

MEAL

INFO

KIT

 **Flagstaff**
FINE FOODS



INGREDIENTS AND NUTRITIONAL INFORMATION FOR:

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

Flagstaff Fine Foods

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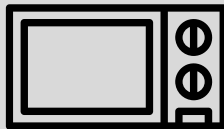
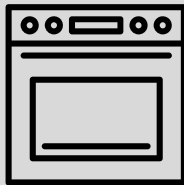
www.flagstafffinefoods.com.au

Monday to Friday 9am–4pm

Document Updated: 17/12/2021

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)	7¹/₂ MINS	4.5 MINS
OVEN	MAIN MEALS	MINI MEALS & SOUPS
140°C / 300°F 	40 MINS	30 MINS

- *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, pumpkin & broccoli
60004	Corned Silverside with parsley sauce, creamed potato mash, carrots & peas
60005	Cottage Pie with pumpkin & beans
60006	Beef Stroganoff with rice, carrots & peas
60009	Roast Beef with gravy, roast potato, pumpkin & beans
60010	Beef Lasagne with pumpkin & beans
60012	Honey Mustard Beef with parsley potato, carrots, 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 pumpkin, peas & a sprinkle of cheese
60200	Beef Pie and Gravy with a creamed mash potato & peas
60018	Curried Sausages with creamed potato mash, carrots & beans

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 & vegetable mélange
60025	Mongolian Lamb with boiled rice & mixed vegetables

Pork Meals

60040	Pork in BBQ Sauce with fried rice & mixed vegetables
60042	Roast Pork with Gravy, with roast potato, pumpkin & peas
60044	Ham & Cheese Omelette with Rice, carrots & beans
60046	Ham Steak & Pineapple glazed with creamed potato mash, pumpkin & beans
60047	Pork, Apple & Cranberry Casserole with rice & 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 – veal steak with parmigiana sauce, creamed potato mash, carrots & peas

CODE 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 Boiled Rice, carrots & broccoli
60054	Chicken Strips with Lemon Sauce, boiled rice, peas & vegetable mélange
60055	Chicken & Asparagus Mornay with parsley potato, beans & vegetable mélange
60056	Chicken & Vegetable Pie with pastry lid, creamed potato mash, pumpkin & peas
60182	Chicken Schnitzel, mixed vegetables, fries, and gravy
60351	Chicken Scallopini with Bacon, creamed potato mash, carrots & broccoli
60059	Butter Chicken with boiled rice, peas & carrots
60057	Thai Chicken Curry with boiled rice & mixed vegetables
60053	Chicken Parmigiana with grated cheese, peas, parsley potato & pumpkin
60352	Apricot & Fig Chicken, mixed vegetables, parsley potato and broccoli

Fish Meals

- 60060 Crumbed Fish with oven fries, pumpkin, peas & beans
- 60061 Steamed Fish with potato mash, mixed vegetables
- 60063 Curried Prawns with Boiled Rice, vegetable mélange & peas
- 60066 Fish Cake with Parsley Sauce, oven fries, carrots & broccoli

Vegetarian Meals

- 60070 Macaroni Cheese with vegetable mélange, peas & a sprinkle of cheese
 - 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
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MINI MEALS – 200GM

- 63003 Beef & Bacon Casserole with parsley potato, pumpkin & broccoli
- 63016 Steak & Kidney Pie with pastry lid, creamed potato mash, carrots & beans
- 63004 Corned Silverside with Parsley Sauce, creamed potato mash, carrots & peas
- 63005 Cottage Pie with pumpkin & beans
- 63009 Roast Beef with Gravy, roast potato, pumpkin & beans
- 63021 Roast Lamb with Gravy, roast potato, pumpkin & beans
- 63042 Roast Pork with Gravy, roast potato, pumpkin & peas
- 63052 Curried Chicken with boiled rice, carrots & broccoli
- 63055 Chicken & Asparagus Mornay with parsley potato, vegetable mélange & beans
- 63059 Chicken 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 vegetable mélange & a sprinkle of cheese
- 63270 Spaghetti Bolognese with cheese, pumpkin & peas
- 63181 Sausages with Gravy, creamed potato mash, carrots & beans
- 63198 Spinach & Fetta Omelette with pumpkin & mixed vegetables
- 63200 Meat Pie with Gravy, creamed potato mash & peas
- 63006 Beef Stroganoff with rice, carrots, & peas
- 63351 Chicken Scallopini with Bacon, creamed potato mash, carrots & broccoli
- 63063 Curried Prawns with boiled rice and mixed vegetables
- 63352 Chicken Pesto Pasta
- 63353 Chicken & Mushroom Pie with Fries & vegetable mélange
- 63354 Noodles with Stir Fry Vegetables
- 63192 Sweet and Sour Pork with Fried Rice

Soups

- 60120 Minestrone soup
- 60121 Pea & Ham soup
- 60122 Pumpkin soup
- 60123 Beef & Vegetable soup
- 60224 Chicken & Vegetable soup
- 60225 Potato & Leek soup
- 60126 Chicken & Corn soup

BREAKFASTS

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

PUREED MEALS (assorted box available)

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

- 60233SS Savoury Beef & Veg Puree
- 60026SS Savoury Lamb & Veg Puree
- 60234SS Savoury Pork & Veg Puree
- 60056SS Chicken & Veg Puree
- 60047SS Pork Apple & Cranberry Puree
- 60055SS Chicken Asparagus Puree
- 60075SS Curry Vegetable Puree

DESSERTS

- 60087 Wine Trifle & Cream
- 60091 Peaches and Custard
- 60100 Sticky Date with Caramel Sauce
- 60103 Fruit Salad
- 60106 Creamed Rice and Apricots
- 60116 Stewed Apple and Custard
- 60118 Blueberry Sponge Crumble with Custard
- 60130 Apple & Rhubarb Crumble with Custard
- 60131 Carrot Cake
- 60134 Chocolate Mousse
- 60143 Bread & Butter Pudding
- 60145 Baked Rice Pudding
- 60149 Mango Flavoured Mousse
- 60252 Banana Cake
- 60104 Chocolate Gateaux Cake
- 60271 Orange & Poppy Seed Cake

PREMIUM DESSERTS

- 60092 Tropical Pavlova with fruit salad & cream
- 60261 Strawberry Swirl Cheesecake
- 60269 Tiramisu
- 60089 Chocolate Lava Pudding
- 60086 Apple Pie & Cream
- 60138 Apricot Pie & Cream
- 60139 Vanilla Slice
- 60102 Baked Cheesecake

Beef Meals 360g Main Meal

60003 BEEF AND BACON CASSEROLE

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Beef & Bacon Casserole (42%) (beef (58%), water, bacon (pork(87%), water, salt, dextrose(corn), sucrose, mineral salts(450, 451, 452), antioxidant (316), sodium nitrate (250), smoked), onion, gravy (thickener(1422), maltodextrin, rice flour, sugar, yeast extracts, vegetable powders, hydrolysed vegetable protein(maize, soy), vegetable fats & oils(soy), flavour enhancer(635), dehydrated vegetable, vegetable gum(415), food acids(330, 296), spice, carrot, COLFLO 67 (modified maize starch), celery, tomato paste (tomato concentrate, garlic, vinegar), pepper, colour caramel (150c)), Parsley Potato (potato, (sulphites), parsley flakes), Roast Pumpkin (pumpkin, canola oil, propellant (butane, propane)), emulsifier (soy, lecithin), propellant (hydrocarbons)), Broccoli. **CONTAINS: Soy, Sulphites.**

60004 CORNED SILVERSIDE WITH PARSLEY SAUCE

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Corned Beef Silverside (25%) (Beef (78%), Water, Salt, Curing Mix [Mineral salt(451), Sugar, Salt, Dextrose, Antioxidant (316), Sodium Nitrite (250), Humectant (422)], Potato Mash (Potato (88.5%), Sulphites, Milk (8.6%), Powder Full Cream Milk(2.7%) , Salt- Cooking Iodised(0.2%), Carrots, Parsley Sauce (17%) (Water (77.2%), Milk Powder (9.4%),Sauce Thickener (1422), Milk Solids, maize Starch, Flavouring (Milk) (8.4%), Thickened Cream (Milk), Vegetable Gums (407, 412)(4.7%), Salt, White Pepper, Onion Powder, Ground Cloves), Peas.

CONTAINS: Milk, Sulphites

60005 COTTAGE PIE

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Cottage Pie (69%) 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, Sulphites, Soy**

60006 BEEF STROGANOFF

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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**

60009 ROAST BEEF WITH GRAVY

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Roast Beef (25%), 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)). **CONTAINS: Soy, Sulphites**

60010 BEEF LASAGNE

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Beef Lasagne 67% (Bolognaise Sauce 62%, (Beef (20%), Tomatoes, Tomato Paste, TVP (Textured Vegetable Protein), Sugar, Salt, Dehydrated Vegetables (Garlic, Onion), Spices, Herbs, Flavour Enhancer (635), Thickener (1422, 415), Acidity Regulator (330), Pasta 19% (Wheat Flour, Durum Semolina, Egg Powder, Water), Cheese 19% (Milk), Salt, Culture, Modified Starch (E1422), Milk Protein, Salt Emulsifying Salt (E341), Colour E160a), Roast Pumpkin, Beans. **CONTAINS: Wheat, Egg, Milk, Soy**

60012 HONEY MUSTARD BEEF

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Honey Mustard Beef (42%) (Beef (55.4%) seeded mustard (mustard seeds, vinegar, salt), onion, honey (7.3%), Gravy (maltodextrin, thickener (1422), rice cereal, sugar, salt, yeast extract, vegetable powders (tomato), hydrolysed vegetable protein (maize), flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids (330), spice), garlic (vegetable gum (415) acidity regulator (260/330) onion powder, white pepper), mixed vegetables (carrots, peas, corn, beans), potatoes parslid (potato, sulphites (223), parsley flakes). **CONTAINS: Sulphites.**

60016 STEAK & KIDNEY PIE

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

60115 RISSOLE WITH ONION GRAVY

LF

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

60181 SAUSAGES WITH GRAVY

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

60270 SPAGHETTI BOLOGNAISE

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Spaghetti (28%) (durum wheat semolina) (Gluten), Olive Oil, Bolognaise Sauce(28%) Beef, Tomatoes (food acid (330,260), Onion, Carrot, Celery, COLFLO 67 (modified maize starch), Red Wine (Sulphur dioxide)(Sulphites), Garlic (vegetable gums (415), Sugar, Gravy Mix (thickener (1422), maltodextrin, rice cereal, vegetable powders & protein, yeast extract, colour (150c), flavour enhancer (635), canola oil, spice, Beef Booster (sea salt, rice flour, dehydrated vegetables, vegetable flavours (soy), sugar syrup, disodium guanylate & isonate) Herbs, cheese (cultures, enzyme (rennet), anti-caking agent (460), preservative (200), Pumpkin ((butane propane), emulsifier (soy lecithin) (hydrocarbons)), Peas **CONTAINS: Sulphites, Soy, Wheat, Milk, Gluten**

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

60200 BEEF PIE WITH MASH AND GRAVY

Pie (48%) (wheat flour, (Gluten), beef, water, margarine (vegetable oil, animal fat), salt, emulsifiers(471,472c, soybean, lecithin), antioxidants (304,320), natural flavour (160a), thickener (1422), textured wheat protein (colour (150c,150a,160a),salt, flavour (soy, natural), spice, hydrolysed vegetable protein(maize), glaze (milk) (Gluten, Milk, Soy). Potato mash (22%) (potato (sulphites) powdered milk. Gravy (16%) (thickener (1422), maltodextrin, rice flour, sugar, vegetable powders, yeast extracts, flavour enhancer (635), canola oil, dehydrated vegetable, flavourings (soy), food acids (330, 296), spice, vegetable gum (415), Peas. **CONTAINS: Wheat (Gluten), Milk, Soy, Sulphites**

60018 CURRIED SAUSAGES

Curried Sausages (42%) (sausages (meat, rice flour, potato starch, salt, mineral salt (451), preservative(223), spice extracts, colour(160c), canola oil, spices & herbs, antioxidants(320, 310), acidity regulator(260/330).) (Sulphites) (44.2 %), onion, apple (antioxidant (ascorbic acid), calcium chloride), mixed vegetables, coconut milk powder (coconut milk, sodium caseinate) (Milk), tomato concentrate, colflo 67 (modified maize starch), curry powder (coriander, turmeric, fennel, spices, chilli, fenugreek, garlic, ginger, vegetable gum(415), booster-chicken powder (sea salt, maize maltodextrin, cane sugar, yeast extract, disodium guanylate & inosinate, canola oil), vegetable booster (iodised salt)), Vegetables, Mash Potato (sulphites, milk, milk powder full cream). **CONTAINS: Sulphites, Milk**

Lamb Meals 360g Main Meal

60021 ROAST LAMB WITH GRAVY

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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

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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 (43%) Lamb (40%), Water, Wheat Flour, Canola Oil, Soy Protein, Salt, Thickeners (1404, 415), Maize Starch, Mineral Salts (450, 500), Vegetable Powders (Onion, Garlic), Rosemary (0.3%), Parsley, Yeast, Colour (160b) Potato Mash (Potato (88.5%) (Sulphites), Milk, Milk Solids, Salt), Vegetable Mix, Gravy (Water, Gravy Powder (Thickener (1422), Maltodextrin, Rice Flour, Salt, Sugar, Vegetable Powders, Yeast Extract, Hydrolysed Vegetable Protein, Colour (150c), Vegetable Oil (Soy), Flavour Enhancer (635), Canola Oil, Dehydrated Vegetables, Flavourings (Soy), Acidity Regulators (330, 296), Spices, Vegetable Gum (415)). **CONTAINS: Wheat, Soy, Milk, Sulphites**

60025 MONGOLIAN LAMB & RICE

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Mongolian Lamb (42%)(lamb(56.0 %), onion, Hoisin sauce, soy bean & soy sauce (**Soy**), vinegar, garlic, salt, sugar, water, modified corn starch, wheat flour (**Gluten**), food colour(e110, e122, 150c), sauce- ground bean, spices, caramel, sauce- oyster extractives (**Crustaceans**), flavour enhancer(621), garlic, vegetable gum(415), acidity regulator(260/330/270), mirin (glucose syrup & dextrose), glutinous rice, alcohol, koji(white rice, rice yeast), COLFLO 67 (modified maize starch) ginger, canola & sesame seeds (**Sesame**) oil, vinegar, capsicum dried flakes, star anise, cloves, cinnamon, sichuan pepper, fennel, dry chilli, white pepper)), Rice, Mixed Vegetables (broccoli, carrot, baby corn, red capsicum, sugar snap peas, green beans). **CONTAINS: Wheat, Gluten, Soy, Crustacean, Sesame**

Pork Meals 360g Main Meal

60040 PORK IN BBQ SAUCE

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Pork in BBQ Sauce (42%) (Pork (72%), BBQ Sauce (25%) (tomato puree, vinegar, sugar, treacle, flavours, salt, thickener (1422), red jalapeno peppers, onion powder, colour (150d), modified food starch(1442), taroma smoke, Mixed Vegetables (carrots, peas, corn, beans), Fried Rice (Rice, Vegetables, Bacon (pork, dextrose, mineral salts(450, 451), antioxidant(316), sodium nitrate(250) natural wood smoke, shallots, egg pulp pasteurised, onion, soy sauce (hydrolysed vegetable protein (soy & maize), molasses, spices, colour(150c), food acid(330)), vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (celery, spinach, garlic, natural vegetable flavours, disodium guanylate & inosinate, canola oil, chilli)). **CONTAINS: Eggs, Soy**

60042 ROAST PORK

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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

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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

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Ham steak with Pineapple (38%) (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) (52.6%), Pineapple sliced in natural juice (31.5%), Sugar Brown, Honey 3kg, Juice Pineapple, Pepper white ground, cloves ground. Potato Mash (Potato (88.5%) (Potato, Sulphites) Milk, Milk powder full cream Salt-Cooking Iodised,), Pumpkin- peeled and chopped (Pumpkin (99.1%), Oil- Canola Spray (canola oil, propellant (butane, propane), Emulsifier (soy, lecithin), Propellant (hydrocarbons)) Beans. **CONTAINS: Soy, Milk, Sulphites**

60047 PORK, APPLE & CRANBERRY CASSEROLE

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Pork, Apple & Cranberry Casserole (42%) (pork (55.5 %), water, apple (12%) (apple, antioxidant (ascorbic acid, calcium chloride) cranberry sauce (5.6%) (cranberries, high fructose corn syrup), onion, gravy (thickener (1422), maltodextrin, rice cereal, sugar, salt, yeast extract, vegetable powders, hydrolysed vegetable protein (maize), canola oil), flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids(330), spice, COLFLO 67 (modified maize starch), celery, cranberries (0.7%) , sunflower oil), tomato concentrate, pepper, garlic.), acidity regulator (260/330) parisienne essence (colour caramel (150c)), carrots, peas, corn, beans, rice.

60192 SWEET & SOUR PORK

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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

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Vienna Schnitzel (35%) (veal meat(45%), water, breadcrumbs (wheat flour, salt, dried yeast, sucrose, spice extracts (160c,100) soybean oil, iodised salt, soy flour, mineral salt (341,516), emulsifier (481), malt flour, antioxidant (307, 319), ascorbic acid, amylase, preservative (223), yeast), thickener (1404), spices (100), vegetable gum (412, 415), hydrolysed vegetables protein (soy, maize), vegetable oil, glute, soy, sulphites), cottonseed oil, antifoam (900a)), Vegetables, Parsley Potato (potato, parsley flakes, sulphites(223)), Gravy (16%) (maltodextrin, rice flour, sugar, vegetable powders, yeast extract, colour (150c), soy, flavour enhancer (635), canola oil, dehydrated vegetables, flavourings (soy), acidity regulators (330, 296)).

CONTAINS: Wheat, Soy, Sulphites

60033 VEAL PARMIGIANA

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Veal Chuck, (25%), mashed potato (potato, sulphites), milk, milk powder, salt, carrots parmigiana sauce (17%) (tomato puree (46%) (from paste), crushed tomatoes (41%) [firming agent(509)], carrot, onion, vegetable oil, pecorino cheese (1.2%) (from milk), salt, thickeners (1422, 415), sugar, garlic, chilli, basil, food acid (citric), natural flavour), Peas. **CONTAINS: Milk, Sulphites. May Contain: Soybean, Sesame, Peanuts and Tree Nuts.**

Turkey Main Meal 360gm

60058 TURKEY WITH CRANBERRY GRAVY

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Turkey 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), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy) canola oil, emulsifier (soy, lecithin) butane, propane, hydrocarbons), Roast Potato (Potato (99.1%), Sulphites (223)), Peas, Cranberry Gravy 16% (water, cranberry sauce (cranberries, high fructose, corn syrup), gravy (thickener (1422), maltodextrin, rice flour, vegetable powders, dehydrated vegetable, colour (150c), flavour enhancer(635), flavourings(soy), food acids(330, 296), spice, vegetable gum (415)(Soy)). **CONTAINS: Soy, Sulphites**

Chicken Meals 360g Main Meal

60050 HONEY SOY CHICKEN

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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

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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(58.5%), Carrots, Peas, Corn, Beans, White Sauce (Thickener (1422), milk solids, maize starch, flavouring (Milk), Milk, Onion, Chicken Booster (salt, maize maltodextrin, sugar, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery), disodium guanylate & inosinate, canola oil), Curry Powder (coriander, turmeric, fennel, peeper, cumin, chilli, fenugreek, garlic, ginger, salt), Turmeric, Crushed Garlic (water, garlic, vegetable gum (415), acidity regulator (260/330), Pepper, Salt), Rice (22%), Broccoli, Carrots. CONTAINS: Milk						
60054 CHICKEN STRIPS WITH LEMON SAUCE						
Vegetables, Crumbed Chicken Strips (32%) (chicken (45%), water coating [potato flakes [potato, emulsifier (471), mineral salt (450, 500, 451), preservative (223), food acid (330)], wheat flour, rice flour, salt, emulsifier (481), dextrose, spice extracts (160c, 100, 160b) yeast], vegetable oil (canola, cottonseed), wheat gluten, wheat starch, salt, tapioca starch, thickener (1404), vegetable gums (412, 415), soy protein isolate), Boiled Rice, Lemon Sauce 16% (water, lemon juice (21%), sugar, thickeners (1414, 415), salt, natural flavours, garlic, yeast extract, food acid (citric), colour (160a)) CONTAINS: Wheat, Soy, Sulphites. May contain: Soybean, 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 (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 (43%) (Chicken (43.1 %), Water, Vegetables (19.4%) (Carrots, Peas, Corn, Onion), White Sauce (Thickener (1422), Milk Solids, Starch, Flavouring (Milk)), Chicken Powder, Salt, Pepper, Parsley Flakes, Pastry (Wheat Flour, Margarine (Soy), Acidity Regulators (500, 330), Antioxidant (306 (Soy)), Water, Butter (Milk), Preservative (202)), Potato Mash (Potato (88.5%), Milk, Milk Solids, Salt, Sulphites), Roast Pumpkin (Pumpkin (99.1%), Vegetable Oil (Soy)), Peas. CONTAINS: Wheat, Milk, Soy, Sulphites						
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, 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, Egg, Soy						

60351 CHICKEN SCALOPPINI WITH BACON**S****G**

Chicken Scaloppini (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**60057 THAI GREEN CHICKEN CURRY****S****LF****G**

Chicken Thai Curry (42%) (Chicken (57.6%) spinach, coconut milk powder (maltodextrin, sodium caseinate), white sauce (thickener (1422), milk solids, maize starch, flavouring,(milk), curry paste (green chilli, lemongrass, garlic, salt, galangal, shrimp paste (shrimp), kaffir lime peel, coriander seed, pepper, cumin, turmeric), sugar, sauce fish squid (anchovy extract, sugar, vinegar fermented spirit, acidity regulator (260/330), garlic (vegetable gum (415), chicken booster (salt, maize, maltodextrin, vegetable flavours, yeast extract, dehydrated vegetables (onion, celery), disodium guanylate & inosinate, canola oil), lime juice (preservative (220), kafir lime leaves),Rice, carrot, baby corn, broccoli, red capsicum, sugar snap peas

CONTAINS: Milk, Crustaceans, Fish, Sulphites**60053 CHICKEN PARMIGIANA**

Chicken Schnitzel (28%) (Chicken Breast (74%), salt, thickener (1442, 1404), sugar, maltodextrin, acidity regulator (450, 451, 541, 500), emulsifier (452), crumb (wheat (vitamin thiamin) & maize flour, egg albumen, vegetable gums (412, 415), yeast, vegetable oil), Parmigiana Sauce (17%) (tomato puree, crushed tomatoes, firming agent (509), carrot, onion, vegetable oil, pecorino cheese (from milk), salt, thickeners (1422, 415), garlic, chilli, basil, food acid (citric), natural flavour), Roast Pumpkin (canola oil, propellant (butane, propane), emulsifier (soy, lecithin), propellant (hydrocarbons)), Parslied Potato (sulphites), Peas, Cheddar Cheese (pasteurised milk, salt, cultures, enzyme, anti-caking agent (460), preservative (200)).

CONTAINS: Wheat, Egg, Milk, Soy, Sulphites. May Contain: Sesame, Peanuts, Tree Nuts.**60352 APRICOT & FIG CHICKEN**

Apricot & Fig Chicken (42%) (chicken (54%), tomato (food acid(330)), fruit chutney (apple, water, sugar, carrots, tomato paste, onion, thickener(1412, 440), sultanas, currants, salt, food acid(260), mustard flour, colour(150D), flavour, garlic, ginger, mineral salt(509)) (19.1 %), dried apricots (rice flour, preservative(220)), Sulphites (3.1%), diced figs (3.1%), COLFLO 67 (modified maize starch), fish sauce squid (anchovy extract) (Fish), curry powder (coriander, turmeric, fennel, spices, chilli, fenugreek), vegetable booster (sea salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables, natural vegetable flavours, disodium guanylate & inosinate, canola oil), vegetable gum(415), acidity regulator(260/330)), Mixed Vegetables, Parslied Potato (potato, sulphites, parsley). **CONTAINS: Sulphites, Fish**

Fish Meals 360g Main Meal

60060 CRUMBED FISH

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Vegetables, Fries (potato (95%), Canola Oil, Dextrose (From Maize)), Crumbed Fish (23%) (Fish Fillets (52%), Wheat Flour, Water, Canola Oil, Thickeners (1403, 1422, 464), Wheat Gluten, Maize Flour, Tapioca Starch, Salt, Yeast, Sugar, Acidity Regulator (450, Sodium Bicarbonate), Spice (Pepper), Food Acid (Citric), Rice Flour) **CONTAINS: Soy, Fish, Wheat**

60061 STEAMED FISH

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Mixed Vegetables (beans, broccoli, carrot, baby corn, sugar snap peas, red capsicum), **Fish** 31% (Basa Fillet), Mash Potato (potato, **Sulphites, Milk**, milk powder full cream (emulsifier 322 (**Soy**)), iodised salt). **CONTAINS: Fish, Sulphites, Milk, Soy**

60063 CURRIED PRAWNS & RICE

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Vegetables (36%), rice (22%), curried prawns (42%) ((prawns (50.7%), salt), water, vegetables (17.5 %), onion, white sauce (thickener (1422), milk solids, maize starch, flavouring (milk)), flavour enhancer (627, 631), curry powder (0.6 %), sulphites, pepper, acidity regulator (270)). **CONTAINS: Crustacea, Dairy, Sulphites**

60066 FISH CAKE WITH PARSLEY SAUCE

S

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Fish Cake(28%) (Fish (28%) Water, Wheat Flour, Potato Flakes, Preservative (222)), Canola Oil, Salt, Yeast, Sugar, Parsley, Wheat Gluten, Dextrose, Soy Protein, Hydrolysed Vegetable protein (Soy), Dehydrated Vegetables (Onion, Garlic) Milk Solids, Pepper, Celery, Thickeners (1403, 412) Mineral Salts (500, 450) Colours (160, 160C, 100) Flavouring), Fries (19%) (Potato (95%), Canola Oil, Dextrose (maize), Parsley Sauce (16%), rice flour, soy flour, sugar, dextrose, onion, parsley, raising agent (450, 500), yeast, spice, thickeners (maize 1422, 1442), vegetable shortening, glucose, starch (tapioca), anti-caking agent (554), Carrot (19%), Broccoli (14%). **CONTAINS: Fish, Wheat, Soy, Milk, Sulphites**

Vegetarian Meals 360g Main Meal

60070 MACARONI CHEESE	S					V
<p>Macaroni cheese (55%) (Macaroni (wheat, semolina) (Gluten), Cheese (0.02%) (pasteurised milk, cultures, enzymes, salt, anti-caking agent (tapioca starch, e200, e460,460)), Milk, White Sauce (thickener (1422), milk solids, maize starch, flavouring), Full Cream Milk Powder (soy lecithin (emulsifier 322 from soy)) Parmesan cheese , Salt Iodised, pepper, rennet, Yellow Food Colouring, (food colour, tartrazine (102), sunset yellow (110), preservative (sodium benzoate (211))(200), citric acid (330)), Carrots, Peas, Broccoli, Cauliflower, Beans, Capsicum CONTAINS: Wheat (Gluten), Milk, Soy</p>						
60072 VEGAN MIXED BEAN CASSEROLE		LF	So	G	La	V
<p>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</p>						
60232 VEGETARIAN COTTAGE PIE	S	LF	So	G		V
<p>Vegetable Cottage Pie (55%) Potato (potato, (sulphites (223)),Milk, Onion, Carrot, Celery, Turnip, Potato, Pumpkin, Zucchini, Cauliflower, Tomatoes (tomato puree, food acid (330), Green Lentils, Cheese (pasteurized milk, cultures, enzymes, salt, anti-caking agent (tapioca starch e200, e460)), Full Cream Milk Powder (soy lecithin (emulsifier (322) from soy, COLFLO 67 (modified maize starch), Vegetable Booster (sea salt, maize maltodextrin, sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, spinach), vegetable flavours, disodium guanylate and inosinate, oil (canola), chilli) Garlic Crushed (vegetable gum (415), acidity regulator (260/330), Pepper, Basil, Pumpkin (propellant (hydrocarbons), emulsifier (soy lecithin), Beans CONTAINS: Sulphites, Milk, Soy</p>						
60236 VEGETABLE PASTA BAKE	S	LF				V
<p>Pasta Bake (55%) Tomatoes, tomato puree, food acid (260,330), Broccoli, Pasta, (durum wheat semolina) (gluten) zucchini, eggplant, red capsicum, Spanish onion, Cheese (pasteurized milk , cultures, enzymes, salt, anti- caking agent (tapioca starch e200, e460), Milk, Artichoke Hearts (citric acid), Tomato Paste (citric acid), Parmesan cheese, COLFLO 67 (modified maize starch), Raw Sugar, Vegetable Booster (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), Garlic (vegetable gum (415), Basil & Parsley Flakes, Salt, Pepper, Beans, Carrots. CONTAINS: Wheat, Milk, Gluten</p>						
60273 VEGETABLE AND POTATO YELLOW CURRY	S	LF		G		V
<p>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</p>						

Soups

60120 MINESTRONE SOUP	S	LF				V
Water (65.4%), tomatoes (tomato puree, food acid (260,330), Gravy (maltodextrin, thickener (1422), Rice Cereal, sugar, salt, yeast extract, vegetable powders (tomato, Onion), Hydrolysed vegetable protein (maize), flavour enhancer (635), oil, dehydrated vegetable, vegetable gum(415), spice, onion, carrot, celery, cabbage, spinach, rice noodles, tomato powder, ant- caking agent (551) sugar, garlic, Vegetable Booster (sea salt, maize maltodextrin, rice flour, dehydrated vegetables, vegetable flavours, disodium guanylate & inosinate, chilli) Pepper, Basil						
60121 PEA & HAM SOUP	S	LF				
Water, Raw Green Split Peas (9.6%), Diced Ham (4.7%), (pork, water, salt, dextrose, sugar, mineral salts (450, 451), antioxidant (316), sodium nitrate (250), natural wood smoked), Onion, Potato Flakes (potatoes, stabilisers (471,330), sodium acid pyrophosphate, Sulphur dioxide (222) (Sulphites) antioxidant (300)), COLFLO 67 (modified maize starch),), Vegetable Booster (sea salt, maize maltodextrin, sugar, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic, celery, spinach), natural vegetable flavours, disodium guanylate and inosinate, canola oil, chilli), Pepper, Cloves CONTAINS: Sulphites						
60122 PUMPKIN SOUP	S	LF		G		V
Water, pumpkin (32%), cream, vegetable gums (407, 412, 415) thickener (1422), maltodextrin, rice flour, sugar, salt, yeast extracts, vegetable powders, hydrolysed vegetable protein (maize, soy), vegetable fats & oils (soy, canola), flavour enhancer (627, 631, 635), dehydrated vegetable, food acids (330, 296), spice, stabilisers (471, 330), antioxidant (300), milk powder, natural vegetable flavours, chilli, pepper, nutmeg. CONTAINS: Soy, Milk						
60123 BEEF & VEGETABLE SOUP	S	LF		G	La	
Water, vegetables (16.4 %), beef (9.4 %), thickener (1422), maize maltodextrin, rice flour, sugar, salt, yeast extracts, vegetable powders, hydrolysed vegetable protein (maize, soy), vegetable fats & oils (soy, canola), flavour enhancer (627, 631, 635), dehydrated vegetable, vegetable gum (415), food acids (330, 296), onion, garlic, colour (150c), salt, pepper CONTAINS: Soy, Sulphites						
60224 CHICKEN & VEGETABLE SOUP	S	LF		G	La	
Water, Chicken Meat (11.6%), Vegetables (carrots, peas, corn, beans), 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 (330), spice), Onion, Chicken Booster (southern ocean sea salt, maize maltodextrin, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery), disodium guanylate & inosinate, canola oil), Garlic Crushed (water, garlic, vegetable gum (415), acidity regulator (260/330), Pepper, Thyme						
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						
60126 CHICKEN & CORN SOUP	S	LF		G		
Water, creamed corn (10.3%) (sweet corn, water, sugar, thickener (1412) Salt) chicken mince (9.3%), white sauce (thickener (1422), milk solids, maize starch, milk, Chicken Booster (ocean salt, maize maltodextrin, cane sugar, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery) disodium guanylate & inosinate, canola oil). CONTAINS: Milk						

Mini Meals 200g

63003 MINI BEEF & BACON CASSEROLE

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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

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Corned Beef Silverside (25%) (Beef (78%), Water, Salt, Curing Mix [Mineral salt(451), Sugar, Salt, Dextrose, Antioxidant (316), Sodium Nitrite (250), Humectant (422)], Potato Mash (Potato (88.5%), Sulphites, Milk (8.6%), Powder Full Cream Milk(2.7%) , Salt- Cooking Iodised(0.2%), Carrots, Parsley Sauce (17%) (Water (77.2%), Milk Powder (9.4%), Sauce Thickener (1422), Milk Solids, maize Starch, Flavouring (Milk) (8.4%), Thickened Cream (Milk), Vegetable Gums (407, 412)(4.7%), Salt, White Pepper, Onion Powder, Ground Cloves), Peas. **CONTAINS: Milk, Sulphites**

63005 MINI COTTAGE PIE

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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, Sulphites, Soy. CONTAINS: Milk, Soy, Sulphites**

63009 MINI ROAST BEEF WITH GRAVY

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Roast Beef (30%), 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)), Beans. **CONTAINS: Soy, Sulphites**

63016 MINI STEAK & KIDNEY PIE

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

63021 MINI ROAST LAMB WITH GRAVY

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

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

63042 MINI ROAST PORK WITH GRAVY

So G La

Roast Pork (30%), Roast Potato (potato, sulphites (223), canola oil, propellant (butane, propane) Emulsifier (soy, lecithin), propellant (hydrocarbons), pumpkin, gravy (15%), (water, gravy powder (thickener (1422), maltodextrin, rice flour, salt, sugar, vegetable powders, yeast extracts, hydrolysed vegetable protein (maize), colour (150c), flavour enhancer (635), canola oil, dehydrated vegetable flavourings, food acids (330, 296), spices, vegetable gum (415), peas. **CONTAINS: Soy, Sulphites**

63052 MINI CURRIED CHICKEN WITH RICE

S LF So G

Curried Chicken (45%), (Chicken(58.5%), Carrots, Peas, Corn, Beans, White Sauce (Thickener (1422), milk solids, maize starch, flavouring (Milk), Milk, Onion, Chicken Booster (salt, maize maltodextrin, sugar, natural vegetable flavours, yeast extract, dehydrated vegetables (onion, celery), disodium guanylate & inosinate, canola oil), Curry Powder (coriander, turmeric, fennel, piper, cumin, chilli, fenugreek, garlic, ginger, salt), Turmeric, Crushed Garlic (water, garlic, vegetable gum (415), acidity regulator (260/330), Pepper, Salt), Rice (22%), Broccoli, Carrots. **CONTAINS: Milk**

63055 MINI CHICKEN & ASPARAGUS MORNAV

So

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 So

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

63059 MINI CHICKEN WING IN BBQ SAUCE

G

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. BBQ Sauce (16%) (tomato, apple puree, flavours, spice. **CONTAINS: Egg, Soy**

63060 MINI CRUMBED FISH, CHIPS & VEGETABLES

S La

Crumbed Fish (42%) (fish fillets (52%), wheat flour, water, canola oil, thickeners (1403, 1422, 464), wheat gluten, maize flour, tapioca starch, salt, yeast, sugar, acidity regulator (450, sodium bicarbonate), spice (pepper), food acid (citric), rice flour), Vegetables, Fries (potato (95%), canola oil, dextrose (from maize)), **CONTAINS: Soy, Fish, Wheat**

63070 MINI MACARONI CHEESE WITH VEGETABLES

S V

Macaroni cheese (55%) (Macaroni (wheat, semolina) (Gluten), Cheese (0.02%) (pasteurised milk, cultures, enzymes, salt, anti-caking agent (tapioca starch, e200, e460,460)), Milk, White Sauce (thickener (1422), milk solids, maize starch, flavouring), Full Cream Milk Powder (soy lecithin (emulsifier 322 from soy)) Parmesan cheese, Salt Iodised, pepper, rennet, Yellow Food Colouring, (food colour, tartrazine (102), sunset yellow (110), preservative (sodium benzoate (211))(200), citric acid (330)), Carrots, Broccoli, Cauliflower, Beans, Capsicum. **CONTAINS: Wheat (Gluten), Milk, Soy**

63270 MINI SPAGHETTI BOLOGNAISE

S **So**

Spaghetti (35%) (durum wheat semolina) (Gluten), Olive Oil, Bolognese Sauce(28%) Beef, Tomatoes (food acid (330,260), Onion, Carrot, Celery, COLFLO 67 (modified maize starch), Red Wine (Sulphur dioxide) (Sulphites), Garlic (vegetable gums (415), Sugar, Gravy Mix (thickener (1422), maltodextrin, rice cereal, vegetable powders & protein, yeast extract, colour (150c), flavour enhancer (635), canola oil, spice, Beef Booster (sea salt, rice flour, dehydrated vegetables, vegetable flavours (soy), sugar syrup, disodium guanylate & isonate) Herbs, cheese (cultures, enzyme (rennet), anti-caking agent (460), preservative (200), Pumpkin ((butane propane), emulsifier (soy lecithin) (hydrocarbons)), Peas **CONTAINS: Sulphites, Soy, Wheat, Milk, Gluten**

63181 MINI SAUSAGES & GRAVY

G

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

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 50% (Wheat Flour, Thiamine, Folic Acid), Mince (19%),(vegetable fats & oils, salt, emulsifiers (471,Soy Bean Lecithin), Acidity Regulators (331,330,296), Antioxidant [(370b, from Soy)], Flavour & Colour((635) (160a)), (370,SoyFlour, Emulsifier (471), Mineral Salts(450,500), Raising (920), (Maize Starch, Thickener (1422), Olive Oil, Canola Oil, Salt, Folate, Hydrolysed Vegetable Protein,(maize) Malt Extract, Spice, Flavour Enhancer (621),Vegetable Powder, Onion, Garlic, Lemon Juice, Vinegar (260), Preservative (223), Mash (24%) (potato, sulphites, milk, milk powder), Gravy (rice flour, sugar, maltodextrin, yeast extracts, gum(415), colour (150c) Peas(24%). **CONTAINS: Soy, Wheat, Milk, Sulphites. May Contain traces of: Eggs, Sesame seeds, Lupin, Peanuts & tree Nuts**

63006 MINI BEEF STROGANOFF

S **G**

Vegetables, beef (26%), water, sliced mushrooms (6%), water, rice, salt, antioxidant (300), thickened cream, vegetable gum (407, 412), tomato, tapioca starch, maltodextrin (maize), whey powder, sugar, hydrolysed vegetable protein (maize, soy), flavouring (soy), chicken fat, ground spice, dehydrated vegetables (onion, garlic), caramel powder (150d, 150c), flavour enhancer (635), shortening powder, thickener (maize 1422), vegetable fat, milk solids, rice flour, canola oil, food acid (330), spice extract, flavour enhancer (635, 621), vinegar, vegetable oil, pepper, anticaking agent (551), parisienne essence, parsley. **CONTAINS: Milk, Soy**

63351 MINI CHICKEN SCALLOPINI

S **G**

Chicken Scallopini (45%) (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**

63063 MINI CURRIED PRAWNS

LF

G

Curried Prawns (45%) (Prawns (49%) (Crustacean), Water, Milk, Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Onion, Carrot, Red Capsicum, Celery, Broccoli, Cauliflower, Stock Powder (Southern Ocean Sea Salt, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Canola Oil, Extra Virgin Olive Oil), Cornflour, Rice), Mixed Vegetables (Peas, Broccoli, Carrot, Cauliflower, Green & Yellow beans, red capsicum), Rice

CONTAINS: Milk, Crustacean

63354 MINI NOODLES STIR FRY VEG -200GM

LF

La

V

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**

63352 MINI CHICKEN PESTO PASTA

S

Chicken Pesto Pasta (100%) Chicken (28.6%), Pasta (7%) (durum wheat semolina, pimento (red peppers, salt, citric acid(E330), artichoke, cream, (vegetable gums (407, 412), Pesto (3.1%) basil, canola oil,olive oil, pine nuts, cashews, pistachios, sugar, parmesan cheese, food acids (330,270), preservative (202),(Milk, Peanuts, Tree nuts), onion, white sauce (Thickener (1422), milk solids, maize starch, flavouring (milk), leeks, white wine (sulphur dioxide). Chicken Booster (maize, maltodextrin, natural vegetable flavours, yeast extract, dehydrated vegetables (celery), disodium guanylate & inosinate, garlic (vegetable gum (415), acidity regulators (260/330), white pepper. **CONTAINS: Wheat, Milk, Peanuts, Tree nuts, Sulphites**

63353 MINI CHICKEN & MUSHROOM PIE

Chicken & Mushroom Pie (50%) (Water, Wheat Flour, Thiamine <1 , Folic Acid <1), Chicken (17%), Mushroom(10%), Vegetable Fats and Oils, salt, Emulsifiers (471, Soy Bean Lecithin) Acidity Regulators (331,330) Antioxidant (307b) Flavour & Colour (160a), Antioxidant (307), Soy Flour, Emulsifier (471) Mineral Salts (450,500) Raising Agent (920),Corn Starch, Egg, Parsley, Chicken stock, Sea Salt, Maize Maltodextrin, Cane Sugar, Natural Vegetable flavours, Yeast Extract, Dehydrated vegetables, Disodium Guanlate & Inosinate (E631) Sunflower oil, Pepper, Garlic, Lemon Juice, Vinegar (260),Preservative (223) Sesame seeds,)), Fries (potato, canola oil, dextrose (from maize), Vegetables **CONTAINS: Wheat, Egg, Soy, Sesame seeds. May contain traces of: Milk, Sulphites, Lupin, Peanuts & other Tree Nuts**

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**

Puree Meals 360g

60026SS PUREE SAVOURY LAMB & VEGETABLE

S **LF** **G**

Lamb Puree (41%) ((Lamb (59.2%), Onion, Water, Crushed Tomato (tomatoes, tomato juice, food acid (330) Carrot, Celery, COLFLO 67 (Modified Maize Starch), Tomato Paste (Tomato Concentrate), 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, Chilli, Parisienne Essence (Caramel Colour (150c), Crushed Garlic (vegetable gum (415), acidity regulator (260), Dried Rosemary). Puree Vegetables (38%) [Water, Carrot, Peas, Spinach Leaf, Potato Flakes (Potatoes, Stabiliser (471, 330), Antioxidant (300), Salt, Pepper, Mashed Potato (Potato, Milk, Salt, Sulphites). **CONTAINS: Milk, Sulphites**

60056SS PUREE CHICKEN & VEGETABLE

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

Chicken & Vegetable Casserole (41%) (Chicken (43.1 %), White Sauce (thickener (1422), milk solids, starch, flavouring (milk)) vegetables (19.4%) (carrots, onion, celery), garlic (vegetable gum (415), acidity regulator (260/330), capsicum. Chicken & Vegetable Booster (salt, maize, maltodextrin, cane sugar, vegetable flavours, yeast extract, rice flour, dehydrated vegetables (cabbage, onion, garlic celery, spinach), disodium, guanylate & inosinate, canola oil) pepper, parsley flakes, chilli, Puree Vegetables (38%) (Water, carrot, peas, spinach leaf, potato flakes (potatoes, Stabiliser (471, 330), antioxidant, (300), COLFLO 67 (modified maize starch) salt, pepper), Mashed Potato (Potato, Milk, Salt, Sulphites). **CONTAINS: Milk, Sulphites**

60233SS PUREE SAVOURY BEEF & VEGETABLE

S **LF** **G**

Beef (41%) (Beef Minced (59.1%), Onion, Crushed Tomatoes (Tomatoes, Tomato Juice, food acid (330)), Carrot, Celery, COLFLO 67 (Modified Maize Starch), Tomato Paste (Tomato Concentrate), Beef Booster (Sea Salt, maize maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (onion, garlic, celery), natural vegetable flavours, caramelised sugar syrup, disodium guanylate & inosinate, canola oil, Parisienne Essence (Caramel Colour (150c), Crushed Garlic (vegetable gum (415), acidity regulator (260), Herbs.) Puree Vegetables (38%) [Water, Carrot, Peas, Spinach Leaf, Potato Flakes (Potatoes, Stabiliser (471, 330), Antioxidant (300), COLFLO 67, (modified maize starch), Salt, Pepper), Mashed Potato (Potato, Milk, Salt, Sulphites) **CONTAINS: Milk, Sulphites**

60234SS PUREE SAVOURY PORK & VEGETABLE

S **G**

Pureed Pork (41%) (Pork (59.1%), Onion, Water, Crushed Tomatoes (Tomatoes, Tomato Juice, food acid (330)), Carrot, Celery, COLFLO 67 (Modified Maize Starch), Tomato Paste (Tomato Concentrate), 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, Chilli, Parisienne Essence (Caramel Colour (150c), Crushed Garlic (vegetable gum (415), acidity regulator (260) Puree Vegetables (38%) [Water, Carrot, Peas, Spinach Leaf Potato Flakes (Potatoes, Stabiliser (471, 330), Antioxidant (300), COLFLO 67 (modified maize starch) Salt, Pepper), Mashed Potato (Potato, Milk, Salt, Sulphites). **CONTAINS: Milk, Sulphites**

60047SS PUREE PORK, APPLE & CRANBERRY

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

Pork, Apple & Cranberry Casserole Puree (41%) (pork (55.5 %), water, apple (apple, antioxidant (ascorbic acid, calcium chloride), Cranberry Sauce(5.6%) (cranberries, high fructose, corn syrup), onion, gravy (thickener (1422), maltodextrin, rice cereal, sugar, yeast extracts, vegetable powders (tomato), hydrolysed vegetable protein (maize), flavour enhancer (635), canola oil, dehydrated vegetable, vegetable gum (415), food acids(330), acidity regulator (260/330), spice, COLFLO 67 (modified maize starch), celery, cranberries, sunflower oil), tomato concentrate, pepper, garlic, vinegar), parisienne essence (colour caramel (150c)). Puree Vegetables (38%) (carrot, peas, spinach leaf, potato flakes (potatoes, stabiliser (471,330), antioxidant (300), Salt, Pepper), mashed potato (potato, milk, sulphites). **CONTAINS: Milk, Sulphites**

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

60055SS PUREE CHICKEN & ASPARAGUS

S

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 (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, Potato (sulphites), Powdered Milk, Pea Puree, (Peas, Potato Flakes (stabilisers (471,330), antioxidant (300), Spinach, COLFLO 67) ,Carrot Puree **CONTAINS: Milk, Sulphites**

60075SS PUREE CURRY VEGETABLE

S

LF

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V

Vegetables (67.5%), water, onion, modified maize starch (1422), sultanas (1.2 %), coconut milk, maltodextrin, emulsifier (E469), salt, maize maltodextrin, sugar, yeast extract, rice flour, garlic, natural vegetable flavours, flavour enhancer (E627, E631), canola oil, chilli, curry powder, milk, salt, stabilisers (471, 330), antioxidant (300). **CONTAINS: Milk, Sulphites**

Breakfast Items

66441 BANANA BREAD

Banana (23%) Caster Sugar, Bakers & Protein Enriched Flour (wheat flour, Thiamine<1, Folic Acid <1) Canola oil, Egg, Icing (Sugar, Cream Cheese Powder, cream, Milk Solids, Emulsifier (471) Salts, Antioxidant (370b) Culture) Mineral salts (170, 516) Milk Solids, Maize starch, Natural flavour, Dextrose, Preservative (202), Cream (Halal Gelatine, Sour Cream Culture), Banana Puree, Margarine (Vegetable Fats and Oils, Emulsifiers (Soybean Lecithin (471), Acidity Regulators (331,330), Antioxidants (370b from Soybean), Flavours, Colours (160a), Sodium Bicarbonate, Lemon Juice, Preservative (202), Banana Flavour (Synthetic Flavour, Vegetable Gum (415), Colour (102,155), Preservative (211), Cream of Tartar, Vanilla, Potassium Sorbate(282) **CONTAINS: Wheat, Egg, Milk, Soy May contain: traces of Sesame, Sulphite, Peanut, Lupin, Tree nuts**

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

S

Pancakes (72%) (flour) (Wheat, Gluten), egg (whole egg pasteurised) (Egg), sugar, vanillin, sodium bicarbonate (500), butter milk (pasteurised low fat milk, milk solids, starter culture) (Milk). Compote (27%) (mixed berries, sugar, water, orange juice (reconstituted and squeezed orange juice), sugar, preservative (202), vitamin c (300), food acid (330) (Sulphites) instant clear jel (modified maize starch (1422)

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

Standard Desserts

60087 WINE TRIFLE WITH CREAM

So

Wine Trifle (82%) Water, two fruits (pear, peach), refined fruit (apple, pineapple), jelly (sugar, gelatin, citric acid, food flavour, food colours (124,110,102) (Sulphites), Rap Crème De Passtier (milk powder, thickener (1414), vegetable gums (401,407,410,412,415,466), salt, food acid (331), Cake Mix (wheat flour, vegetable shortening (vegetable oils, emulsifiers (471,477, 472b,491), antioxidants (322 from soy, 307), Thickeners (1422, 415), raising agents (500,541,450), humecant (420), milk solids, maltodextrin, flavourings, maize starch, wheat starch), pasteurized egg pulp, Thickened Cream (17%) (cream, gelatin)

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

60091 PEACHES & CUSTARD

LF So G

Peaches 50% (Peaches 60%, Water, Pear Juice, Food Acid (330), Custard 50% (Water 73.6 %, 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: Milk**

60100 STICKY DATE WITH CARAMEL SAUCE

Sticky Date with Caramel Sauce (sugar (20%), water, flour (raising agents E339, E341, E450, E500), dairy-cream (halal gelatine), fruit (dates (13%)), rice flour, vegetable oil, egg, walnut, butter (unsalted pasteurised cream), powder-sodium bicarbonate (500)).

CONTAINS: Wheat, Milk, Egg, Tree Nuts. May Contain Traces of: Sesame, Soy, Sulphites, Lupin, Peanuts & Other Tree Nuts

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), 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 SPONGE CRUMBLE WITH CUSTARD

S

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

Crumble (62%) (Apple (antioxidant (ascorbic acid), calcium chloride) (35.3%), Rhubarb(14.1%), Plain Flour (**Wheat**) (**Gluten**) raw sugar, butter (Pasteurised cream, salt) (**Milk**), Rolled Oats (**Gluten**), Coconut, Instant Clear Jel (modified maize starch (1422) Custard (38%), Milk Powder (**Milk**), sugar, white sauce (Thickener (1422), milk solids, maize starch, flavouring (milk), (**Milk**), thickened cream (vegetable gums (407,412) (**Milk**) Vanilla Essence (flavor, colour (150c), preservative (202), food acid (330), Egg colouring yellow (colours (102,110), food acid (260,330) **CONTAINS: Milk, Wheat, Gluten**

60131 CARROT CAKE

V

Water, Wheat Flour (Gluten), Vitamins, Thiamine, Folate, Sucrose, Tapioca Starch, Carrot (10%), Sugar, Canola Oil, Margarine, Vegetable oil (Soybean & Palm Oil) & Fats, Salt, Emulsifier(322-Soy, 435, 471, 475, 476, 481), Permitted Flavouring(Butter), Preservative(202), Acidity Regulator(330), Natural Colouring(160a), Antioxidant(307b-Soy), Cream Cheese {Milk, Cream, Milk Solids} Vegetable Gum(410), Food Acid(270), Starter Culture, Walnuts (Tree Nuts), Thickener(1422), Raising Agents(450, 500, 541), Natural Flavour, Mineral Salt (327)}, Wheat Fibre, Glycerine (422), Baking Powder, Sodium Bicarbonate (500), Vanilla Flavour {Colour (150d)}, Caramel Colour (150c), Cinnamon. **CONTAINS: Milk, Soy, Walnuts, Tree Nuts, Wheat, Gluten. May contain Egg, Lupin, Peanuts, Sesame Seeds.**

60134 CHOCOLATE MOUSSE

S

LF

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G

V

Skim milk, sugar, cocoa, hydrogenated vegetable oil, glucose (corn), milk protein, emulsifier (472a), gelatine, flavours, stabilisers (407, 450), colour (155). **CONTAINS: Milk**

60143 BREAD & BUTTER PUDDING

Bread and Butter Pudding: Egg Pulp (Egg pulp pasteurised) (**Eggs**), Full Cream Milk Powder, (**Milk**) Soy Lecithin (emulsifier 322 from soy) (**Soy**), Bread Raisin Loaf (wheat flour, (**Wheat, Gluten**), fruit (raisins, sultanas, currants, vegetable oils), Yeast, Sugar, Canola Oil, Iodised Salt, Mixed Spice, Soy Flour, (**Soy**), Vinegar, Emulsifier (481), Vitamins (thiamine, folic acid) (**Sesame** seeds), Vanilla Essence (water, flavour, colour (150c), preservative (202), food acid (330) **CONTAINS: Wheat, Gluten, Sesame, Soy, Eggs, Milk**

60145 BAKED RICE PUDDING

So

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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

LF

So

G

Skim milk, sugar, hydrogenated vegetable oil, glucose, milk protein, emulsifier (472a), gelatine, flavour, stabilisers (407, 450), acidity regulator (330), colour (110, 102) **CONTAINS: Milk**

60252 BANANA CAKE

Banana (15%), cane sugar, tapioca starch, raw sugar, self-raising flour, canola oil, water, wheat flour, vegetable oil, milk solids, salt, emulsifier (435, 322 (soy), 471, 475, 492), preservative (202), antioxidant (320), stabiliser (385), acidity regulator (330), flavour, colour (100, 160a, 150d), cheese, cream, vegetable gums (410, 412, 415), starter cultures, nutmeg, pear, whey, bicarbonate soda (500), glycerine (422), vanilla flavour (ethanol) **CONTAINS: Wheat, Milk, Soy. May Contain Traces Of Egg, Peanuts, Tree Nuts, Sesame Seeds**

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.**

60271 ORANGE POPPY SEED CAKE

S

Sucrose, Tapioca Starch, Sugar, Canola Oil, Flour (Wheat, Gluten), (Thiamine, Folate), (Raising Agents (339, 341, 450, 500), Oranges (6%), Poppy seed (5%), Margarine (Soybean & Palm Oil), (Soy) & Fats, Salt, Emulsifier (322,435,471,475,476), Flavouring (Butter), (Milk), Preservative (202), Acidity Regulator (330, 270), Natural Colouring (160a) (150d), Antioxidant (307b-(Soy), Cream Cheese (Milk, Cream, Milk Solids, Vegetable Gum (410), Starter Culture, Whey Protein Concentrate (Milk), Glycerine (422), Orange Concentrate (1%), Vanilla Flavour Sodium Bicarbonate (500) **CONTAINS: Milk, Soy, Wheat, Gluten. May Contain Egg, Lupin, Peanuts, Sesame, Tree Nuts**

Premium Desserts

60092 TROPICAL PAVLOVA

So **G** **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

Cream, mineral salt (450, 500), vegetable gum (400, 410, 412, 415), wheat flour, sugar, palm oil, antioxidant soy lecithin (E322,320), tocopherol (307), milk solids, salt, raising agent (E503), cheese (17.14%), starter cultures, water, vegetable oil, emulsifiers (435,471,475,492), preservative (202), stabiliser (385), acidity regulator (330, 331, 3412iii), flavour & colour (100, 160a, 150d), strawberry (4%), glucose-fructose syrup, pectin (E440), carrageenan (E407), beef hide gelatine, lemon juice, maize cornflour starch, strawberry flavour, propylene glycol (1520), vanilla flavour **CONTAINS: Soy, Milk, Wheat. May Contain traces Of Egg, Peanuts, Sesame Seeds, Tree Nuts**

60139 VANILLA SLICE

So

Vanilla Slice; Water (53%), Custard (19%) (Sugar, Thickener (1414) Vegetable fats (contains Palm), Glucose, Milk Solids, Mineral Salts (340,327), Emulsifiers (322 Soy, 433,471, 464, Soy bean Lecithin), Vegetable Gum (466), Flavours, Acidity Regulator (330, 331), Colours (160a, 160b,102,110), Vegetable Gums (401,407,410,415), Salt, Flavour, Preservative (202),Wheat Flour, Cream Imitation (9%)(Water, Vegetable Oil, Sugar, Dextrose, Milk Protein Concentrate, Guar Gum (412) Xanthum Gum (415), Polysorbate (435), Antioxidant (307b, Soy), Sugar Dusting (Dextrose, Maize Starch, Palm and Palm Kernel Oil) **CONTAINS: Wheat, Milk, Soy. May Contain traces of: Egg, Sesame, Sulphite, Lupin, Peanuts and other tree nuts**

60269 TIRAMISU

S **So**

Water, Marscapone (cream, thickener (1442),(Milk) food acid (330), stabiliser(407)), Biscuit Savoirdi (Wheat flour, (**Wheat, Gluten**),sugar, egg,(**Egg**), baking powder (raising agents 500, 450), flavour), Rap Crème De Passtier (sugar, milk powder,(Milk) thickener (1414), vegetable gums (401, 407, 410, 412, 415, 466), salt, food acid (331), flavours, colours (102, 110)) Cream Cooking (cream, (Milk),vegetable gums (407, 412)),Tia Maria ,Coffee ,Cocoa Powder, Sugar. **CONTAINS: Eggs, Wheat, Gluten, Milk**

60089 CHOCOLATE LAVA PUDDING

S

Mud mix (sugar, wheat flour (thiamine, folate), cocoa powder (6%), vegetable oil (canola), antioxidant (307), vegetable fat ((vegetable oil (palm), emulsifiers (471, 477), antioxidant (307,))), maltodextrin, potato flour, salt, milk solids, raising agents (341, 450, 500), natural flavour, vegetable gum (415)), water, canola oil, chocolate (7.2%) (sugar, vegetable fat (soya lecithin 492), cocoa powder, milk solids, emulsifiers (soya lecithin 476), flavours), thickened cream (cream, gelatine, stabiliser (407a), emulsifier (471)), whey, calcium carbonate. **CONTAINS: Soy, Wheat, Milk. May Contain traces of egg, peanuts, tree nuts, sesame seeds**

60086 APPLE PIE WITH CREAM

Apple Pie (81%) (Apple-Diced (54%) (Apples 92%, Ascorbic Acid (300), Citric Acid (330), Wheat Flour, Sugar, Margarine (Vegetable Fats & Oils, (Palm Kernel, Canola), Salt, Emulsifiers (Soy Bean Lecithin 471), Acidity Regulators (331,330), Antioxidant (307b), Flavours & Colour (160a), Egg, Whole, Sultanas (Raisins, Seedless,)), Gel (Modified Corn Starch), Powder-Baking (Rice Flour, Sodium Acid Pyrophosphate (450), Sodium Bicarbonate (500), Dusting Sugar (Dextrose, Maize Starch) Cinnamon, Baking Powder (Rice flour, Sodium Acid Pyrophosphate (450)),Thickened Cream 19% (fresh cream, gelatine).**CONTAINS: Wheat, Milk, Egg, Soy May Contain traces of Sesame, Sulphites, Peanuts, Lupins and other Tree Nuts.**

60138 APRICOT PIE WITH CREAM

So

Apricot Pie 81% (Apricots 53%, water, cane sugar, firming agent (509), wheat flour, margarine (vegetable fats and oils (palm, palm kernel, canola), salt, emulsifiers (soy bean Lecithin 471), Acidity Regulators (331,330), antioxidant (307b, from soybean, flavours and colour (160a), egg (whole, pasteurised), sugar (caster, cane), gel (modified corn starch), vanillin, powder, baking (rice flour, sodium acid pyrophosphate (450), sodium bicarbonate (500)) Thickened Cream 19% (fresh cream, gelatine). **CONTAINS: Wheat, Milk, Egg, Soy. May Contain traces of Sesame, Sulphites, Lupin, Peanut and other Tree Nuts.**

60102 BAKED CHEESECAKE

Sour Cream (pasteurised cream, culture), Neufchatel cheese (22%) milk, cream, salt, stabilisers, (410,412) starter cultures, sugar, biscuit crumb (wheat flour, vegetable fats & oils, corn flour, golden syrup, vanilla, raising agent (500,503), egg, margarine b (veg oil, anhydrous milk fat, emulsifier (435,322-soy, 471,475,492), preservative (202), permitted flavouring (milk, butter), antioxidant (320), acidity regulator (330), flavour & colour (100,160a,150d), maize starch, lemon juice (100%), margarine c (soybean oil), emulsifier (322-soy, 476), acidity regulator (330), natural colouring (160a), antioxidant (307b-soy), vanilla flavour , calcium carbonate (170). **CONTAINS: Egg, Soy, Wheat, Milk. May Contain Peanuts, Sesame Seeds, Tree Nuts, Lupins**

60197 XMAS CAKE AND CUSTARD

Cake (57%) [wheat flour, thiamine, folate, sugar, vegetable fat & oil, emulsifiers (471 ,477, 322), antioxidant (307), thickener (1422), raising agents (450, 500, 541), colours (150c,150a, 120, 100, 133, 140, 110), spice, wheat starch, vegetable gums (407,412, 415), acidity regulators (303,330), mineral salt (452), raisins, egg, cherries (glucose syrup, preservatives (220,202,223), almonds, extract Grand Marnier (1%)(alcohol, Cognac, natural bitter orange flavouring), Custard (42%), (milk powder & solids, soy lecithin), maize starch, cream, vanilla essence, tartazine (102), sodium benzoate (211). **CONTAINS: Wheat (Gluten), Egg, Milk, Tree Nuts, Soy. May Contain Traces of Sesame, Lupin, Peanuts**

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

60004 Corned Silverside

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1300 kJ	360 kJ
Protein	27.7 g	7.7 g
Fat, total	7.8 g	2.2 g
- saturated	4.0 g	1.1 g
Carbohydrate	25.3 g	7.0 g
- sugars	10.6 g	3.0 g
Sodium	1130 mg	314 mg

60005 Cottage Pie

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1330 kJ	370 kJ
Protein	26.0 g	7.2 g
Fat, total	7.5 g	2.1 g
- saturated	3.2 g	0.9 g
Carbohydrate	32.7 g	9.1 g
- sugars	11.6 g	3.2 g
Sodium	582 mg	162 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	2710 kJ	754 kJ
Protein	33.5 g	9.3 g
Fat, total	44.3 g	12.3 g
- saturated	20.6 g	5.7 g
Carbohydrate	26.4 g	7.4 g
- sugars	7.1 g	2.0 g
Sodium	271 mg	75 mg

60010 Beef Lasagne

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	370 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2400 kJ	649 kJ
Protein	26.0 g	7.0 g
Fat, total	27.9 g	7.5 g
- saturated	14.3 g	3.9 g
Carbohydrate	52.1 g	14.1 g
- sugars	11.5 g	3.1 g
Sodium	931 mg	252 mg

60012 Honey Mustard Beef

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1460 kJ	407 kJ
Protein	26.1 g	7.3 g
Fat, total	7.8 g	2.2 g
- saturated	2.7 g	0.7 g
Carbohydrate	38.3 g	10.6 g
- sugars	19.3 g	5.4 g
Sodium	764 mg	212 mg

60016 Steak & Kidney Pie

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2110 kJ	585 kJ
Protein	43.1 g	12.0 g
Fat, total	15.5 g	4.3 g
- saturated	7.7 g	2.2 g
Carbohydrate	44.7 g	12.4 g
- sugars	10.0 g	2.8 g
Sodium	762 mg	212 mg

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

60200 Beef Pie with Mash & Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2420 kJ	673 kJ
Protein	23.5 g	6.5 g
Fat, total	24.9 g	6.9 g
- saturated	11.6 g	3.2 g
Carbohydrate	63.0 g	17.5 g
- sugars	4.2 g	1.2 g
Sodium	913 mg	254 mg

60181 Sausages with Gravy

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	18.9 g	5.2 g
Fat, total	25.3 g	7.0 g
- saturated	12.2 g	3.4 g
Carbohydrate	25.8 g	7.2 g
- sugars	6.6 g	1.8 g
Sodium	1160 mg	323 mg

60270 Spaghetti Bolognese

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1650 kJ	458 kJ
Protein	26.2 g	7.3 g
Fat, total	11.5 g	3.2 g
- saturated	5.0 g	1.4 g
Carbohydrate	41.5 g	11.5 g
- sugars	9.8 g	2.7 g
Sodium	341 mg	95 mg

Beef Main Meals (continued)

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	387 kJ
Protein	13.6 g	3.8 g
Fat, total	18.3 g	5.1 g
- saturated	9.6 g	2.7 g
Carbohydrate	24.7 g	6.9 g
- sugars	9.1 g	2.5 g
Sodium	574 mg	159 mg

Pork Main Meals

60040 Pork in BBQ Sauce

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2240 kJ	621 kJ
Protein	27.6 g	7.7 g
Fat, total	17.4 g	4.8 g
- saturated	6.5 g	1.8 g
Carbohydrate	61.0 g	16.9 g
- sugars	14.6 g	4.1 g
Sodium	761 mg	211 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	1320 kJ	367 kJ
Protein	16.8 g	4.7 g
Fat, total	3.8 g	1.0 g
- saturated	1.1 g	0.3 g
Carbohydrate	50.1 g	13.9 g
- sugars	29.7 g	8.3 g
Sodium	1350 mg	374 mg

60047 Pork Apple & Cranberry Casserole

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1350 kJ	374 kJ
Protein	24.6 g	6.8 g
Fat, total	3.4 g	0.9 g
- saturated	1.0 g	0.3 g
Carbohydrate	42.9 g	11.9 g
- sugars	11.4 g	3.2 g
Sodium	260 mg	72 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:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1220 kJ	338 kJ
Protein	21.7 g	6.0 g
Fat, total	5.6 g	1.6 g
- saturated	1.8 g	0.5 g
Carbohydrate	36.3 g	10.1 g
- sugars	7.6 g	2.1 g
Sodium	361 mg	100 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	1820 kJ	506 kJ
Protein	19.9 g	5.5 g
Fat, total	17.0 g	4.7 g
- saturated	2.4 g	0.7 g
Carbohydrate	47.3 g	13.2 g
- sugars	12.6 g	3.5 g
Sodium	778 mg	216 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:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1380 kJ	385 kJ
Protein	21.0 g	5.8 g
Fat, total	9.5 g	2.6 g
- saturated	4.6 g	1.3 g
Carbohydrate	36.0 g	10.0 g
- sugars	9.7 g	2.7 g
Sodium	315 mg	87 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

60057 Thai Green Chicken Curry

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1390 kJ	385 kJ
Protein	23.7 g	6.6 g
Fat, total	10.4 g	2.9 g
- saturated	6.2 g	1.7 g
Carbohydrate	32.6 g	9.1 g
- sugars	7.4 g	2.1 g
Sodium	489 mg	136 mg

60053 Chicken Parmigiana

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1730 kJ	480 kJ
Protein	28.6 g	8.0 g
Fat, total	16.9 g	4.7 g
- saturated	7.1 g	2.0 g
Carbohydrate	34.0 g	9.4 g
- sugars	10.1 g	2.8 g
Sodium	973 mg	270 mg

60352 Apricot & Fig Chicken

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1130 kJ	315 kJ
Protein	22.1 g	6.1 g
Fat, total	5.0 g	1.4 g
- saturated	1.4 g	0.4 g
Carbohydrate	30.1 g	8.4 g
- sugars	18.1 g	5.0 g
Sodium	278 mg	77 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:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2440 kJ	677 kJ
Protein	23.0 g	6.4 g
Fat, total	30.0 g	8.3 g
- saturated	9.7 g	2.7 g
Carbohydrate	52.7 g	14.6 g
- sugars	4.2 g	1.2 g
Sodium	1480 mg	410 mg

60025 Mongolian Lamb with Rice

NUTRITION INFORMATION		
Servings per package:	1.00	
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	2.0 g
- saturated	2.1 g	0.6 g
Carbohydrate	40.0 g	11.1 g
- sugars	12.2 g	3.4 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	1810 kJ	502 kJ
Protein	18.7 g	5.2 g
Fat, total	13.0 g	3.6 g
- saturated	1.4 g	0.4 g
Carbohydrate	53.4 g	14.8 g
- sugars	8.7 g	2.4 g
Sodium	436 mg	121 mg

60061 Steamed Fish

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	946 kJ	263 kJ
Protein	30.4 g	8.4 g
Fat, total	2.8 g	0.8 g
- saturated	2.1 g	0.6 g
Carbohydrate	17.1 g	4.7 g
- sugars	6.8 g	1.9 g
Sodium	174 mg	48 mg

60066 Fish Cake with Parsley Sauce

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1710 kJ	476 kJ
Protein	14.8 g	4.1 g
Fat, total	12.7 g	3.5 g
- saturated	2.5 g	0.7 g
Carbohydrate	54.7 g	15.2 g
- sugars	8.5 g	2.4 g
Sodium	612 mg	170 mg

60063 Curried Prawns with Rice

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1080 kJ	299 kJ
Protein	20.4 g	5.7 g
Fat, total	1.6 g	0.4 g
- saturated	0.4 g	0.1 g
Carbohydrate	35.6 g	9.9 g
- sugars	7.3 g	2.0 g
Sodium	725 mg	202 mg

Veal Main Meals

Turkey Main Meal

60030 Vienna Schnitzel

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1740 kJ	484 kJ
Protein	25.9 g	7.2 g
Fat, total	11.7 g	3.2 g
- saturated	0.9 g	0.3 g
Carbohydrate	49.2 g	13.7 g
- sugars	5.0 g	1.4 g
Sodium	1220 mg	338 mg

60033 Veal Parmigiana

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	34.7 g	9.6 g
Fat, total	6.3 g	1.8 g
- saturated	2.4 g	0.7 g
Carbohydrate	21.7 g	6.0 g
- sugars	9.5 g	2.6 g
Sodium	445 mg	124 mg

60058 Turkey with Cranberry Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1170 kJ	326 kJ
Protein	22.3 g	6.2 g
Fat, total	4.4 g	1.2 g
- saturated	0.9 g	0.3 g
Carbohydrate	33.3 g	9.3 g
- sugars	11.4 g	3.2 g
Sodium	975 mg	271 mg

Vegetarian Main Meals

60070 Macaroni Cheese

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1370 kJ	382 kJ
Protein	17.8 g	5.0 g
Fat, total	13.9 g	3.9 g
- saturated	8.9 g	2.5 g
Carbohydrate	28.1 g	7.8 g
- sugars	6.2 g	1.7 g
Sodium	391 mg	108 mg

60236 Vegetable Pasta Bake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	822 kJ	228 kJ
Protein	8.8 g	2.5 g
Fat, total	4.8 g	1.3 g
- saturated	3.1 g	0.9 g
Carbohydrate	24.9 g	6.9 g
- sugars	9.0 g	2.5 g
Sodium	346 mg	96 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:	1.00	
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	5.6 g	1.6 g
- saturated	2.7 g	0.7 g
Carbohydrate	31.1 g	8.6 g
- sugars	12.2 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:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	266 kJ	133 kJ
Protein	1.6 g	0.8 g
Fat, total	0.4 g	0.2 g
- saturated	0.2 g	0.1 g
Carbohydrate	13.0 g	6.5 g
- sugars	3.8 g	1.9 g
Sodium	356 mg	178 mg

60121 Pea & Ham Soup

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	558 kJ	279 kJ
Protein	6.8 g	3.4 g
Fat, total	3.6 g	1.8 g
- saturated	1.4 g	0.7 g
Carbohydrate	16.6 g	8.3 g
- sugars	1.6 g	0.8 g
Sodium	248 mg	124 mg

60122 Pumpkin Soup

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	472 kJ	236 kJ
Protein	3.0 g	1.5 g
Fat, total	4.0 g	2.0 g
- saturated	2.4 g	1.2 g
Carbohydrate	15.6 g	7.8 g
- sugars	6.2 g	3.1 g
Sodium	252 mg	126 mg

60123 Beef & Vegetable Soup

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	380 kJ	190 kJ
Protein	6.8 g	3.4 g
Fat, total	1.8 g	0.9 g
- saturated	0.8 g	0.4 g
Carbohydrate	11.4 g	5.7 g
- sugars	2.8 g	1.4 g
Sodium	552 mg	276 mg

60224 Chicken & Vegetable Soup

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	354 kJ	177 kJ
Protein	5.8 g	2.9 g
Fat, total	1.6 g	0.8 g
- saturated	0.4 g	0.2 g
Carbohydrate	10.8 g	5.4 g
- sugars	3.4 g	1.7 g
Sodium	342 mg	171 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

60126 Chicken & Corn Soup

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	314 kJ	157 kJ
Protein	4.8 g	2.4 g
Fat, total	1.6 g	0.8 g
- saturated	0.6 g	0.3 g
Carbohydrate	9.4 g	4.7 g
- sugars	2.2 g	1.1 g
Sodium	216 mg	108 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

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	772 kJ	386 kJ
Protein	19.1 g	9.6 g
Fat, total	4.9 g	2.5 g
- saturated	2.4 g	1.2 g
Carbohydrate	13.9 g	7.0 g
- sugars	5.2 g	2.6 g
Sodium	718 mg	359 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

63016 Steak & Kidney Pie

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3460 kJ	1730 kJ
Protein	25.1 g	12.6 g
Fat, total	9.7 g	4.8 g
- saturated	5.0 g	2.5 g
Carbohydrate	26.5 g	13.2 g
- sugars	5.0 g	2.5 g
Sodium	447 mg	224 mg

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	1030 kJ	515 kJ
Protein	21.6 g	10.8 g
Fat, total	11.0 g	5.5 g
- saturated	4.0 g	2.0 g
Carbohydrate	13.6 g	6.8 g
- sugars	3.6 g	1.8 g
Sodium	171 mg	86 mg

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

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

63052 Curried Chicken with Rice

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	716 kJ	358 kJ
Protein	13.0 g	6.5 g
Fat, total	3.3 g	1.6 g
- saturated	1.0 g	0.5 g
Carbohydrate	21.3 g	10.7 g
- sugars	3.7 g	1.8 g
Sodium	208 mg	104 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	1250 kJ	627 kJ
Protein	14.7 g	7.4 g
Fat, total	9.8 g	4.9 g
- saturated	1.0 g	0.5 g
Carbohydrate	35.2 g	17.6 g
- sugars	3.7 g	1.9 g
Sodium	395 mg	197 mg

MINI

63056 Chicken & Vegetable Pie

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	873 kJ	437 kJ
Protein	12.2 g	6.1 g
Fat, total	7.0 g	3.5 g
- saturated	3.8 g	1.9 g
Carbohydrate	22.1 g	11.1 g
- sugars	4.8 g	2.4 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

63070 Macaroni Cheese with Veg- Mini

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	782 kJ	391 kJ
Protein	9.5 g	4.8 g
Fat, total	8.6 g	4.3 g
- saturated	5.5 g	2.8 g
Carbohydrate	16.1 g	8.0 g
- sugars	3.0 g	1.5 g
Sodium	253 mg	126 mg

Mini Meals 200g (continued)

MINI

63181 Sausages with Gravy

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1100 kJ	552 kJ
Protein	12.0 g	6.0 g
Fat, total	16.7 g	8.3 g
- saturated	8.0 g	4.0 g
Carbohydrate	13.9 g	7.0 g
- sugars	3.3 g	1.6 g
Sodium	716 mg	358 mg

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:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1360 kJ	678 kJ
Protein	11.3 g	5.6 g
Fat, total	15.0 g	7.5 g
- saturated	8.0 g	4.0 g
Carbohydrate	32.9 g	16.5 g
- sugars	2.1 g	1.1 g
Sodium	488 mg	244 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	1010 kJ	504 kJ
Protein	14.7 g	7.4 g
Fat, total	8.0 g	4.0 g
- saturated	3.9 g	1.9 g
Carbohydrate	24.9 g	12.5 g
- sugars	4.8 g	2.4 g
Sodium	207 mg	103 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	1710 kJ	854 kJ
Protein	21.9 g	11.0 g
Fat, total	29.2 g	14.6 g
- saturated	13.7 g	6.8 g
Carbohydrate	13.3 g	6.7 g
- sugars	3.6 g	1.8 g
Sodium	146 mg	73 mg

MINI

63006 Beef Stroganoff

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	872 kJ	436 kJ
Protein	15.0 g	7.5 g
Fat, total	6.2 g	3.1 g
- saturated	2.7 g	1.3 g
Carbohydrate	21.2 g	10.6 g
- sugars	3.0 g	1.5 g
Sodium	282 mg	141 mg

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

63063 Curried Prawns & Rice

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	603 kJ	301 kJ
Protein	12.3 g	6.1 g
Fat, total	1.2 g	0.6 g
- saturated	0.5 g	0.3 g
Carbohydrate	19.1 g	9.5 g
- sugars	3.6 g	1.8 g
Sodium	300 mg	150 mg

MINI

63353 Chicken & Mushroom Pie

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1280 kJ	638 kJ
Protein	9.2 g	4.6 g
Fat, total	13.6 g	6.8 g
- saturated	6.6 g	3.3 g
Carbohydrate	32.8 g	16.4 g
- sugars	1.6 g	0.8 g
Sodium	200 mg	100 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

63352 Chicken Pesto Pasta

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	810 kJ	405 kJ
Protein	13.4 g	6.7 g
Fat, total	8.2 g	4.1 g
- saturated	3.2 g	1.6 g
Carbohydrate	15.0 g	7.5 g
- sugars	1.8 g	0.9 g
Sodium	294 mg	147 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

Purees – Main Meal 360gm

60026SS Puree Savoury Lamb & Veg

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1260 kJ	350 kJ
Protein	24.2 g	6.7 g
Fat, total	7.1 g	2.0 g
- saturated	2.6 g	0.7 g
Carbohydrate	30.9 g	8.6 g
- sugars	7.5 g	2.1 g
Sodium	798 mg	222 mg

60056SS Puree Chicken & Veg

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1260 kJ	350 kJ
Protein	24.0 g	6.7 g
Fat, total	6.5 g	1.8 g
- saturated	2.4 g	0.7 g
Carbohydrate	32.3 g	9.0 g
- sugars	7.1 g	2.0 g
Sodium	409 mg	114 mg

60233SS Puree Savoury Beef & Veg

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1350 kJ	375 kJ
Protein	30.5 g	8.5 g
Fat, total	7.3 g	2.0 g
- saturated	3.3 g	0.9 g
Carbohydrate	29.8 g	8.3 g
- sugars	7.8 g	2.2 g
Sodium	778 mg	216 mg

60234SS Puree Savoury Pork & Veg

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1360 kJ	379 kJ
Protein	23.4 g	6.5 g
Fat, total	10.3 g	2.9 g
- saturated	3.8 g	1.1 g
Carbohydrate	30.9 g	8.6 g
- sugars	8.0 g	2.2 g
Sodium	799 mg	222 mg

60075SS Puree Curry Vegetable

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	929 kJ	258 kJ
Protein	8.4 g	2.3 g
Fat, total	2.8 g	0.8 g
- saturated	1.7 g	0.5 g
Carbohydrate	34.6 g	9.6 g
- sugars	10.6 g	2.9 g
Sodium	532 mg	148 mg

60055SS Puree Chicken & Asparagus

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1370 kJ	382 kJ
Protein	24.6 g	6.8 g
Fat, total	12.7 g	3.5 g
- saturated	6.6 g	1.8 g
Carbohydrate	31.7 g	8.8 g
- sugars	7.4 g	2.1 g
Sodium	674 mg	187 mg

60047SS Puree Pork, Apple & Cranberry

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	360 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1220 kJ	339 kJ
Protein	25.6 g	7.1 g
Fat, total	3.8 g	1.1 g
- saturated	1.4 g	0.4 g
Carbohydrate	35.2 g	9.8 g
- sugars	12.1 g	3.4 g
Sodium	477 mg	132 mg

Breakfast Items

66411 Banana Bread with Cream Cheese

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	200 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	3040 kJ	1520 kJ
Protein	9.6 g	4.8 g
Fat, total	32.2 g	16.1 g
- saturated	6.0 g	3.0 g
Carbohydrate	96.2 g	48.1 g
- sugars	59.0 g	29.5 g
Sodium	338 mg	169 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:	1.00	
Serving size:	185 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1980 kJ	1070 kJ
Protein	12.7 g	6.9 g
Fat, total	6.8 g	3.7 g
- saturated	2.1 g	1.2 g
Carbohydrate	46.6 g	25.2 g
- sugars	41.8 g	22.6 g
Sodium	352 mg	190 mg

Standard Desserts

60087 Wine Trifle with Cream

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	145 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	726 kJ	500 kJ
Protein	1.8 g	1.3 g
Fat, total	10.4 g	7.2 g
- saturated	6.7 g	4.6 g
Carbohydrate	18.2 g	12.5 g
- sugars	12.5 g	8.6 g
Sodium	104 mg	72 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:	1.00	
Serving size:	90 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	981 kJ	1090 kJ
Protein	4.1 g	4.6 g
Fat, total	13.2 g	14.7 g
- saturated	5.3 g	5.9 g
Carbohydrate	34.8 g	38.7 g
- sugars	11.2 g	12.5 g
Sodium	360 mg	400 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:	1.00	
Serving size:	160 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1100 kJ	685 kJ
Protein	4.2 g	2.6 g
Fat, total	11.0 g	6.9 g
- saturated	7.4 g	4.6 g
Carbohydrate	36.9 g	23.1 g
- sugars	21.9 g	13.7 g
Sodium	90 mg	56 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	1020 kJ	1280 kJ
Protein	2.2 g	2.7 g
Fat, total	9.9 g	12.4 g
- saturated	2.2 g	2.7 g
Carbohydrate	35.6 g	44.5 g
- sugars	26.0 g	32.5 g
Sodium	251 mg	314 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	231 kJ	289 kJ
Protein	1.5 g	1.9 g
Fat, total	1.4 g	1.7 g
- saturated	1.3 g	1.6 g
Carbohydrate	4.6 g	5.8 g
- sugars	3.8 g	4.7 g
Sodium	18 mg	23 mg

60143 Bread & Butter Pudding

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	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	7.0 g	5.6 g
- saturated	3.0 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	80 kJ	100 kJ
Protein	0.7 g	0.9 g
Fat, total	0.6 g	0.8 g
- saturated	0.6 g	0.8 g
Carbohydrate	2.7 g	3.4 g
- sugars	2.4 g	3.0 g
Sodium	10 mg	12 mg

60252 Banana Cake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1190 kJ	1490 kJ
Protein	3.2 g	4.0 g
Fat, total	13.1 g	16.4 g
- saturated	2.7 g	3.4 g
Carbohydrate	37.7 g	47.1 g
- sugars	26.6 g	33.3 g
Sodium	256 mg	320 mg

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

60271 Orange & Poppyseed Cake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1270 kJ	1580 kJ
Protein	4.3 g	5.4 g
Fat, total	15.4 g	19.2 g
- saturated	2.8 g	3.5 g
Carbohydrate	37.8 g	47.2 g
- sugars	26.2 g	32.8 g
Sodium	212 mg	265 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	1440 kJ	1440 kJ
Protein	3.9 g	3.9 g
Fat, total	21.7 g	21.7 g
- saturated	13.8 g	13.8 g
Carbohydrate	31.8 g	31.8 g
- sugars	23.8 g	23.8 g
Sodium	187 mg	187 mg

60269 Tiramisu

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	120 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1080 kJ	901 kJ
Protein	3.2 g	2.7 g
Fat, total	14.8 g	12.3 g
- saturated	9.4 g	7.8 g
Carbohydrate	27.6 g	23.0 g
- sugars	17.8 g	14.8 g
Sodium	118 mg	98 mg

60089 Chocolate Lava Pudding

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	90 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1410 kJ	1570 kJ
Protein	4.3 g	4.8 g
Fat, total	15.1 g	16.8 g
- saturated	4.8 g	5.3 g
Carbohydrate	45.0 g	50.0 g
- sugars	30.9 g	34.3 g
Sodium	278 mg	309 mg

60086 Apple Pie & Cream

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	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	27.9 g	20.7 g
Sodium	58 mg	43 mg

60138 Apricot Pie with Cream

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	135 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1240 kJ	916 kJ
Protein	4.4 g	3.2 g
Fat, total	17.0 g	12.6 g
- saturated	11.2 g	8.3 g
Carbohydrate	33.9 g	25.1 g
- sugars	14.3 g	10.6 g
Sodium	94 mg	70 mg

60139 Vanilla Slice

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	90 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	799 kJ	888 kJ
Protein	1.4 g	1.5 g
Fat, total	9.1 g	10.1 g
- saturated	7.6 g	8.4 g
Carbohydrate	34.1 g	37.9 g
- sugars	11.2 g	12.5 g
Sodium	146 mg	162 mg

60102 Baked Cheesecake

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	70 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1020 kJ	1460 kJ
Protein	3.2 g	4.5 g
Fat, total	17.2 g	24.6 g
- saturated	10.9 g	15.6 g
Carbohydrate	19.1 g	27.3 g
- sugars	13.7 g	19.6 g
Sodium	115 mg	164 mg

60197 XMAS Cake and Custard

NUTRITION INFORMATION		
Servings per package:	1.00	
Serving size:	140 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1350 kJ	965 kJ
Protein	5.7 g	4.1 g
Fat, total	9.2 g	6.6 g
- saturated	4.1 g	3.0 g
Carbohydrate	52.9 g	37.8 g
- sugars	37.5 g	26.8 g
Sodium	190 mg	136 mg

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