, Canola Oil, Banana(14%) {Acidity Regulator(300,330)}, Ascorbic Acid (E330), Vegetable Margarine {Vegetable Fats & Oils, Salt, Emulsifiers (471,475, 481), Preservative(202), Conditioner(330), Flavour, Antioxidant(320), Colour(160a)}, Cake Concentrate {Mineral Salt/Raising Agent (450,500), Thickener(1422), Natural Flavour}, Icing Stabiliser {Mineral Salts (170, 516, 327), Vegetable Gum (401), Dextrose, Maize Starch}, **Wheat** Fibre, Glycerine, **Milk** Powder, Baking Powder [Raising Agents (450, 500)], Sodium Bicarbonate (500), Nutmeg.

CONTAINS: Gluten, Milk, Wheat.

May contain: Egg, Peanuts, Soy, Sulphites, Tree Nuts

60104 CHOCOLATE GATEAUX CAKE

S

V

Water, Chocolate Flavoured Topping {High Fructose Corn Syrup, Partially Hydrogenated Palm Kernel Oil (**Soy** Lecithin), Cocoa Alkali Processed, Milk Solids, Colour(150c), Emulsifiers(435,475, 481, 492, 322-Soy), Stabilisers (464,514), Sugar, Salt, Flavour, **Wheat** Flour (**Gluten**), Vitamins, Canola Oil, Compound Chocolate (7%), Vegetable Fat (492, 322-Soy), Cocoa Powder (1%), Whey Powder (**Milk**), Flavours, Muffin Concentrate, Thiamine, Folate, Thickener (1422), Raising Agents (450, 500, 541), Natural Flavour, Mineral Salt (327)}, Wheat Fibre, Chocolate Flavour [Food colour (155, 133)], Dextrose, Maize Starch, Inter-esterified Palm Oil, Baking Powder, Sodium Bicarbonate (500).

CONTAINS: Milk, Soy, Wheat, Gluten. May contain: Egg, Lupin, Peanuts, Sesame Seeds, Tree Nuts.

60354 APPLE SPONGE CAKE (NEW RECIPE 2024 BATCHES)

S

LF

Stewed Apple(67%)[apple(78%), antioxidant(300) (ascorbic acid), calcium chloride, water, sugar, orange & lemon juice, preservative (202, 223), **sulphites**, vitamin c(300), food acid(330), instant clear jel(modified maize starch(1422)), cinnamon, cloves], Sponge Cake(33%) [**wheat** flour, vitamins [thiamine, folate], **egg**, water, wispalett(humectant(420,1520), emulsifiers(471,475), acidity regulator(570)), baking powder (raising agents (450, 500), **milk** powder, sodium bicarbonate(500), salt, canola oil]

CONTAINS: Egg, Gluten, Milk, Wheat, Sulphites

May contain: Peanuts, Soy, Tree Nut

60360 LEMON CAKE

S

V

Lemon Cake [Sugar, **Wheat** Flour {Vitamins [Thiamine, Folate]}, **Egg**, Lemon Juice(9%){Lemon, Preservative(202, 223, 220)}, Margarine {Vegetable Oils & fats, Water, Salt, Emulsifiers (322[**Soy**-Derived 471], Lecithin, Propellants (Butane, Propane), Canola & Palm Oil, **Sulphites**, Natural Flavour, Acidity Regulator(330), Natural Colour(160a), Antioxidant(307b)}, Coconut , Thickened Cream {**Milk**, Mineral Salts(450, 500), Thickener(400)}, Dextrose, Maize Starch, Baking Powder [Raising Agents(450, 500)]

CONTAINS: Egg, Milk, Soy, Sulphites, Wheat, Gluten

May contain: Peanuts, Sesame, Tree Nuts

Premium Desserts

60092 TROPICAL PAVLOVA

So

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V

Fruit Salad in juice (55%) (pears, peaches, grapes, pineapple, refined fruit juice, may contain: pit, pit fragments, seeds, seed fragments or stems), Pavlova (36%) (sugar, egg white (**Egg**), stabilisers (415, 412), antifoaming agent (1505)), egg white powder (**Egg**), white vinegar, preservative (202), natural vanilla flavouring), Thickened Cream (fresh cream (**Milk & Milk Products**)), halal gelatine.

CONTAINS: Egg, Milk

60261 STRAWBERRY SWIRL CHEESECAKE

V

Thickened Cream {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener(400)}, Sugar, Cream Cheese (17%) {**Milk**, Cream (**Milk**), **Milk** Solids, Salt, Vegetable Gum (410), Food Acid(270), Starter Culture}, Biscuit Crumbs {**Wheat** Flour, Vegetable Shortening, Golden Syrup, Starch, Baking Powder, Vanilla, Raising Agents}, Water, Margarine {Vegetable Oils & fats, Canola Oil, Emulsifiers (322 (**Soy**), 471), **Sulphites**, **Soy** Lecithin, Propellants (Butane, Propane), Preservative(202), Natural Flavour, Acidity Regulator(330), Natural Colour (160a) & Antioxidant(307, 307b)}, Strawberries(4%), Gelatine (Beef Hide), Lemon Juice, Strawberry Flavour, Vanilla Flavour (Colour (150d)), Cornflour (Maize Starch), Red Colour(124)

CONTAINS: Milk, Soy, Sulphites, Wheat, Gluten

MAY CONTAIN: Peanuts, Sesame, Tree Nuts, Egg

60139 VANILLA SLICE

Vanilla Slice (100%)[water, custard(19%)(sugar, thickeners (1414, 466, 401, 407, 410, 415, 464, 412), margarine (vegetable fat & oils (palm, palm kernel, canola), glucose, **milk** solids, mineral salt (340, 327), emulsifiers (322 (**soy**), 433, 471, 435), flavours, acidity regulator (330, 331, 526), colour (160a, 160b), salt, flavour, preservative(202), colours(102, 110), **wheat** flour, thiamine, folic acid, imitation cream (dextrose), natural flavour & Colour(160a), antioxidant(307b), maize starch]

CONTAINS: Milk, Soy, Wheat, Gluten

MAY CONTAIN: Egg, Sesame, Sulphites, Lupin, Peanut, Almond, Macadamia, Walnut, Tree Nut

60269 TIRAMISU

S

V

Tiramisu [Vanilla Flavoured Topping {Corn Syrup, Water, Hydrogenated Palm Kernel Oil (**Soy** Lecithin), Canola Oil, Antioxidant(307), Propellants(Butane, Propane), **Milk** Powder & Solids, Natural Cream Flavour, Emulsifiers(322 (**Soy**), 435, 471, 475), Stabilisers(464, 415), Sugar, Salt, Preservative(202), Natural Colour (160A)}, **Wheat** Flour (**Gluten**), {Vitamins [Thiamine, Folate]}, **Egg**, Wispalett {Humectant (420,1520), Acidity regulator(570)}, Cocoa Powder (0.94%), Coffee Powder (0.78%), Baking Powder [Raising Agents (450, 500)], Sodium Bicarbonate (500)].

CONTAINS: Egg, Milk, Soy, Wheat, Gluten.

May contain: Peanuts, Sesame, Sulphites, Tree Nuts.

60086 APPLE PIE WITH CREAM

S

Apple Pie(81%)[apples(54%), water, acidity regulator(300, 331, 330), **wheat** flour (**Wheat**), sugar, margarine (vegetable fats & oils (palm, palm kernel, canola), salt, emulsifiers (**Soy**) (471), antioxidant 307b, natural flavours & colour(160a), dextrose, maize starch, **Egg**, sultanas (raisins), sunflower oil, gel, corn starch, cinnamon, baking powder (rice flour, raising agents (450,500)), Thickened Cream[19%][cream (**Milk**), gelatine, sugar.

Contains: Wheat, Gluten, Soy, Egg, Milk

May Contain: Milk, Sesame, Sulphites, Lupin, Peanut, Almond, Macadamia, Walnut, Tree Nut

60138 APRICOT PIE WITH CREAM

So

Apricot Pie (81%)[apricots(52%), water, sugar, firming agent(509), **wheat** flour (**Wheat**), margarine (vegetable fats & oils (palm, palm kernel, canola), salt, emulsifier (**Soy**) (471), acidity regulator (331, 330), antioxidant 307b, natural flavours & colour(160a), **Egg**, gel(corn starch), imitation vanilla essence (imitation flavour, colour(150d), preservative(202), baking powder (rice flour, raising agents(450,500)], Whipped Cream (19%)[fresh cream (**Milk**), gelatine]

Contains: Wheat, Gluten, Soy, Egg, Milk

May Contain: Milk, Sesame, Sulphites, Lupin, Peanuts, Almond, Macadamia, Walnut, Tree nut

60102 BAKED CHEESECAKE

So

Thickened Cream {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener(400)}, Cream Cheese(19%) {**Milk, Milk** Solids, Salt, Vegetable Gum (410), Food Acid(270), Starter Culture}, Biscuit Crumbs {**Wheat** Flour, Sugar, **Sulphites**, Vegetable oil, Golden Syrup, Starch, Baking Powder, Vanilla, Raising Agents}, Water, Vegetable Margarine {Vegetable Fats & Oils, Canola Oil, Emulsifiers (471,475), Preservative(202), Conditioner(330), Flavour, Antioxidant(320), Colour(150d, 160a)}, Gelatine (Beef Hide) (**Sulphites**), Lemon Juice}, Vanilla Flavour.

CONTAINS: Gluten, Milk, Sulphites, Wheat

May contain: Egg, Peanuts, Soy, Tree Nut

60197 FRUIT CAKE WITH CUSTARD

S

Fruit Cake (62%)[mixed fruit (47%), **wheat** flour (**gluten**), thiamine, folate, sugar, vegetable fat & oil (palm, coconut), emulsifiers(471,477), antioxidant(307), thickener(1422), raising agents(450, 500, 541), **milk** solids(**milk**), colour(150c), preservative(202, 223) (**sulphites**), spice, **wheat** starch (**gluten**), flavour, salt, vegetable gums(407, 412, 415), acidity regulator(330), mineral salt(452), water, **egg (Egg)**], Custard(38%)[**milk** powder, **soy** lecithin(emulsifier 322 from **soy**)) (**milk, soy**), sugar, maize starch, flavouring (**milk**), cream, vanilla essence, colouring egg yellow (food colour, tartazine(102), sunset yellow(110), preservative (sodium benzoate(211), citric acid(330)]

CONTAINS: Wheat, Gluten, Milk, Sulphites, Egg, Soy

MAY CONTAIN: Sesame, Soy, Lupin, Almond, Macadamia, Peanut, Walnut

NUTRITION INFORMATION

Beef Main Meals

60003 Beef & Bacon Casserole

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1310 kJ	364 kJ
Protein	27.5 g	7.6 g
Fat, total	11.9 g	3.3 g
- saturated	4.4 g	1.2 g
Carbohydrate	21.2 g	5.9 g
- sugars	6.4 g	1.8 g
Sodium	391 mg	109 mg

60004 Corned Silverside

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1130 kJ	314 kJ
Protein	24.7 g	6.8 g
Fat, total	5.9 g	1.6 g
- saturated	3.3 g	0.9 g
Carbohydrate	25.1 g	7.0 g
- sugars	11.4 g	3.2 g
Sodium	1370 mg	382 mg

60005 Cottage Pie

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1250 kJ	348 kJ
Protein	26.8 g	7.4 g
Fat, total	6.8 g	1.9 g
- saturated	3.2 g	0.9 g
Carbohydrate	28.5 g	7.9 g
- sugars	9.5 g	2.6 g
Sodium	636 mg	177 mg

60006 Beef Stroganoff

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1470 kJ	408 kJ
Protein	26.0 g	7.2 g
Fat, total	9.9 g	2.8 g
- saturated	4.3 g	1.2 g
Carbohydrate	35.7 g	9.9 g
- sugars	7.2 g	2.0 g
Sodium	274 mg	76 mg

60009 Roast Beef with Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1010 kJ	280 kJ
Protein	20.8 g	5.8 g
Fat, total	6.2 g	1.7 g
- saturated	2.1 g	0.6 g
Carbohydrate	22.7 g	6.3 g
- sugars	5.9 g	1.6 g
Sodium	1010 mg	281 mg

60010 Beef Lasagne

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	370 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2230 kJ	620 kJ
Protein	25.1 g	7.0 g
Fat, total	26.7 g	7.4 g
- saturated	14.3 g	4.0 g
Carbohydrate	45.0 g	12.5 g
- sugars	8.2 g	2.3 g
Sodium	943 mg	262 mg

60016 Steak & Kidney Pie

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1290 kJ	358 kJ
Protein	23.4 g	6.5 g
Fat, total	8.2 g	2.3 g
- saturated	3.5 g	1 g
Carbohydrate	30.3 g	8.4 g
- sugars	9.2 g	2.5 g
Sodium	479 mg	133 mg

60015 Rissolle with Onion Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1570 kJ	437 kJ
Protein	22.6 g	6.3 g
Fat, total	19.9 g	5.5 g
- saturated	9.9 g	2.8 g
Carbohydrate	23.8 g	6.6 g
- sugars	7.0 g	1.9 g
Sodium	939 mg	261 mg

60200 Beef Pie with Mash & Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2630 kJ	692 kJ
Protein	24.8 g	6.5 g
Fat, total	26.4 g	6.9 g
- saturated	11.9 g	3.1 g
Carbohydrate	70.3 g	18.5 g
- sugars	6.9 g	1.8 g
Sodium	1220 mg	320 mg

60181 Sausages with Gravy

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1690 kJ	468 kJ
Protein	16.9 g	4.7 g
Fat, total	24.7 g	6.9 g
- saturated	12.5 g	3.5 g
Carbohydrate	26 g	7.2 g
- sugars	6.6 g	1.8 g
Sodium	1060 mg	294 mg

60270 Spaghetti Bolognaise

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1160 kJ	323 kJ
Protein	22.2 g	6.2 g
Fat, total	10.3 g	2.9 g
- saturated	5.0 g	1.4 g
Carbohydrate	20.1 g	5.6 g
- sugars	11.3 g	3.1 g
Sodium	627 mg	174 mg

60018 Curried Sausages

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1390 kJ	386 kJ
Protein	12.8 g	3.6 g
Fat, total	18.4 g	5.1 g
- saturated	10.3 g	2.9 g
Carbohydrate	25.5 g	7.1 g
- sugars	9.1 g	2.5 g
Sodium	728 mg	202 mg

60359 Meatballs in Tomato Sauce

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1710 kJ	474 kJ
Protein	17.2 g	4.8 g
Fat, total	21.1 g	5.9 g
- saturated	7.6 g	2.1 g
Carbohydrate	35.5 g	9.9 g
- sugars	8.5 g	2.4 g
Sodium	745 mg	207 mg

Pork Main Meals

60356 Pork Ragù with Penne Pasta

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1520 kJ	423 kJ
Protein	18.6 g	5.2 g
Fat, total	12.4 g	3.4 g
- saturated	5.1 g	1.4 g
Carbohydrate	39.7 g	11 g
- sugars	8.2 g	2.3 g
Sodium	375 mg	104 mg

60042 Roast Pork with Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1310 kJ	365 kJ
Protein	35.2 g	9.8 g
Fat, total	4.5 g	1.2 g
- saturated	0.9 g	0.3 g
Carbohydrate	28.7 g	8.0 g
- sugars	7.8 g	2.2 g
Sodium	294 mg	82 mg

60044 Ham and Cheese Omelette

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 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 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1780 kJ	494 kJ
Protein	23.8 g	6.6 g
Fat, total	17.8 g	5.0 g
- saturated	7.9 g	2.2 g
Carbohydrate	38.9 g	10.8 g
- sugars	6.3 g	1.7 g
Sodium	1070 mg	298 mg

60047 Pork & Cranberry Casserole

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1230 kJ	342 kJ
Protein	23.9 g	6.6 g
Fat, total	3.2 g	0.9 g
- saturated	1.0 g	0.3 g
Carbohydrate	39.5 g	11.0 g
- sugars	12.6 g	3.5 g
Sodium	251 mg	70 mg

60192 Sweet & Sour Pork

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 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:	370 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2230 kJ	602 kJ
Protein	40.9 g	11.0 g
Fat, total	12.6 g	3.4 g
- saturated	3.9 g	1.1 g
Carbohydrate	59.0 g	16.0 g
- sugars	20.4 g	5.5 g
Sodium	1060 mg	287 mg

60051 Roast Chicken with Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 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	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1230 kJ	340 kJ
Protein	22.7 g	6.3 g
Fat, total	5.6 g	1.6 g
- saturated	1.7 g	0.5 g
Carbohydrate	34.1 g	9.5 g
- sugars	6.9 g	1.9 g
Sodium	365 mg	101 mg

60054 Chicken Strips with Lemon Sauce

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1850 kJ	515 kJ
Protein	20.5 g	5.7 g
Fat, total	17.9 g	5.0 g
- saturated	2.4 g	0.7 g
Carbohydrate	46.2 g	12.8 g
- sugars	11.4 g	3.2 g
Sodium	513 mg	143 mg

60055 Chicken & Asparagus Mornay

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1220 kJ	338 kJ
Protein	23.0 g	6.4 g
Fat, total	11.9 g	3.3 g
- saturated	6.0 g	1.7 g
Carbohydrate	18.4 g	5.1 g
- sugars	4.7 g	1.3 g
Sodium	387 mg	107 mg

60056 Chicken & Vegetable Pie

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1590 kJ	441 kJ
Protein	24.6 g	6.8 g
Fat, total	10.1 g	2.8 g
- saturated	3.7 g	1 g
Carbohydrate	40.4 g	11.2 g
- sugars	12.5 g	3.5 g
Sodium	343 mg	95 mg

60059 Butter Chicken & Rice

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1560 kJ	435 kJ
Protein	23.3 g	6.5 g
Fat, total	12.5 g	3.5 g
- saturated	5.8 g	1.6 g
Carbohydrate	40.8 g	11.3 g
- sugars	12.1 g	3.4 g
Sodium	229 mg	64 mg

60182 Chicken Schnitzel, Veg & Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1560 kJ	435 kJ
Protein	23.0 g	6.4 g
Fat, total	11.2 g	3.1 g
- saturated	2.2 g	0.6 g
Carbohydrate	39.2 g	10.9 g
- sugars	6.4 g	1.8 g
Sodium	937 mg	260 mg

60351 Chicken Scaloppini with Bacon

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1240 kJ	344 kJ
Protein	21.8 g	6.1 g
Fat, total	11.0 g	3.0 g
- saturated	4.9 g	1.4 g
Carbohydrate	24.6 g	6.8 g
- sugars	8.8 g	2.5 g
Sodium	610 mg	170 mg

60355 Chicken & Mushroom Pasta Bake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1370 kJ	379 kJ
Protein	19.1 g	5.3 g
Fat, total	13.0 g	3.6 g
- saturated	6.5 g	1.8 g
Carbohydrate	28.3 g	7.9 g
- sugars	8.7 g	2.4 g
Sodium	447 mg	124 mg

60053 Chicken Parmigiana

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1750 kJ	486 kJ
Protein	28.2 g	7.8 g
Fat, total	15.9 g	4.4 g
- saturated	6.3 g	1.8 g
Carbohydrate	37.6 g	10.4 g
- sugars	11.5 g	3.2 g
Sodium	871 mg	242 mg

60357 Hawaiian Chicken

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1440 kJ	400 kJ
Protein	26.5 g	7.4 g
Fat, total	6.3 g	1.8 g
- saturated	1.7 g	0.5 g
Carbohydrate	41.6 g	11.6 g
- sugars	14.1 g	3.9 g
Sodium	352 mg	98 mg

Lamb Main Meals

60021 Roast Lamb with Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 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 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1360 kJ	377 kJ
Protein	17.9 g	5.0 g
Fat, total	18.7 g	5.2 g
- saturated	7.5 g	2.1 g
Carbohydrate	17.7 g	4.9 g
- sugars	4.6 g	1.3 g
Sodium	297 mg	83 mg

60027 Crumbed Lamb Patties with Gravy

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2160 kJ	600 kJ
Protein	25.5 g	7.1 g
Fat, total	18.8 g	5.2 g
- saturated	3.1 g	0.9 g
Carbohydrate	58 g	16.1 g
- sugars	6.7 g	1.8 g
Sodium	780 mg	217 mg

60025 Mongolian Lamb with Rice

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1420 kJ	395 kJ
Protein	25.5 g	7.1 g
Fat, total	7.4 g	2 g
- saturated	2 g	0.6 g
Carbohydrate	40 g	11.1 g
- sugars	11.7 g	3.2 g
Sodium	769 mg	214 mg

Fish Main Meals

60060 Crumbed Fish

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1450 kJ	403 kJ
Protein	18.5 g	5.1 g
Fat, total	7.3 g	2.0 g
- saturated	0.8 g	0.2 g
Carbohydrate	46.5 g	12.9 g
- sugars	6.3 g	1.8 g
Sodium	403 mg	112 mg

60066 Fish Cake with Parsley Sauce

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1650 kJ	457 kJ
Protein	15.2 g	4.2 g
Fat, total	11.7 g	3.2 g
- saturated	2.4 g	0.7 g
Carbohydrate	53 g	14.7 g
- sugars	7.6 g	2.1 g
Sodium	581 mg	161 mg

60063 Curried Prawns with Rice

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1210 kJ	335 kJ
Protein	25.3 g	7 g
Fat, total	1.9 g	0.5 g
- saturated	0.4 g	0.1 g
Carbohydrate	37.4 g	10.4 g
- sugars	8.7 g	2.4 g
Sodium	630 mg	175 mg

Veal Main Meals

60030 Vienna Schnitzel

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1780 kJ	494 kJ
Protein	23.8 g	6.6 g
Fat, total	17.8 g	5.0 g
- saturated	7.9 g	2.2 g
Carbohydrate	38.9 g	10.8 g
- sugars	6.3 g	1.7 g
Sodium	1070 mg	298 mg

60033 Veal Parmigiana

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1330 kJ	368 kJ
Protein	36.2 g	10.1 g
Fat, total	6.7 g	1.9 g
- saturated	2.3 g	0.6 g
Carbohydrate	24.1 g	6.7 g
- sugars	11 g	3.1 g
Sodium	447 mg	124 mg

Turkey Main Meal

60058 Turkey with Gravy

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1180 kJ	328 kJ
Protein	23.2 g	6.4 g
Fat, total	4.8 g	1.3 g
- saturated	0.9 g	0.2 g
Carbohydrate	32.2 g	8.9 g
- sugars	9.9 g	2.8 g
Sodium	994 mg	276 mg

Vegetarian Main Meals

60070 Macaroni Cheese

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1450 kJ	402 kJ
Protein	18.6 g	5.2 g
Fat, total	14.3 g	4 g
- saturated	8.9 g	2.5 g
Carbohydrate	31 g	8.6 g
- sugars	8.2 g	2.3 g
Sodium	393 mg	109 mg

60236 Vegetable Pasta Bake

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	856 kJ	238 kJ
Protein	8.8 g	2.4 g
Fat, total	5 g	1.4 g
- saturated	3.1 g	0.9 g
Carbohydrate	26.3 g	7.3 g
- sugars	9.4 g	2.6 g
Sodium	358 mg	100 mg

60072 Vegan Mixed Bean Casserole

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1220 kJ	338 kJ
Protein	11.6 g	3.2 g
Fat, total	2.4 g	0.7 g
- saturated	0.6 g	0.2 g
Carbohydrate	52.5 g	14.6 g
- sugars	13.5 g	3.7 g
Sodium	311 mg	87 mg

60232 Vegetarian Cottage Pie

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1040 kJ	288 kJ
Protein	11.8 g	3.3 g
Fat, total	5.8 g	1.6 g
- saturated	2.8 g	0.8 g
Carbohydrate	31.1 g	8.6 g
- sugars	12.1 g	3.4 g
Sodium	303 mg	84 mg

60273 Vegetable & Potato Yellow Curry

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1470 kJ	409 kJ
Protein	9.7 g	2.7 g
Fat, total	10.9 g	3.0 g
- saturated	9.1 g	2.5 g
Carbohydrate	47.5 g	13.2 g
- sugars	8.1 g	2.2 g
Sodium	907 mg	252 mg

Soups

60120 Minestrone Soup

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	266 kJ	133 kJ
Protein	1.5 g	0.8 g
Fat, total	0.4 g	0.2 g
- saturated	0.2 g	0.1 g
Carbohydrate	12.9 g	6.5 g
- sugars	3.9 g	1.9 g
Sodium	357 mg	179 mg

60121 Pea & Ham Soup

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	710 kJ	355 kJ
Protein	8.8 g	4.4 g
Fat, total	4.6 g	2.3 g
- saturated	1.6 g	0.8 g
Carbohydrate	21.3 g	10.6 g
- sugars	2.1 g	1 g
Sodium	315 mg	157 mg

60122 Pumpkin Soup

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	474 kJ	237 kJ
Protein	2.9 g	1.5 g
Fat, total	4 g	2 g
- saturated	2.4 g	1.2 g
Carbohydrate	15.4 g	7.7 g
- sugars	6.2 g	3.1 g
Sodium	339 mg	170 mg

60123 Beef & Vegetable Soup

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	399 kJ	200 kJ
Protein	7.4 g	3.7 g
Fat, total	1.8 g	0.9 g
- saturated	0.8 g	0.4 g
Carbohydrate	11.2 g	5.6 g
- sugars	2.9 g	1.4 g
Sodium	570 mg	285 mg

60224 Chicken & Vegetable Soup

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	356 kJ	178 kJ
Protein	5.8 g	2.9 g
Fat, total	1.5 g	0.8 g
- saturated	0.4 g	0.2 g
Carbohydrate	10.9 g	5.4 g
- sugars	3.5 g	1.7 g
Sodium	344 mg	172 mg

60225 Potato & Leek Soup

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	470 kJ	235 kJ
Protein	3.4 g	1.7 g
Fat, total	3.4 g	1.7 g
- saturated	2.2 g	1.1 g
Carbohydrate	16.0 g	8.0 g
- sugars	4.8 g	2.4 g
Sodium	422 mg	211 mg

60353 Cauliflower Bacon Soup

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	570 kJ	285 kJ
Protein	4.9 g	2.5 g
Fat, total	8.3 g	4.2 g
- saturated	4 g	2 g
Carbohydrate	9.8 g	4.9 g
- sugars	3.5 g	1.7 g
Sodium	479 mg	240 mg

Mini Meals 200g

MINI

63003 Beef & Bacon Casserole

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 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

MINI

63016 Steak & Kidney Pie

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	930 kJ	465 kJ
Protein	14.7 g	7.4 g
Fat, total	6.6 g	3.3 g
- saturated	3 g	1.5 g
Carbohydrate	22.3 g	11.2 g
- sugars	5.1 g	2.6 g
Sodium	327 mg	164 mg

MINI

63042 Roast Pork with Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	762 kJ	381 kJ
Protein	22.5 g	11.3 g
Fat, total	2.6 g	1.3 g
- saturated	0.6 g	0.3 g
Carbohydrate	14.7 g	7.3 g
- sugars	4.0 g	2.0 g
Sodium	157 mg	79 mg

MINI

63056 Chicken & Vegetable Pie

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1030 kJ	514 kJ
Protein	14.9 g	7.4 g
Fat, total	7.1 g	3.6 g
- saturated	2.9 g	1.4 g
Carbohydrate	25.9 g	13 g
- sugars	6.7 g	3.4 g
Sodium	241 mg	121 mg

MINI

63004 Corned Silverside & Parsley Sauce

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	667 kJ	334 kJ
Protein	15.7 g	7.9 g
Fat, total	3.4 g	1.7 g
- saturated	1.9 g	1.0 g
Carbohydrate	13.9 g	7.0 g
- sugars	5.8 g	2.9 g
Sodium	884 mg	442 mg

MINI

63021 Roast Lamb with Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	762 kJ	381 kJ
Protein	19.0 g	9.5 g
Fat, total	6.3 g	3.1 g
- saturated	2.2 g	1.1 g
Carbohydrate	10.9 g	5.4 g
- sugars	2.5 g	1.2 g
Sodium	174 mg	87 mg

MINI

63052 Curried Chicken with Rice

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	721 kJ	361 kJ
Protein	13.5 g	6.8 g
Fat, total	3.4 g	1.7 g
- saturated	1 g	0.5 g
Carbohydrate	20 g	10 g
- sugars	3.2 g	1.6 g
Sodium	211 mg	105 mg

MINI

63059 Chicken Wing in BBQ Sauce

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2160 kJ	902 kJ
Protein	19.4 g	8.1 g
Fat, total	18.2 g	7.6 g
- saturated	5.6 g	2.3 g
Carbohydrate	66.7 g	27.8 g
- sugars	27.6 g	11.5 g
Sodium	1080 mg	451 mg

MINI

63005 Cottage Pie

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	210 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	729 kJ	365 kJ
Protein	15.0 g	7.5 g
Fat, total	4.1 g	2.1 g
- saturated	1.9 g	0.9 g
Carbohydrate	17.2 g	8.6 g
- sugars	5.5 g	2.8 g
Sodium	350 mg	175 mg

MINI

63055 Chicken & Asparagus Mornay

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	714 kJ	357 kJ
Protein	13.4 g	6.7 g
Fat, total	7.1 g	3.6 g
- saturated	3.6 g	1.8 g
Carbohydrate	10.9 g	5.4 g
- sugars	2.4 g	1.2 g
Sodium	229 mg	114 mg

MINI

63060 Crumbed Fish, Chips, Veg

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1020 kJ	509 kJ
Protein	14.4 g	7.2 g
Fat, total	5.2 g	2.6 g
- saturated	0.6 g	0.3 g
Carbohydrate	32.1 g	16.0 g
- sugars	2.9 g	1.4 g
Sodium	395 mg	185 mg

MINI

63070 Macaroni Cheese with Veg- Mini

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	807 kJ	404 kJ
Protein	9.3 g	4.7 g
Fat, total	8.9 g	4.4 g
- saturated	5.7 g	2.8 g
Carbohydrate	17.2 g	8.6 g
- sugars	3.4 g	1.7 g
Sodium	260 mg	130 mg

Mini Meals 200g (continued)

MINI

63181 Sausages with Gravy

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1050 kJ	523 kJ
Protein	10.6 g	5.3 g
Fat, total	15.7 g	7.8 g
- saturated	7.9 g	4 g
Carbohydrate	15.4 g	7.7 g
- sugars	3.6 g	1.8 g
Sodium	636 mg	318 mg

MINI

63198 Spinach & Fetta Omelette

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1120 kJ	560 kJ
Protein	19.7 g	9.8 g
Fat, total	16.7 g	8.4 g
- saturated	6.6 g	3.3 g
Carbohydrate	8.8 g	4.4 g
- sugars	5.9 g	2.9 g
Sodium	580 mg	290 mg

MINI

63200 Meat Pie, Mash & Veg

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 220 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1520 kJ	692 kJ
Protein	14.5 g	6.6 g
Fat, total	15.1 g	6.9 g
- saturated	6.8 g	3.1 g
Carbohydrate	40.8 g	18.5 g
- sugars	4.1 g	1.9 g
Sodium	687 mg	312 mg

MINI

63270 Spaghetti Bolognese

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	694 kJ	347 kJ
Protein	12.2 g	6.1 g
Fat, total	7.5 g	3.7 g
- saturated	3.9 g	2.0 g
Carbohydrate	10.8 g	5.4 g
- sugars	5.8 g	2.9 g
Sodium	382 mg	191 mg

MINI

63009 Roast Beef with Gravy

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	588 kJ	294 kJ
Protein	13.1 g	6.5 g
Fat, total	3.9 g	1.9 g
- saturated	1.4 g	0.7 g
Carbohydrate	11.7 g	5.8 g
- sugars	3.2 g	1.6 g
Sodium	635 mg	318 mg

MINI

63351 Chicken Scaloppini with Bacon

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	725 kJ	362 kJ
Protein	13.0 g	6.5 g
Fat, total	6.6 g	3.3 g
- saturated	2.9 g	1.5 g
Carbohydrate	14.0 g	7.0 g
- sugars	4.4 g	2.2 g
Sodium	360 mg	180 mg

MINI

63357 Hawaiian Chicken

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	851 kJ	425 kJ
Protein	15.8 g	7.9 g
Fat, total	3.8 g	1.9 g
- saturated	1 g	0.5 g
Carbohydrate	24.6 g	12.3 g
- sugars	7.6 g	3.8 g
Sodium	203 mg	102 mg

MINI

63354 Noodles Stir Fry Veg

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	708 kJ	354 kJ
Protein	7.4 g	3.7 g
Fat, total	1.0 g	0.5 g
- saturated	0.2 g	0.1 g
Carbohydrate	28.5 g	14.2 g
- sugars	8.9 g	4.5 g
Sodium	591 mg	296 mg

MINI

63192 Sweet and Sour Pork

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1490 kJ	746 kJ
Protein	16.6 g	8.3 g
Fat, total	5.0 g	2.5 g
- saturated	1.7 g	0.8 g
Carbohydrate	59.8 g	29.9 g
- sugars	7.4 g	3.7 g
Sodium	1000 mg	500 mg

MINI

63358 Chilli Con Carne

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1020 kJ	512 kJ
Protein	13.9 g	6.9 g
Fat, total	8.2 g	4.1 g
- saturated	3.4 g	1.7 g
Carbohydrate	27.1 g	13.5 g
- sugars	7.0 g	3.5 g
Sodium	306 mg	153 mg

60026SS Puree Savoury Lamb & Veg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 360 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1360 kJ	378 kJ
Protein	26.2 g	7.3 g
Fat, total	7.8 g	2.2 g
- saturated	2.8 g	0.8 g
Carbohydrate	33.5 g	9.3 g
- sugars	8.5 g	2.4 g
Sodium	884 mg	246 mg

60056SS Puree Chicken & Veg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 360 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1350 kJ	374 kJ
Protein	24.9 g	6.9 g
Fat, total	6.8 g	1.9 g
- saturated	2.5 g	0.7 g
Carbohydrate	35.7 g	9.9 g
- sugars	8 g	2.2 g
Sodium	451 mg	125 mg

60233SS Puree Savoury Beef & Veg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 360 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1470 kJ	409 kJ
Protein	33.3 g	9.2 g
Fat, total	8 g	2.2 g
- saturated	3.7 g	1 g
Carbohydrate	32.4 g	9 g
- sugars	8.6 g	2.4 g
Sodium	868 mg	241 mg

60234SS Puree Savoury Pork & Veg

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 360 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1480 kJ	410 kJ
Protein	25.3 g	7 g
Fat, total	11.3 g	3.1 g
- saturated	4.2 g	1.2 g
Carbohydrate	33.5 g	9.3 g
- sugars	8.5 g	2.4 g
Sodium	885 mg	246 mg

60047SS Puree Pork, Apple & Cranberry

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 360 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1270 kJ	354 kJ
Protein	26.3 g	7.3 g
Fat, total	4 g	1.1 g
- saturated	1.4 g	0.4 g
Carbohydrate	36.8 g	10.2 g
- sugars	12.8 g	3.6 g
Sodium	517 mg	144 mg

60055SS Puree Chicken & Asparagus

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 360 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1510 kJ	418 kJ
Protein	24.6 g	6.8 g
Fat, total	12.8 g	3.6 g
- saturated	6.6 g	1.8 g
Carbohydrate	31.8 g	8.8 g
- sugars	7.5 g	2.1 g
Sodium	678 mg	188 mg

Breakfast Items

66411 Banana Bread with Cream Cheese Icing

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3060 kJ	1530 kJ
Protein	9.8 g	4.9 g
Fat, total	29.2 g	14.6 g
- saturated	5.8 g	2.9 g
Carbohydrate	105.0 g	52.7 g
- sugars	71.2 g	35.6 g
Sodium	356 mg	178 mg

66403 Bubble & Squeak with Sausages

NUTRITION INFORMATION		
Servings per package: 1.00		
Serving size: 165 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1800 kJ	1090 kJ
Protein	16.1 g	9.8 g
Fat, total	32.0 g	19.4 g
- saturated	11.3 g	6.9 g
Carbohydrate	19.7 g	11.9 g
- sugars	1.2 g	0.7 g
Sodium	1070 mg	647 mg

66412 Pancakes with Berry Compote

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 200 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1420 kJ	710 kJ
Protein	11.1 g	5.6 g
Fat, total	4.3 g	2.2 g
- saturated	1.9 g	1 g
Carbohydrate	62.1 g	31 g
- sugars	33.3 g	16.6 g
Sodium	339 mg	169 mg

Standard Desserts

60087 Trifle with Custard

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	125 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1680 kJ	1290 kJ
Protein	6.2 g	4.8 g
Fat, total	10.3 g	7.9 g
- saturated	5.3 g	4.1 g
Carbohydrate	69.0 g	53.1 g
- sugars	36.9 g	28.4 g
Sodium	533 mg	410 mg

60091 Peaches & Custard

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	120 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	402 kJ	335 kJ
Protein	2.1 g	1.8 g
Fat, total	2.6 g	2.2 g
- saturated	1.7 g	1.4 g
Carbohydrate	16.0 g	13.3 g
- sugars	13.6 g	11.3 g
Sodium	31 mg	26 mg

60100 Sticky Date & Caramel Sauce

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	90 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	954 kJ	1060 kJ
Protein	4 g	4.4 g
Fat, total	16.6 g	18.4 g
- saturated	8.2 g	9.1 g
Carbohydrate	32.3 g	35.9 g
- sugars	11.7 g	13 g
Sodium	311 mg	346 mg

60103 Fruit Salad

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	120 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	228 kJ	190 kJ
Protein	0.4 g	0.3 g
Fat, total	0.1 g	0.1 g
- saturated	0.1 g	0.1 g
Carbohydrate	12.4 g	10.3 g
- sugars	11.2 g	9.3 g
Sodium	5 mg	4 mg

60106 Creamed Rice & Apricots

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	150 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	554 kJ	369 kJ
Protein	2.6 g	1.7 g
Fat, total	1.6 g	1.1 g
- saturated	1.0 g	0.7 g
Carbohydrate	26.3 g	17.5 g
- sugars	15.1 g	10.1 g
Sodium	27 mg	18 mg

60116 Stewed Apple & Custard

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	120 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	421 kJ	351 kJ
Protein	1.7 g	1.4 g
Fat, total	2.8 g	2.4 g
- saturated	1.8 g	1.5 g
Carbohydrate	17.7 g	14.8 g
- sugars	15.1 g	12.6 g
Sodium	31 mg	26 mg

60118 Blueberry Crumble

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	150 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	996 kJ	664 kJ
Protein	3.6 g	2.4 g
Fat, total	9.8 g	6.5 g
- saturated	6.6 g	4.4 g
Carbohydrate	34.1 g	22.8 g
- sugars	20.7 g	13.8 g
Sodium	81 mg	54 mg

60130 Apple & Rhubarb Crumble & Custard

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	160 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1100 kJ	687 kJ
Protein	4 g	2.5 g
Fat, total	11.1 g	6.9 g
- saturated	7.5 g	4.7 g
Carbohydrate	36.8 g	23 g
- sugars	21.9 g	13.7 g
Sodium	91 mg	57 mg

60131 Carrot Cake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1030 kJ	1280 kJ
Protein	2.2 g	2.7 g
Fat, total	9.8 g	12.3 g
- saturated	2.4 g	3.0 g
Carbohydrate	35.8 g	44.8 g
- sugars	25.8 g	32.3 g
Sodium	278 mg	348 mg

60145 Baked Rice Pudding

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	120 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	678 kJ	565 kJ
Protein	8.2 g	6.8 g
Fat, total	7.1 g	5.9 g
- saturated	3.2 g	2.7 g
Carbohydrate	16.8 g	14.0 g
- sugars	13.8 g	11.5 g
Sodium	98 mg	82 mg

60134 Chocolate Mousse

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	161 kJ	201 kJ
Protein	1.6 g	2.0 g
Fat, total	1.4 g	1.7 g
- saturated	1.4 g	1.7 g
Carbohydrate	4.6 g	5.8 g
- sugars	3.9 g	4.9 g
Sodium	19 mg	24 mg

60143 Bread & Butter Pudding

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	125 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	706 kJ	565 kJ
Protein	8.5 g	6.8 g
Fat, total	7 g	5.6 g
- saturated	3 g	2.4 g
Carbohydrate	18.1 g	14.5 g
- sugars	14.5 g	11.6 g
Sodium	126 mg	101 mg

Standard Desserts (continued)

60149 Mango Flavoured Mousse

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	162 kJ	203 kJ
Protein	1.4 g	1.8 g
Fat, total	1.2 g	1.5 g
- saturated	1.2 g	1.5 g
Carbohydrate	5.5 g	6.9 g
- sugars	5.0 g	6.2 g
Sodium	21 mg	26 mg

60252 Banana Cake

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	962 kJ	1200 kJ
Protein	2 g	2.5 g
Fat, total	7.4 g	9.2 g
- saturated	1.4 g	1.8 g
Carbohydrate	37.5 g	46.9 g
- sugars	27.4 g	34.3 g
Sodium	266 mg	332 mg

60104 Chocolate Gateaux Cake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	60 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	841 kJ	1400 kJ
Protein	2.0 g	3.3 g
Fat, total	9.2 g	15.3 g
- saturated	4.6 g	7.7 g
Carbohydrate	26.8 g	44.6 g
- sugars	18.1 g	30.1 g
Sodium	207 mg	345 mg

60354 Apple Sponge Cake

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	90 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	465 kJ	516 kJ
Protein	2 g	2.2 g
Fat, total	1.1 g	1.2 g
- saturated	0.4 g	0.5 g
Carbohydrate	23.4 g	25.9 g
- sugars	16.9 g	18.8 g
Sodium	121 mg	134 mg

60360 Lemon Cake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1110 kJ	1480 kJ
Protein	3.7 g	4.9 g
Fat, total	10.4 g	13.8 g
- saturated	6.3 g	8.4 g
Carbohydrate	38.3 g	51.1 g
- sugars	28.2 g	37.6 g
Sodium	153 mg	204 mg

Premium Desserts

60092 Tropical Pavlova

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	120 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	927 kJ	772 kJ
Protein	2.3 g	1.9 g
Fat, total	8.8 g	7.4 g
- saturated	6.0 g	5.0 g
Carbohydrate	33.6 g	28.0 g
- sugars	33.0 g	27.5 g
Sodium	34 mg	28 mg

60261 Strawberry Swirl Cheesecake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	100 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1430 kJ	1430 kJ
Protein	3.5 g	3.5 g
Fat, total	21.8 g	21.8 g
- saturated	13.4 g	13.4 g
Carbohydrate	31.5 g	31.5 g
- sugars	23.6 g	23.6 g
Sodium	216 mg	216 mg

60269 Tiramisu

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	974 kJ	1220 kJ
Protein	3.1 g	3.9 g
Fat, total	7.8 g	9.8 g
- saturated	7.1 g	8.9 g
Carbohydrate	36.6 g	45.8 g
- sugars	26.0 g	32.5 g
Sodium	187 mg	234 mg

60086 Apple Pie & Cream

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	135 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1370 kJ	1020 kJ
Protein	3.3 g	2.4 g
Fat, total	15.6 g	11.5 g
- saturated	9.8 g	7.3 g
Carbohydrate	42.7 g	31.6 g
- sugars	28 g	20.7 g
Sodium	58 mg	43 mg

60138 Apricot Pie with Cream

NUTRITION INFORMATION		
Servings per package:	1	
Serving size:	135 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1340 kJ	995 kJ
Protein	3.6 g	2.7 g
Fat, total	16 g	11.9 g
- saturated	10 g	7.4 g
Carbohydrate	39.9 g	29.6 g
- sugars	24.3 g	18 g
Sodium	78 mg	57 mg

60139 Vanilla Slice

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	90 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	818 kJ	909 kJ
Protein	1.7 g	1.9 g
Fat, total	6.6 g	7.3 g
- saturated	6.6 g	7.3 g
Carbohydrate	26.5 g	29.4 g
- sugars	14.9 g	16.6 g
Sodium	151 mg	168 mg

60102 Baked Cheesecake

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	70 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1060 kJ	1510 kJ
Protein	2.7 g	3.9 g
Fat, total	16.7 g	23.8 g
- saturated	10.2 g	14.6 g
Carbohydrate	21.4 g	30.6 g
- sugars	15.5 g	22.2 g
Sodium	171 mg	244 mg

60197 Fruit Cake with Custard

NUTRITION INFORMATION		
Servings per package: 1		
Serving size:	140 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1520 kJ	1090 kJ
Protein	5.3 g	3.8 g
Fat, total	7.6 g	5.4 g
- saturated	4.4 g	3.1 g
Carbohydrate	63.2 g	45.2 g
- sugars	49.9 g	35.6 g
Sodium	191 mg	136 mg

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