



## Breakfast and Lunch Ingredients

**Autumn 2017: 27/02/17 - 21/05/17**

Although Lite n' Easy has done all the hard work for you in developing and analysing your meals, you may care to know more about the individual products in your meal plan.

The information in this document is set out in the format outlined by the Food Standards Code.

Every reasonable effort has been made to ensure the accuracy of all information at time of publication. However, information contained within is subject to change without prior notice.

**If you have a food allergy or intolerance:**

Before consuming any Lite n' Easy products, please consider that they are produced in facilities which handle the following ingredients:

Milk, Egg, Soya, Seafood (Including Crustaceans), Peanuts, Sesame Seed, Tree Nuts, Gluten (from Wheat, Rye, Barley, Oats & Spelt) and Celery

It is not possible to guarantee the total absence of these ingredients in any Lite n' Easy products.

For more information about food labelling requirements visit the web site:

[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

If you would like additional information about nutrition or dietary guidelines visit:

[www.NutritionAustralia.org](http://www.NutritionAustralia.org) or  
[www.health.gov.au](http://www.health.gov.au)

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## Almonds & Sultanas

**Ingredients:** Almonds, Sultanas

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	393kJ (94Cal)	1960kJ (469Cal)
<b>Protein</b>	2.3g	11.3g
<b>Fat, Total</b>	5.6g	28.1g
<b>- Saturated</b>	0.4g	1.9g
<b>Carbohydrate</b>	8.0g	40.0g
<b>- Sugars</b>	7.8g	39.0g
<b>Dietary Fibre</b>	1.3g	6.6g
<b>Sodium</b>	4mg	21mg

**CONTAINS:** Tree Nuts

Product of Australia

## Almonds, Dry Roasted

**Ingredients:** Almonds, Salt

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	487kJ (116Cal)	2440kJ (582Cal)
<b>Protein</b>	4.6g	23.2g
<b>Fat, Total</b>	9.4g	46.9g
<b>- Saturated</b>	0.7g	3.5g
<b>Carbohydrate</b>	2.8g	14.0g
<b>- Sugars</b>	1.1g	5.5g
<b>Dietary Fibre</b>	1.7g	8.6g
<b>Sodium</b>	78mg	390mg
<b>Iron</b>	0.7mg (6%RDI)	3.5mg

**CONTAINS:** Tree Nuts

Product Of Australia

## Almonds, Pretzels & Peanuts

**Ingredients:** Pretzels (50%) (Flour, Vegetable Oil (Soybean), Corn Syrup, Yeast), Almonds (25%), Peanuts (25%), Salt, Vegetable Oil (Peanut)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	539kJ (129Cal)	2150kJ (515Cal)
<b>Protein</b>	4.8g	19.0g
<b>Fat, Total</b>	7.8g	31.2g
<b>- Saturated</b>	0.8g	3.3g
<b>Carbohydrate</b>	8.8g	35.3g
<b>- Sugars</b>	0.7g	2.9g
<b>Dietary Fibre</b>	2.4g	9.6g
<b>Sodium</b>	104mg	416mg
<b>Iron</b>	0.7mg (6%RDI)	2.9mg

**CONTAINS:** Wheat, Peanuts, Soybean, Tree Nuts

Packed in Australia from Local & Imported Ingredients

## Almonds, Roasted

**Ingredients:** Almond

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	470kJ (112Cal)	2350kJ (561Cal)
<b>Protein</b>	4.8g	23.8g
<b>Fat, Total</b>	8.9g	44.3g
<b>- Saturated</b>	0.7g	3.5g
<b>Carbohydrate</b>	2.6g	13.0g
<b>- Sugars</b>	1.2g	5.9g
<b>Dietary Fibre</b>	2.3g	11.4g
<b>Sodium</b>	less than 1mg	1mg
<b>Iron</b>	0.7mg (6%RDI)	3.6mg

**CONTAINS:** Tree Nuts

Product Of Australia

## Apple, Green

**Ingredients:** Apple

**Serving Size:** 150g

	per serving	per 100g
<b>Energy</b>	252kJ (60Cal)	168kJ (40Cal)
<b>Protein</b>	0.4g	0.2g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	12.8g	8.6g
<b>- Sugars</b>	12.6g	8.4g
<b>Dietary Fibre</b>	2.8g	1.8g
<b>Sodium</b>	2mg	2mg
<b>Iron</b>	0.2mg (2%RDI)	0.1mg

## Apple, Red

**Ingredients:** Apple

**Serving Size:** 150g

	per serving	per 100g
<b>Energy</b>	278kJ (67Cal)	186kJ (44Cal)
<b>Protein</b>	0.4g	0.2g
<b>Fat, Total</b>	0.1g	less than 0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	14.6g	9.8g
<b>- Sugars</b>	14.4g	9.6g
<b>Dietary Fibre</b>	2.4g	1.6g
<b>Sodium</b>	1mg	less than 1mg
<b>Iron</b>	0.2mg (2%RDI)	0.2mg

## Apricots & Pears

**Ingredients:** Apricots (42%) (Fruit Juice (Pear, Apple, Grape), Firming Agent (509)), Pear (38%), Pineapple Juice (Reconstituted Pineapple Juice (99.8%), Food Acid (Citric), Stabiliser (Pectin), Flavour), Sultanas, Honey, Lemon Juice, Vanilla

**Serving Size:** 118g

	per serving	per 100g
<b>Energy</b>	349kJ (83Cal)	296kJ (71Cal)
<b>Protein</b>	0.7g	0.6g
<b>Fat, Total</b>	0.1g	less than 0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	18.9g	16.0g
<b>- Sugars</b>	15.4g	13.0g
<b>Dietary Fibre</b>	1.4g	1.2g
<b>Sodium</b>	7mg	6mg
<b>Iron</b>	0.5mg (4%RDI)	0.4mg

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## Apricots, Dried

**Ingredients:** Dried Apricots

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	258kJ (62Cal)	859kJ (205Cal)
<b>Protein</b>	1.3g	4.3g
<b>Fat, Total</b>	less than 0.1g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	12.5g	41.5g
<b>- Sugars</b>	12.2g	40.5g
<b>Dietary Fibre</b>	2.7g	9.1g
<b>Sodium</b>	11mg	37mg

**CONTAINS:** Sulphites

Packed in Australia from Imported Ingredients

## Aromatic Chicken Curry

**Ingredients:** Rice, Chicken (21%), Tomato, Cauliflower, Beans, Onion, Chickpeas, Chicken Stock, Lentils, Evaporated Milk, Cream, Lemon, Yoghurt, Corn Starch, Spices, Honey, Lemon Juice, Salt, Coriander, Ginger, Garlic, Yeast Extract, Sunflower Oil, Chilli

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	1140kJ (272Cal)	455kJ (109Cal)
<b>Protein</b>	17.4g	7.0g
<b>Fat, Total</b>	5.8g	2.3g
<b>- Saturated</b>	1.9g	0.8g
<b>Carbohydrate</b>	?	?
<b>- Sugars</b>	?	?
<b>Dietary Fibre</b>	5.1g	2.1g
<b>Sodium</b>	491mg	196mg
<b>Iron</b>	3.1mg (26%RDI)	1.3mg

**CONTAINS:** Milk

Made in Australia

## Asian Chicken Salad

**Ingredients:** Chicken (28%) (Natural Flavour, Maize Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices), Cucumber, Lettuce, Corn (Sugar, Salt), Carrot, Chinese Cabbage, Shallots, Daikon, Cabbage, Herbs, Coriander

**Serving Size:** 195g

	per serving	per 100g
<b>Energy</b>	440kJ (105Cal)	226kJ (54Cal)
<b>Protein</b>	14.5g	7.4g
<b>Fat, Total</b>	1.7g	0.9g
<b>- Saturated</b>	0.5g	0.3g
<b>Carbohydrate</b>	?	?
<b>- Sugars</b>	?	?
<b>Dietary Fibre</b>	2.5g	1.3g
<b>Sodium</b>	250mg	128mg

Made in Australia

## Asian Meatballs with Jasmine Rice

**Ingredients:** Rice (21%), Carrot, Soybeans, Pork, Chicken Stock, Water Chestnuts, Oyster Sauce (Contains Preservative (202)), Egg, Beans, Breadcrumbs, Sugar, Coriander, Corn Flour, Sesame Oil, Spices, Shallots, Pepper

**Serving Size:** 240g

	per serving	per 100g
<b>Energy</b>	1120kJ (267Cal)	465kJ (111Cal)
<b>Protein</b>	16.8g	7.0g
<b>Fat, Total</b>	7.1g	3.0g
<b>- Saturated</b>	1.7g	0.7g
<b>Carbohydrate</b>	?	?
<b>- Sugars</b>	?	?
<b>Dietary Fibre</b>	4.6g	1.9g
<b>Sodium</b>	444mg	185mg
<b>Iron</b>	2.9mg (24%RDI)	1.2mg

**CONTAINS:** Wheat, Egg, Fish, Soybean, Sesame Seeds

Made in Australia

## Baby Leaf Pot

**Ingredients:** Tomato, Lettuce, Carrot, Cabbage

**Serving Size:** 45g

	per serving	per 100g
<b>Energy</b>	43kJ (10Cal)	96kJ (23Cal)
<b>Protein</b>	0.6g	1.3g
<b>Fat, Total</b>	less than 0.1g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	1.3g	2.9g
<b>- Sugars</b>	1.2g	2.7g
<b>Dietary Fibre</b>	1.1g	2.4g
<b>Sodium</b>	9mg	21mg
<b>Iron</b>	0.3mg (2%RDI)	0.6mg

Product of Australia



## Baby Spinach Bowl 15g

**Ingredients:** Spinach

**Serving Size:** 15g

	per serving	per 100g
<b>Energy</b>	13kJ (3Cal)	84kJ (20Cal)
<b>Protein</b>	0.4g	2.4g
<b>Fat, Total</b>	less than 0.1g	0.3g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	less than 0.1g	0.6g
<b>- Sugars</b>	less than 0.1g	0.6g
<b>Dietary Fibre</b>	0.4g	2.7g
<b>Sodium</b>	3mg	21mg
<b>Iron</b>	0.5mg (4%RDI)	3.2mg

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## Bacon

**Ingredients:** Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	234kJ (56Cal)	586kJ (140Cal)
<b>Protein</b>	8.3g	20.7g
<b>Fat, Total</b>	2.0g	5.0g
<b>- Saturated</b>	0.8g	2.0g
<b>Carbohydrate</b>	1.1g	2.9g
<b>- Sugars</b>	0.1g	0.4g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	233mg	582mg
<b>Iron</b>	0.5mg (4%RDI)	1.2mg

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## Baked Potato Bolognese

**Ingredients:** Potatoes (43%), Tomato, Water, Beef (8%), Onion, Milk Powder, Cheese, Corn Starch, Tomato Paste, Parmesan, Salt, Garlic, Corn Flour, Sugar, Onion Extract, Yeast Extract, Herbs, Olive Oil, Pepper

**Serving Size:** 302g

	per serving	per 100g
<b>Energy</b>	944kJ (226Cal)	313kJ (75Cal)
<b>Protein</b>	13.5g	4.5g
<b>Fat, Total</b>	2.6g	0.9g
<b>- Saturated</b>	1.5g	0.5g
<b>Carbohydrate</b>	34.3g	11.4g
<b>- Sugars</b>	6.8g	2.2g
<b>Dietary Fibre</b>	4.6g	1.5g
<b>Sodium</b>	588mg	195mg
<b>Iron</b>	2.2mg (19%RDI)	0.7mg

**CONTAINS:** Milk

Made in Australia

## Beef Burger with Caramelised Onion

**Ingredients:** Beef (71%), Onion (25%), Molasses, Sugar, Malt Extract, Balsamic Vinegar, Corn Flour, Salt, Yeast Extract, Pepper, Spices, Herbs

**Serving Size:** 105g

	per serving	per 100g
<b>Energy</b>	610kJ (146Cal)	581kJ (139Cal)
<b>Protein</b>	21.5g	20.4g
<b>Fat, Total</b>	4.7g	4.5g
<b>- Saturated</b>	2.1g	2.0g
<b>Carbohydrate</b>	4.0g	3.8g
<b>- Sugars</b>	3.2g	3.0g
<b>Dietary Fibre</b>	0.5g	0.5g
<b>Sodium</b>	186mg	177mg

**CONTAINS:** Barley

Product of Australia

## Beef, Corned

**Ingredients:** Beef, Water, Cure (Potato Starch, Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250))

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	217kJ (52Cal)	433kJ (104Cal)
<b>Protein</b>	9.2g	18.3g
<b>Fat, Total</b>	1.1g	2.2g
<b>- Saturated</b>	0.5g	1.0g
<b>Carbohydrate</b>	1.2g	2.4g
<b>- Sugars</b>	0.4g	0.8g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	382mg	763mg
<b>Iron</b>	0.9mg (7%RDI)	1.7mg

Product of Australia

## Beef, Roast

**Ingredients:** Beef (100%)

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	298kJ (71Cal)	745kJ (178Cal)
<b>Protein</b>	13.9g	34.7g
<b>Fat, Total</b>	1.7g	4.2g
<b>- Saturated</b>	0.8g	2.0g
<b>Carbohydrate</b>	0.0g	0.0g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	39mg	97mg
<b>Iron</b>	1.8mg (15%RDI)	4.6mg

Product of Australia

## Beef, Smoked

**Ingredients:** Beef (72%), Water, Salt, Dextrose, Mineral Salts (451, 450), Sugar, Hydrolysed Vegetable Protein, Antioxidant (316), Food Acid (Citric), Preservative (250), Vegetable Oil

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	265kJ (63Cal)	531kJ (127Cal)
<b>Protein</b>	10.5g	21.0g
<b>Fat, Total</b>	2.1g	4.1g
<b>- Saturated</b>	1.0g	2.0g
<b>Carbohydrate</b>	0.8g	1.5g
<b>- Sugars</b>	0.8g	1.5g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	575mg	1150mg
<b>Iron</b>	0.7mg (6%RDI)	1.5mg

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## Beetroot Slices

**Ingredients:** Water, Sugar, Food Acid (Acetic), Salt

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	73kJ (18Cal)	209kJ (50Cal)
<b>Protein</b>	0.5g	1.3g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	3.2g	9.0g
<b>- Sugars</b>	3.2g	9.0g
<b>Dietary Fibre</b>	1.3g	3.8g
<b>Sodium</b>	98mg	279mg
<b>Iron</b>	0.2mg (2%RDI)	0.7mg

Product of Australia

## Bread Roll, Grain

**Ingredients:** Flour, Water, Grains (Kibbled Wheat, Kibbled Rye, Kibble Maize) (8%), Yeast, Iodised Salt, Canola Oil, Wheat Gluten, Ginger Extract, Softener (Wheat), Bread Improver (Wheat, Soy), Rye Meal

**Serving Size:** 55g

	per serving	per 100g
<b>Energy</b>	594kJ (142Cal)	1080kJ (258Cal)
<b>Protein</b>	8.1g	14.8g
<b>Fat, Total</b>	1.0g	1.9g
<b>- Saturated</b>	0.1g	0.3g
<b>Carbohydrate</b>	27.1g	49.3g
<b>- Sugars</b>	0.3g	0.5g
<b>Dietary Fibre</b>	1.8g	3.2g
<b>Sodium</b>	272mg	495mg

**CONTAINS:** Wheat, Rye, Soybean

Product of Australia

## Bread Roll, Multigrain Long

**Ingredients:** Flour (Bran), Water, Grain Mix (12%) (Wheat, Corn, Rye, Malted Wheat, Oat, Barley), Rye Flour, Seed Mix (Poppy, Sunflower, Pumpkin, Chia, Linseed) Yeast (Vegetable Oil), Bread Improver (Soy Flour, Antioxidant (Ascorbic)), Iodised Salt, Butter, Barley, Gluten

**Serving Size:** 62g

	per serving	per 100g
<b>Energy</b>	664kJ (159Cal)	1070kJ (256Cal)
<b>Protein</b>	6.2g	10.0g
<b>Fat, Total</b>	1.2g	2.0g
<b>- Saturated</b>	0.6g	1.0g
<b>Carbohydrate</b>	27.9g	45.0g
<b>- Sugars</b>	1.2g	2.0g
<b>Dietary Fibre</b>	3.7g	6.0g
<b>Sodium</b>	230mg	371mg
<b>Iron</b>	1.1mg (9%RDI)	1.8mg

**CONTAINS:** Wheat, Rye, Barley, Oats, Milk, Soybean

Made In Australia

## Bread, Bacon & Zucchini

**Ingredients:** Flour (Raising Agents (339, 341, 450, 500)), Egg, Bacon (13%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Cheese (Milk, Salt, Culture, Enzyme), Yoghurt (Milk, Cultures), Milk, Zucchini (6%), Besan Flour, Corn, Semi Dried Tomatoes, Spinach, Olive Oil, Herbs, Raising Agent (500), Salt, Pepper

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	623kJ (149Cal)	890kJ (213Cal)
<b>Protein</b>	9.2g	13.2g
<b>Fat, Total</b>	6.1g	8.7g
<b>- Saturated</b>	2.1g	3.0g
<b>Carbohydrate</b>	13.2g	18.8g
<b>- Sugars</b>	1.6g	2.3g
<b>Dietary Fibre</b>	2.0g	2.8g
<b>Sodium</b>	411mg	588mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## Bread, Banana & Apple

**Ingredients:** Flour (Raising Agents (339, 341, 450, 500)), Banana (24%) (Food Acids (Citric, Ascorbic)), Apple (20%), Sugar, Egg, Chia Seed, Milk Powder, Bran, Honey, Spices

**Serving Size:** 52g

	per serving	per 100g
<b>Energy</b>	468kJ (112Cal)	900kJ (215Cal)
<b>Protein</b>	3.3g	6.4g
<b>Fat, Total</b>	0.8g	1.5g
<b>- Saturated</b>	less than 0.1g	0.2g
<b>Carbohydrate</b>	21.1g	40.5g
<b>- Sugars</b>	10.2g	19.6g
<b>Dietary Fibre</b>	3.1g	5.9g
<b>Sodium</b>	124mg	238mg
<b>Iron</b>	0.8mg (7%RDI)	1.5mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## Bread, Ciabatta (1 slice)

**Ingredients:** Flour, Water, Seed Mix (Sunflower, Pepitas, Linseed, Sesame, Poppy, Fennel), Rye Flour, Salt, Yeast, Bread Improver (Soy Flour, Antioxidant (Ascorbic Acid), Mineral Salt (516), Emulsifiers (472, Lecithin))

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	321kJ (77Cal)	1070kJ (256Cal)
<b>Protein</b>	2.8g	9.4g
<b>Fat, Total</b>	0.7g	2.4g
<b>- Saturated</b>	0.3g	1.0g
<b>Carbohydrate</b>	14.1g	47.0g
<b>- Sugars</b>	0.4g	1.3g
<b>Dietary Fibre</b>	1.1g	3.6g
<b>Sodium</b>	76mg	253mg
<b>Iron</b>	0.5mg (4%RDI)	1.5mg

**CONTAINS:** Wheat, Rye, Soybean, Sesame Seeds

Product of Australia

## Bread, Ciabatta (2 slices)

**Ingredients:** Flour, Water, Seed Mix (Sunflower, Pepitas, Linseed, Sesame, Poppy, Fennel), Rye Flour, Salt, Yeast, Bread Improver (Soy Flour, Antioxidant (Ascorbic Acid), Mineral Salt (516), Emulsifiers (472, Lecithin))

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	642kJ (153Cal)	1070kJ (256Cal)
<b>Protein</b>	5.6g	9.4g
<b>Fat, Total</b>	1.4g	2.4g
<b>- Saturated</b>	0.6g	1.0g
<b>Carbohydrate</b>	28.2g	47.0g
<b>- Sugars</b>	0.8g	1.3g
<b>Dietary Fibre</b>	2.2g	3.6g
<b>Sodium</b>	152mg	253mg
<b>Iron</b>	0.9mg (8%RDI)	1.5mg

**CONTAINS:** Wheat, Rye, Soybean, Sesame Seeds

Product of Australia

## Bread, Fruit Grain Loaf (1 slice)

**Ingredients:** Water, Flour, Fruit (12.2%) (Sultanas, Currants, Orange (Food Acid (Citric), Preservative (202, 220)), Wholemeal Flour, Oats, Sunflower Seeds, Kibbled Rye (4.2%), Iodised Salt, Sugar, Yeast, Bread Improver (Mineral Salt (470), Emulsifier (472), Soy Flour, Malt Flour, Stabiliser (412), Yeast, Flour Treatment Agent (300), Enzymes), Vegetable Oil, Gluten

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	366kJ (87Cal)	1050kJ (250Cal)
<b>Protein</b>	3.2g	9.1g
<b>Fat, Total</b>	1.6g	4.6g
<b>- Saturated</b>	0.2g	0.5g
<b>Carbohydrate</b>	14.1g	40.4g
<b>- Sugars</b>	3.7g	10.6g
<b>Dietary Fibre</b>	1.5g	4.4g
<b>Sodium</b>	110mg	315mg

**CONTAINS:** Wheat, Rye, Oats, Soybean

Product of Australia

## Bread, Multigrain (1 slice)

**Ingredients:** Whole Grain Wholemeal Flour, Water, Flour, Wholegrains (12%) (Rye, Wheat, Corn, Barley, Purple Wheat, Millet, Triticale), Linseed, Gluten, Yeast, Vegetable Oil, Kibbled Soy, Vinegar, Iodised Salt, Soy Flour, Emulsifiers (472e, 481), Buckwheat, Oats, Sunflower Seeds

**Serving Size:** 39.5g

	per serving	per 100g
<b>Energy</b>	410kJ (98Cal)	1040kJ (248Cal)
<b>Protein</b>	4.9g	12.4g
<b>Fat, Total</b>	2.5g	6.4g
<b>- Saturated</b>	0.3g	0.7g
<b>Carbohydrate</b>	12.1g	30.6g
<b>- Sugars</b>	0.8g	1.9g
<b>Dietary Fibre</b>	3.4g	8.7g
<b>Sodium</b>	146mg	370mg
<b>Iron</b>	0.6mg (5%RDI)	1.6mg

**CONTAINS:** Wheat, Rye, Barley, Oats, Soybean

Made In Australia

## Bread, Multigrain (2 slices)

**Ingredients:** Whole Grain Wholemeal Flour, Water, Flour, Wholegrains (12%) (Rye, Wheat, Corn, Barley, Purple Wheat, Millet, Triticale), Linseed, Gluten, Yeast, Vegetable Oil, Kibbled Soy, Vinegar, Iodised Salt, Soy Flour, Emulsifiers (472e, 481), Buckwheat, Oats, Sunflower Seeds

**Serving Size:** 79g

	per serving	per 100g
<b>Energy</b>	820kJ (196Cal)	1040kJ (248Cal)
<b>Protein</b>	9.8g	12.4g
<b>Fat, Total</b>	5.1g	6.4g
<b>- Saturated</b>	0.6g	0.7g
<b>Carbohydrate</b>	24.2g	30.6g
<b>- Sugars</b>	1.5g	1.9g
<b>Dietary Fibre</b>	6.9g	8.7g
<b>Sodium</b>	292mg	370mg
<b>Iron</b>	1.3mg (11%RDI)	1.6mg

**CONTAINS:** Wheat, Rye, Barley, Oats, Soybean

Made In Australia

## Bread, Oat & Rye (1 slice)

**Ingredients:** Flour, Water, Oats (13%), Rye Flour, Vegetable Oil, Hi-Maize, Yeast, Salt, Cultured Rice Flour, Dark Malt Flour, Bread Improver (Wheat, Soy)

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	352kJ (84Cal)	1170kJ (280Cal)
<b>Protein</b>	2.7g	8.8g
<b>Fat, Total</b>	1.3g	4.2g
<b>- Saturated</b>	0.2g	0.6g
<b>Carbohydrate</b>	14.9g	49.5g
<b>- Sugars</b>	0.1g	0.4g
<b>Dietary Fibre</b>	1.0g	3.3g
<b>Sodium</b>	126mg	421mg

**CONTAINS:** Wheat, Rye, Oats, Soybean

Product of Australia

## Bread, Oat & Rye (2 slices)

**Ingredients:** Flour, Water, Oats (13%), Rye Flour, Vegetable Oil, Hi-Maize, Yeast, Salt, Cultured Rice Flour, Dark Malt Flour, Bread Improver (Wheat, Soy)

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	699kJ (167Cal)	1170kJ (278Cal)
<b>Protein</b>	5.3g	8.8g
<b>Fat, Total</b>	2.5g	4.2g
<b>- Saturated</b>	0.3g	0.6g
<b>Carbohydrate</b>	29.5g	49.1g
<b>- Sugars</b>	0.2g	0.4g
<b>Dietary Fibre</b>	2.0g	3.3g
<b>Sodium</b>	253mg	421mg

**CONTAINS:** Wheat, Rye, Oats, Soybean

Product of Australia

## Bread, Rye (1 slice)

**Ingredients:** Water, Flour, Kibbled Rye (16%), Triticale, Rye Meal (5%), Wheat Gluten, Vegetable Oil, Corn Starch, Yeast, Barley Malt Flour, Vinegar, Iodised Salt, Cultured Whey

**Serving Size:** 41.5g

	per serving	per 100g
<b>Energy</b>	430kJ (103Cal)	1040kJ (247Cal)
<b>Protein</b>	4.4g	10.6g
<b>Fat, Total</b>	2.2g	5.2g
<b>- Saturated</b>	0.2g	0.5g
<b>Carbohydrate</b>	14.7g	35.4g
<b>- Sugars</b>	0.6g	1.5g
<b>Dietary Fibre</b>	3.2g	7.7g
<b>Sodium</b>	194mg	467mg
<b>Iron</b>	0.7mg (6%RDI)	1.6mg

**CONTAINS:** Wheat, Rye, Barley, Milk

Made in Australia

## Bread, Rye (2 slices)

**Ingredients:** Water, Flour, Kibbled Rye (16%), Triticale, Rye Meal (5%), Wheat Gluten, Vegetable Oil, Corn Starch, Yeast, Barley Malt Flour, Vinegar, Iodised Salt, Cultured Whey

**Serving Size:** 83g

	per serving	per 100g
<b>Energy</b>	860kJ (205Cal)	1040kJ (247Cal)
<b>Protein</b>	8.8g	10.6g
<b>Fat, Total</b>	4.3g	5.2g
<b>- Saturated</b>	0.4g	0.5g
<b>Carbohydrate</b>	29.4g	35.4g
<b>- Sugars</b>	1.3g	1.5g
<b>Dietary Fibre</b>	6.4g	7.7g
<b>Sodium</b>	388mg	467mg
<b>Iron</b>	1.3mg (11%RDI)	1.6mg

**CONTAINS:** Wheat, Rye, Barley, Milk

Made in Australia

## Bread, Soy & Linseed (1 slice)

**Ingredients:** Water, Flour, Grain & Seed Mix (Soy (9%), Linseed (9%)), Gluten, Wheat, Yeast, Vinegar, Vegetable Oil, Iodised Salt, Cultured Whey, Milk Powder

**Serving Size:** 41.5g

	per serving	per 100g
<b>Energy</b>	376kJ (90Cal)	906kJ (217Cal)
<b>Protein</b>	5.6g	13.5g
<b>Fat, Total</b>	2.4g	5.8g
<b>- Saturated</b>	0.3g	0.8g
<b>Carbohydrate</b>	10.0g	24.0g
<b>- Sugars</b>	1.2g	2.9g
<b>Dietary Fibre</b>	2.8g	6.8g
<b>Sodium</b>	181mg	435mg
<b>Iron</b>	0.7mg (6%RDI)	1.6mg

**CONTAINS:** Wheat, Milk, Soybean

Made In Australia

## Bread, Soy & Linseed (2 slices)

**Ingredients:** Water, Flour, Grain & Seed Mix (Soy (9%), Linseed (9%)), Gluten, Wheat, Yeast, Vinegar, Vegetable Oil, Iodised Salt, Cultured Whey, Milk Powder

**Serving Size:** 83g

	per serving	per 100g
<b>Energy</b>	752kJ (180Cal)	906kJ (217Cal)
<b>Protein</b>	11.2g	13.5g
<b>Fat, Total</b>	4.8g	5.8g
<b>- Saturated</b>	0.7g	0.8g
<b>Carbohydrate</b>	19.9g	24.0g
<b>- Sugars</b>	2.4g	2.9g
<b>Dietary Fibre</b>	5.6g	6.8g
<b>Sodium</b>	361mg	435mg
<b>Iron</b>	2.5mg (21%RDI)	3.0mg

**CONTAINS:** Wheat, Milk, Soybean

Made In Australia

## Bread, Wholemeal & Seeds (1 slice)

**Ingredients:** Water, Wholegrain Wholemeal Flour (28%), Whole Grains (Kibbled Rye, Kibbled Wheat, Kibbled Triticale, Rolled Oats, Kibbled Barley), Gluten, Mixed Seeds (6%) (Poppy Seeds, Linseed, Sunflower Seeds), Kibbled Soy, Vegetable Oil, Yeast, Vinegar, Iodised Salt, Whey, Buckwheat, Corn

**Serving Size:** 41.5g

	per serving	per 100g
<b>Energy</b>	386kJ (92Cal)	931kJ (222Cal)
<b>Protein</b>	5.5g	13.2g
<b>Fat, Total</b>	2.5g	6.1g
<b>- Saturated</b>	0.3g	0.7g
<b>Carbohydrate</b>	9.6g	23.2g
<b>- Sugars</b>	1.0g	2.3g
<b>Dietary Fibre</b>	4.5g	10.8g
<b>Sodium</b>	160mg	386mg
<b>Iron</b>	0.7mg (6%RDI)	1.6mg

**CONTAINS:** Wheat, Rye, Barley, Oats, Milk, Soybean

Made in Australia

## Bread, Wholemeal & Seeds (2 slices)

**Ingredients:** Water, Wholegrain Wholemeal Flour (28%), Whole Grains (Kibbled Rye, Kibbled Wheat, Kibbled Triticale, Rolled Oats, Kibbled Barley), Gluten, Mixed Seeds (6%) (Poppy Seeds, Linseed, Sunflower Seeds), Kibbled Soy, Vegetable Oil, Yeast, Vinegar, Iodised Salt, Whey, Buckwheat, Corn

**Serving Size:** 83g

	per serving	per 100g
<b>Energy</b>	773kJ (185Cal)	931kJ (222Cal)
<b>Protein</b>	11.0g	13.2g
<b>Fat, Total</b>	5.1g	6.1g
<b>- Saturated</b>	0.6g	0.7g
<b>Carbohydrate</b>	19.3g	23.2g
<b>- Sugars</b>	1.9g	2.3g
<b>Dietary Fibre</b>	9.0g	10.8g
<b>Sodium</b>	320mg	386mg
<b>Iron</b>	1.3mg (11%RDI)	1.6mg

**CONTAINS:** Wheat, Rye, Barley, Oats, Milk, Soybean

Made in Australia

## Butter

**Ingredients:** Butter

**Serving Size:** 5g

	per serving	per 100g
<b>Energy</b>	151kJ (36Cal)	3030kJ (724Cal)
<b>Protein</b>	less than 0.1g	0.6g
<b>Fat, Total</b>	4.1g	81.4g
<b>- Saturated</b>	2.5g	49.1g
<b>Carbohydrate</b>	less than 0.1g	0.6g
<b>- Sugars</b>	less than 0.1g	0.6g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	30mg	600mg
<b>Iron</b>	less than 0.1mg	0.1mg

**CONTAINS:** Milk

Product of New Zealand

## Cake, Apple, Cherry & Almond

**Ingredients:** Milk, Flour (Raising Agents (339, 341, 450, 500)), Cherries (13%), Sugar, Honey, Egg, Oats, Dried Apple (5%), Bran, Almonds (3%), Raising Agents (450, 500), Spices, Sunflower Oil

**Serving Size:** 45g

	per serving	per 100g
<b>Energy</b>	494kJ (118Cal)	1100kJ (262Cal)
<b>Protein</b>	3.3g	7.4g
<b>Fat, Total</b>	1.8g	4.0g
<b>- Saturated</b>	0.4g	0.8g
<b>Carbohydrate</b>	20.5g	45.6g
<b>- Sugars</b>	12.3g	27.4g
<b>Dietary Fibre</b>	3.3g	7.3g
<b>Sodium</b>	105mg	232mg

**CONTAINS:** Wheat, Oats, Egg, Milk, Tree Nuts

Made in Australia

## Cake, Double Chocolate

**Ingredients:** Sugar, Flour, Apple, Yoghurt (Milk, Cultures), Egg, Evaporated Milk, Chocolate (7%) (Sugar, Vegetable Fat, Cocoa, Whey, Emulsifiers (492, Lecithin), Salt), Cocoa, Coffee, Vanilla, Oats, Bran, Raising Agents (450, 500)

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	534kJ (128Cal)	1070kJ (255Cal)
<b>Protein</b>	3.8g	7.5g
<b>Fat, Total</b>	2.3g	4.5g
<b>- Saturated</b>	1.8g	3.5g
<b>Carbohydrate</b>	21.3g	42.7g
<b>- Sugars</b>	13.8g	27.7g
<b>Dietary Fibre</b>	3.0g	6.0g
<b>Sodium</b>	204mg	408mg
<b>Iron</b>	1.2mg (10%RDI)	2.4mg

**CONTAINS:** Wheat, Oats, Egg, Milk, Soybean

Made in Australia

## Cake, Fruit Cake Light

**Ingredients:** Water, Flour (Raising Agents (339, 341, 450, 500)), Dried Apricots (17%) (Preservative (220)), Sultanas (17%), Sugar, Bran, Milk Powder, Spices

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	516kJ (123Cal)	860kJ (206Cal)
<b>Protein</b>	3.4g	5.7g
<b>Fat, Total</b>	0.4g	0.7g
<b>- Saturated</b>	less than 0.1g	0.1g
<b>Carbohydrate</b>	24.1g	40.2g
<b>- Sugars</b>	16.6g	27.6g
<b>Dietary Fibre</b>	4.0g	6.6g
<b>Sodium</b>	92mg	154mg
<b>Iron</b>	1.3mg (11%RDI)	2.2mg

**CONTAINS:** Wheat, Milk, Sulphites

Made in Australia

## Cake, Ricotta Spinach

**Ingredients:** Ricotta (47%) (Milk, Food Acid (Citric), Calcium Hydroxide, Salt), Chickpeas, Spinach (12%), Evaporated Milk, Wheat Binder, Parmesan, Egg, Herbs, Garlic, Salt, Pepper, Spices

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	519kJ (124Cal)	742kJ (177Cal)
<b>Protein</b>	9.4g	13.4g
<b>Fat, Total</b>	4.7g	6.7g
<b>- Saturated</b>	3.1g	4.4g
<b>Carbohydrate</b>	10.3g	14.7g
<b>- Sugars</b>	3.0g	4.3g
<b>Dietary Fibre</b>	1.6g	2.2g
<b>Sodium</b>	254mg	363mg
<b>Iron</b>	0.8mg (7%RDI)	1.2mg

**CONTAINS:** Wheat, Egg, Milk

Product of Australia

## Cake, Sultana Tea

**Ingredients:** Sweet Potato, Flour (Raising Agents (339, 341, 450, 500)), Egg, Sugar, Sultanas (7%), Sunflower Oil, Orange Juice, Vanilla, Spices, Raising Agent (500), Gluten, Salt

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	558kJ (133Cal)	1120kJ (267Cal)
<b>Protein</b>	3.4g	6.8g
<b>Fat, Total</b>	3.5g	7.0g
<b>- Saturated</b>	0.5g	1.1g
<b>Carbohydrate</b>	20.8g	41.5g
<b>- Sugars</b>	9.7g	19.3g
<b>Dietary Fibre</b>	2.4g	4.9g
<b>Sodium</b>	235mg	470mg
<b>Iron</b>	0.9mg (8%RDI)	1.8mg

**CONTAINS:** Wheat, Egg

Product of Australia

## Cake, Walnut & Date

**Ingredients:** Milk, Flour (Raising Agents (339, 341, 450, 500)), Dates (11%), Sultanas, Apple, Bran, Sugar, Walnuts (4%), Honey, Maltodextrin, Raising Agent (500)

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	523kJ (125Cal)	1050kJ (250Cal)
<b>Protein</b>	2.8g	5.7g
<b>Fat, Total</b>	2.0g	4.1g
<b>- Saturated</b>	0.3g	0.6g
<b>Carbohydrate</b>	22.2g	44.4g
<b>- Sugars</b>	12.1g	24.3g
<b>Dietary Fibre</b>	2.7g	5.4g
<b>Sodium</b>	127mg	254mg
<b>Iron</b>	0.8mg (7%RDI)	1.6mg

**CONTAINS:** Wheat, Milk, Tree Nuts

Made in Australia



## Caramelised Onion

**Ingredients:** Onion (40%), Sugar, Vinegar, Molasses, Malt Extract, Thickener (Modified Potato Starch), Salt, Herbs & Spices, Vegetable Gum (Pectin)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	146kJ (35Cal)	730kJ (174Cal)
<b>Protein</b>	0.2g	1.0g
<b>Fat, Total</b>	0.2g	1.0g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	8.2g	41.0g
<b>- Sugars</b>	7.2g	36.0g
<b>Dietary Fibre</b>	0.2g	0.9g
<b>Sodium</b>	81mg	406mg
<b>Iron</b>	less than 0.1mg	0.3mg

**CONTAINS:** Wheat, Barley

Made in Australia

## Carrot Fresh Cut

**Ingredients:** Carrot

**Serving Size:** 80g

	per serving	per 100g
<b>Energy</b>	105kJ (25Cal)	131kJ (31Cal)
<b>Protein</b>	0.6g	0.8g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	4.2g	5.3g
<b>- Sugars</b>	4.1g	5.1g
<b>Dietary Fibre</b>	2.3g	2.9g
<b>Sodium</b>	36mg	45mg

## Cashews & Cranberries

**Ingredients:** Cashews (50%) (Peanut Oil), Cranberries (50%)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	489kJ (117Cal)	1960kJ (467Cal)
<b>Protein</b>	2.6g	10.4g
<b>Fat, Total</b>	6.6g	26.5g
<b>- Saturated</b>	1.3g	5.0g
<b>Carbohydrate</b>	10.8g	43.0g
<b>- Sugars</b>	9.0g	36.1g
<b>Dietary Fibre</b>	2.1g	8.5g
<b>Sodium</b>	2mg	8mg
<b>Iron</b>	0.7mg (6%RDI)	2.9mg

**CONTAINS:** Peanuts, Tree Nuts

Packed in Australia from Imported Ingredients

## Cereal, Almond & Honey Oat Crunch

**Ingredients:** Oats (40%), Honey (28%), Almonds (11%), Sunflower Seeds, Pepitas, Chia Seed, Sunflower Oil, Spices

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	719kJ (172Cal)	1800kJ (430Cal)
<b>Protein</b>	4.1g	10.3g
<b>Fat, Total</b>	7.9g	19.7g
<b>- Saturated</b>	0.8g	2.1g
<b>Carbohydrate</b>	19.3g	48.3g
<b>- Sugars</b>	9.6g	23.9g
<b>Dietary Fibre</b>	3.6g	9.1g
<b>Sodium</b>	4mg	9mg

**CONTAINS:** Oats, Tree Nuts

Made in Australia from Local & Imported Ingredients

## Cereal, Almond Oat Crunch

**Ingredients:** Oats (40%), Honey, Almonds (11%), Sunflower Seeds, Pepitas, Chia Seed, Sunflower Oil, Spices

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	719kJ (172Cal)	1800kJ (430Cal)
<b>Protein</b>	4.1g	10.3g
<b>Fat, Total</b>	7.9g	19.7g
<b>- Saturated</b>	0.8g	2.1g
<b>Carbohydrate</b>	19.3g	48.3g
<b>- Sugars</b>	9.6g	23.9g
<b>Dietary Fibre</b>	3.6g	9.1g
<b>Sodium</b>	4mg	9mg

**CONTAINS:** Oats, Tree Nuts

## Cereal, Almond Toasted Muesli

**Ingredients:** Rolled Oats, Sultanas, Cranberries, Sugar, Sunflower Seeds, Almonds (6%), Pepitas, Cinnamon

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	609kJ (145Cal)	1740kJ (416Cal)
<b>Protein</b>	3.6g	10.2g
<b>Fat, Total</b>	4.2g	12.1g
<b>- Saturated</b>	0.6g	1.7g
<b>Carbohydrate</b>	21.7g	61.9g
<b>- Sugars</b>	12.0g	34.3g
<b>Dietary Fibre</b>	2.9g	8.2g
<b>Sodium</b>	3mg	8mg
<b>Iron</b>	1.3mg (11%RDI)	3.7mg

**CONTAINS:** Oats, Tree Nuts

Packed in Australia from Local & Imported Ingredients

## Cereal, Apple, Cranberry & Bran Flakes

**Ingredients:** Bran Flakes (60%) (Wheat, Sugar, Wheat Bran, Malt Extract, Salt, Maltodextrin), Puffed Purple Wheat, Cranberries (15%) (Sugar), Pepitas, Apple (5%)

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	525kJ (125Cal)	1310kJ (314Cal)
<b>Protein</b>	4.6g	11.6g
<b>Fat, Total</b>	2.4g	6.0g
<b>- Saturated</b>	0.4g	1.0g
<b>Carbohydrate</b>	19.0g	47.4g
<b>- Sugars</b>	8.8g	22.0g
<b>Dietary Fibre</b>	4.4g	11.0g
<b>Sodium</b>	159mg	397mg

**CONTAINS:** Wheat

Made in Australia

## Cereal, Cranberry Coconut Crunch

**Ingredients:** Nut Clusters (Rolled Oats, Brown Rice Syrup, Honey, Barley Max, Chia Seeds, Purple Wheat Flakes, Almonds, Puffed Brown Rice, Brown Sugar, Linseeds, Cornflour, Sunflower Oil, Cinnamon), Puffed Purple Wheat, Cranberries (8.6%) (Sugar), Coconut Chips (5.2%) (Maple Syrup), Pepitas

**Serving Size:** 58g

	per serving	per 100g
<b>Energy</b>	1010kJ (240Cal)	1740kJ (415Cal)
<b>Protein</b>	7.1g	12.3g
<b>Fat, Total</b>	9.4g	16.2g
<b>- Saturated</b>	2.4g	4.1g
<b>Carbohydrate</b>	28.9g	49.9g
<b>- Sugars</b>	10.8g	18.7g
<b>Dietary Fibre</b>	5.7g	9.8g
<b>Sodium</b>	26mg	45mg

**CONTAINS:** Wheat, Barley, Oats, Tree Nuts

Packed in Australia from Local & Imported Ingredients

## Cereal, Fruity Almond Crunch

**Ingredients:** Dried Fruit (35%) (Mango (Sugar), Apple (Food Acid (Citric)), Currants (Sunflower Oil)), Oats, Wheat Flakes (Salt, Niacin), Almonds (9%), Cinnamon, Sunflower Seeds, Pepitas, Sugar

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	602kJ (144Cal)	1720kJ (411Cal)
<b>Protein</b>	3.6g	10.4g
<b>Fat, Total</b>	3.8g	10.8g
<b>- Saturated</b>	0.5g	1.4g
<b>Carbohydrate</b>	22.2g	63.4g
<b>- Sugars</b>	11.3g	32.2g
<b>Dietary Fibre</b>	2.8g	8.1g
<b>Sodium</b>	26mg	73mg
<b>Iron</b>	0.9mg (8%RDI)	2.7mg

**CONTAINS:** Wheat, Oats, Tree Nuts

Packed in Australia from Local & Imported Ingredients

## Cereal, Granola Clusters & Crimson Raisins

**Ingredients:** Granola Clusters (60%) (Rolled Oats, Honey, Almonds, Pepitas, Sunflower Seeds, Chia Seeds, Cinnamon, Sunflower Oil), Puffed Purple Wheat, Crimson Raisins (14.3%) (Sunflower Oil), Buckwheat

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	584kJ (139Cal)	1670kJ (398Cal)
<b>Protein</b>	3.5g	10.1g
<b>Fat, Total</b>	4.4g	12.6g
<b>- Saturated</b>	0.5g	1.5g
<b>Carbohydrate</b>	19.4g	55.4g
<b>- Sugars</b>	8.5g	24.4g
<b>Dietary Fibre</b>	3.9g	11.0g
<b>Sodium</b>	6mg	16mg

**CONTAINS:** Wheat, Oats, Tree Nuts

Made in Australia

## Cereal, Honey Muesli Flakes

**Ingredients:** Wheat Flakes (Flour, Salt), Sultanas (Sunflower Oil), Rolled Oats, Apple (Food Acid (Ascorbic)), Honey Flakes (6%) (Rice Flour, Golden Flax Flour, Chia Flour, Honey, Raisin Juice Concentrate, Salt), Sugar, Sunflower Seeds, Pepitas, Cinnamon

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	559kJ (133Cal)	1600kJ (381Cal)
<b>Protein</b>	3.4g	9.7g
<b>Fat, Total</b>	2.2g	6.4g
<b>- Saturated</b>	0.4g	1.0g
<b>Carbohydrate</b>	23.1g	66.1g
<b>- Sugars</b>	10.8g	31.0g
<b>Dietary Fibre</b>	3.1g	8.9g
<b>Sodium</b>	48mg	137mg
<b>Iron</b>	1.2mg (10%RDI)	3.5mg

**CONTAINS:** Wheat, Oats

Packed in Australia from Local & Imported Ingredients

## Cereal, Nut Cluster Crunch

**Ingredients:** Honey Nut Clusters (85%) (Oats, Barley Max, Almonds, Purple Wheat Flakes, Puffed Brown Rice, Linseeds, Chia Flax Crisps (Sorghum Flour, Golden Flax Flour, Chia Flour, Honey, Raisin Juice), Honey, Brown Rice Syrup, Brown Sugar, Sunflower Oil, Cornflour, Cinnamon), Sultanas, Dried Red Apple

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	579kJ (138Cal)	1650kJ (395Cal)
<b>Protein</b>	4.0g	11.3g
<b>Fat, Total</b>	4.2g	11.9g
<b>- Saturated</b>	0.4g	1.2g
<b>Carbohydrate</b>	19.2g	54.9g
<b>- Sugars</b>	8.9g	25.5g
<b>Dietary Fibre</b>	3.9g	11.1g
<b>Sodium</b>	21mg	60mg

**CONTAINS:** Wheat, Barley, Oats, Tree Nuts

Packed in Australia from Local & Imported Ingredients

## Cheese, Bocconcini

**Ingredients:** Milk, Salt, Non Animal Rennet, Cultures, Brine (Salt, Mineral Salt (509), Food Acid (270))

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	342kJ (82Cal)	856kJ (204Cal)
<b>Protein</b>	6.9g	17.2g
<b>Fat, Total</b>	6.1g	15.2g
<b>- Saturated</b>	4.0g	10.0g
<b>Carbohydrate</b>	0.0g	0.0g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	112mg	280mg

**CONTAINS:** Milk

Product of Australia

## Cheese, Cubes

**Ingredients:** Milk, Salt, Culture, Enzyme (Rennet)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	282kJ (67Cal)	1410kJ (337Cal)
<b>Protein</b>	6.3g	31.6g
<b>Fat, Total</b>	4.7g	23.6g
<b>- Saturated</b>	3.2g	16.2g
<b>Carbohydrate</b>	0.0g	0.0g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	155mg	773mg
<b>Iron</b>	less than 0.1mg	0.3mg

**CONTAINS:** Milk

Product of Australia

## Cheese, Fetta

**Ingredients:** Milk, Brine (Salt, Mineral Salt (509)), Food Acid (Acetic), Culture, Enzyme (Rennet)

**Serving Size:** 10g

	per serving	per 100g
<b>Energy</b>	102kJ (24Cal)	1020kJ (244Cal)
<b>Protein</b>	2.4g	23.6g
<b>Fat, Total</b>	1.6g	16.4g
<b>- Saturated</b>	1.1g	11.2g
<b>Carbohydrate</b>	less than 0.1g	0.9g
<b>- Sugars</b>	less than 0.1g	0.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	140mg	1400mg
<b>Iron</b>	less than 0.1mg	0.4mg

**CONTAINS:** Milk

Product of Australia

## Cheese, Parmesan

**Ingredients:** Milk, Salt, Rennet, Lysozyme

**Serving Size:** 5g

	per serving	per 100g
<b>Energy</b>	81kJ (19Cal)	1610kJ (385Cal)
<b>Protein</b>	1.7g	33.0g
<b>Fat, Total</b>	1.4g	28.4g
<b>- Saturated</b>	0.9g	17.7g
<b>Carbohydrate</b>	0.0g	0.0g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	65mg	1300mg

**CONTAINS:** Egg, Milk

Packed in Australia from Imported Ingredients

## Cheese, Sachet

**Ingredients:** Milk, Salt, Cultures, Enzyme (Rennet)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	282kJ (67Cal)	1410kJ (337Cal)
<b>Protein</b>	6.3g	31.6g
<b>Fat, Total</b>	4.7g	23.6g
<b>- Saturated</b>	3.2g	16.2g
<b>Carbohydrate</b>	0.0g	0.0g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	155mg	773mg
<b>Iron</b>	less than 0.1mg	0.3mg

**CONTAINS:** Milk

Product of Australia

## Cheese, Tasty Slice

**Ingredients:** Milk, Salt, Starter Culture, Enzyme (Non-Animal Rennet)

**Serving Size:** 18g

	per serving	per 100g
<b>Energy</b>	255kJ (61Cal)	1420kJ (338Cal)
<b>Protein</b>	5.7g	31.6g
<b>Fat, Total</b>	4.3g	23.6g
<b>- Saturated</b>	2.9g	16.2g
<b>Carbohydrate</b>	less than 0.1g	0.3g
<b>- Sugars</b>	less than 0.1g	0.3g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	132mg	733mg

**CONTAINS:** Milk

Made in Australia

## Cheesy Bacon & Semi Dried Tomato Pasta

**Ingredients:** Pasta (23%) (Wholegrain Flour, Semolina, Flour, Oat Fibre), Chicken Stock, Mushroom, Corn, Peas, Semi Dried Tomatoes (9%), Cauliflower, Bacon (7%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Cheese (4.5%), Leek, Breadcrumbs, Cashews, Parmesan, Dijon Mustard, Yeast, Garlic, Salt, Corn Starch, Pepper

**Serving Size:** 219g

	per serving	per 100g
<b>Energy</b>	1110kJ (265Cal)	506kJ (121Cal)
<b>Protein</b>	17.4g	7.9g
<b>Fat, Total</b>	6.4g	2.9g
<b>- Saturated</b>	2.6g	1.2g
<b>Carbohydrate</b>	30.1g	13.7g
<b>- Sugars</b>	6.7g	3.0g
<b>Dietary Fibre</b>	7.9g	3.6g
<b>Sodium</b>	395mg	180mg

**CONTAINS:** Wheat, Egg, Milk, Tree Nuts

Made in Australia

## Chicken & Bacon Caesar

**Ingredients:** Chicken (90%), Bacon (9%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Corn Flour, Herbs, Kiwifruit Extract, Pepper

**Serving Size:** 55g

	per serving	per 100g
<b>Energy</b>	307kJ (73Cal)	558kJ (133Cal)
<b>Protein</b>	15.5g	28.2g
<b>Fat, Total</b>	0.8g	1.5g
<b>- Saturated</b>	0.3g	0.5g
<b>Carbohydrate</b>	0.8g	1.4g
<b>- Sugars</b>	less than 0.1g	less than 0.1g
<b>Dietary Fibre</b>	less than 0.1g	0.2g
<b>Sodium</b>	70mg	128mg
<b>Iron</b>	0.4mg (4%RDI)	0.8mg

Made in Australia

## Chicken & Cashew Bowl

**Ingredients:** Chicken (21%), Rice, Broccoli, Chicken Stock, Carrot, Capsicum, Bamboo Shoots, Celery, Oyster Sauce (Contains Modified Corn Starch (1442)), Chinese Cooking Wine, Cashews (2%), Egg, Corn Starch, Corn Flour, Sesame Oil, Garlic, Sunflower Oil, Ginger, Yeast Extract, Kiwifruit Extract, Pepper

**Serving Size:** 255g

	per serving	per 100g
<b>Energy</b>	1080kJ (258Cal)	423kJ (101Cal)
<b>Protein</b>	20.0g	7.9g
<b>Fat, Total</b>	5.8g	2.3g
<b>- Saturated</b>	1.2g	0.5g
<b>Carbohydrate</b>	29.3g	11.5g
<b>- Sugars</b>	5.2g	2.1g
<b>Dietary Fibre</b>	3.7g	1.5g
<b>Sodium</b>	523mg	205mg
<b>Iron</b>	1.6mg (13%RDI)	0.6mg

**CONTAINS:** Wheat, Egg, Fish, Soybean, Tree Nuts, Sesame Seeds

Made In Australia

## Chicken & Cous Cous

**Ingredients:** Cous Cous (49%), Chicken (47%), Spices, Tomato Paste, Corn Flour, Olive Oil, Sunflower Oil, Salt, Kiwifruit Extract

**Serving Size:** 120g

	per serving	per 100g
<b>Energy</b>	703kJ (168Cal)	586kJ (140Cal)
<b>Protein</b>	19.2g	16.0g
<b>Fat, Total</b>	1.5g	1.3g
<b>- Saturated</b>	0.3g	0.2g
<b>Carbohydrate</b>	18.4g	15.3g
<b>- Sugars</b>	1.0g	0.8g
<b>Dietary Fibre</b>	1.0g	0.8g
<b>Sodium</b>	236mg	197mg
<b>Iron</b>	0.9mg (7%RDI)	0.7mg

**CONTAINS:** Wheat

Made in Australia

## Chicken & Roasted Tomato Pasta Salad

**Ingredients:** Pasta (30%), Chicken (25%) (Natural Flavour, Maize Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices), Cucumber, Semi Dried Tomatoes (10%), Pesto Dressing (Water, Basil, Sunflower Oil, Vinegar, Milk, Egg, Sugar, Parmesan, Salt, Corn Starch, Garlic, Food Acids (Citric, Lactic), Vegetable Gums (401, Xanthan), Herbs & Spices, Yeast Extract, Spice Extract), Carrot, Lettuce, Onion, Olive Oil

**Serving Size:** 210g

	per serving	per 100g
<b>Energy</b>	992kJ (237Cal)	472kJ (113Cal)
<b>Protein</b>	17.8g	8.5g
<b>Fat, Total</b>	5.2g	2.5g
<b>- Saturated</b>	1.2g	0.6g
<b>Carbohydrate</b>	28.1g	13.4g
<b>- Sugars</b>	5.3g	2.5g
<b>Dietary Fibre</b>	3.7g	1.8g
<b>Sodium</b>	255mg	121mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## Chicken Breast Fillet

**Ingredients:** Chicken (97%), Corn Starch, Spices, Salt, Onion Extract, Yeast Extract, Kiwifruit Extract, Pepper

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	388kJ (93Cal)	554kJ (132Cal)
<b>Protein</b>	20.0g	28.6g
<b>Fat, Total</b>	0.7g	1.0g
<b>- Saturated</b>	0.2g	0.3g
<b>Carbohydrate</b>	1.4g	2.0g
<b>- Sugars</b>	0.4g	0.6g
<b>Dietary Fibre</b>	0.3g	0.5g
<b>Sodium</b>	137mg	195mg

Product of Australia

## Chicken Dim Sims

**Ingredients:** Dim Sims (Chicken (33%), Cabbage, Flour, Water Chestnut, Water, Sugar, Gluten, Salt, Seasoning (Salt, Sugar, Rice Flour, Dextrose, Corn Starch, Flour, Vegetable Oil, Spices, Herbs, Hydrolysed Vegetable Protein) Sesame Oil, Raising Agent (500)), Chinese Cabbage, Carrot, Zucchini, Cauliflower, Broccoli, Baby Corn (Salt)

**Serving Size:** 242g

	per serving	per 100g
<b>Energy</b>	626kJ (150Cal)	259kJ (62Cal)
<b>Protein</b>	13.2g	5.5g
<b>Fat, Total</b>	1.9g	0.8g
<b>- Saturated</b>	0.5g	0.2g
<b>Carbohydrate</b>	17.1g	7.1g
<b>- Sugars</b>	7.0g	2.9g
<b>Dietary Fibre</b>	5.0g	2.1g
<b>Sodium</b>	316mg	131mg

**CONTAINS:** Wheat, Soybean, Sesame Seeds

Made in Australia

## Chicken Noodle Soup

**Ingredients:** Chicken Stock, Onion, Carrot, Pasta (8%), Chicken (8%), Celery, Leek, Salt, Onion Extract, Butter, Yeast Extract, Sugar, Pepper

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	456kJ (109Cal)	182kJ (44Cal)
<b>Protein</b>	8.1g	3.3g
<b>Fat, Total</b>	3.2g	1.3g
<b>- Saturated</b>	1.2g	0.5g
<b>Carbohydrate</b>	10.4g	4.2g
<b>- Sugars</b>	4.9g	2.0g
<b>Dietary Fibre</b>	3.3g	1.3g
<b>Sodium</b>	579mg	232mg
<b>Iron</b>	1.0mg (8%RDI)	0.4mg

**CONTAINS:** Wheat, Milk

Made in Australia

## Chicken Tender, Roast

**Ingredients:** Chicken (96%), Herbs, Spices, Salt, Olive Oil, Onion Extract, Garlic Extract, Pepper

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	352kJ (84Cal)	586kJ (140Cal)
<b>Protein</b>	17.5g	29.2g
<b>Fat, Total</b>	1.1g	1.8g
<b>- Saturated</b>	0.2g	0.4g
<b>Carbohydrate</b>	0.8g	1.3g
<b>- Sugars</b>	0.4g	0.7g
<b>Dietary Fibre</b>	0.4g	0.7g
<b>Sodium</b>	264mg	440mg
<b>Iron</b>	0.8mg (6%RDI)	1.3mg

Product of Australia

## Chicken Teriyaki

**Ingredients:** Chicken (27%), Rice, Beans, Carrot, Cabbage, Soy Sauce (Water, Soy, Wheat, Salt, Sugar, Alcohol, Food Acid (260, 262, 270)), Chicken Stock, Capsicum, Sugar, Mirin, Corn Flour, Garlic, Ginger, Sake, Sesame Seeds, Yeast Extract, Sunflower Oil, Kiwifruit Extract

**Serving Size:** 251g

	per serving	per 100g
<b>Energy</b>	1000kJ (239Cal)	399kJ (95Cal)
<b>Protein</b>	24.3g	9.7g
<b>Fat, Total</b>	1.7g	0.7g
<b>- Saturated</b>	0.3g	0.1g
<b>Carbohydrate</b>	29.5g	11.8g
<b>- Sugars</b>	11.5g	4.6g
<b>Dietary Fibre</b>	3.3g	1.3g
<b>Sodium</b>	568mg	226mg
<b>Iron</b>	1.6mg (13%RDI)	0.6mg

**CONTAINS:** Wheat, Soybean, Sesame Seeds

Made in Australia

## Chicken Tikka

**Ingredients:** Tomato, Chicken (20%), Rice, Cauliflower, Zucchini, Chicken Stock, Yoghurt (Milk, Cultures), Onion, Chickpeas, Almonds, Cream, Ginger, Sunflower Oil, Salt, Corn Starch, Tomato Paste, Garlic, Spices, Vinegar, Yeast Extract, Honey, Chilli, Sugar, Kiwifruit Extract, Red Rice Powder, Pepper

**Serving Size:** 265g

	per serving	per 100g
<b>Energy</b>	1120kJ (267Cal)	421kJ (101Cal)
<b>Protein</b>	23.6g	8.9g
<b>Fat, Total</b>	7.3g	2.7g
<b>- Saturated</b>	1.7g	0.6g
<b>Carbohydrate</b>	24.2g	9.1g
<b>- Sugars</b>	6.2g	2.4g
<b>Dietary Fibre</b>	4.5g	1.7g
<b>Sodium</b>	558mg	211mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## Choc Berry Fusion

**Ingredients:** Cranberries (27%), Sultanas, Chocolate (23%) (Cocoa, Cocoa Butter, Sugar, Emulsifier (322)), Currants

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	519kJ (124Cal)	1730kJ (413Cal)
<b>Protein</b>	0.9g	2.9g
<b>Fat, Total</b>	3.4g	11.3g
<b>- Saturated</b>	2.1g	6.9g
<b>Carbohydrate</b>	21.5g	71.6g
<b>- Sugars</b>	19.9g	66.3g
<b>Dietary Fibre</b>	1.7g	5.5g
<b>Sodium</b>	3mg	9mg
<b>Iron</b>	0.7mg (6%RDI)	2.2mg

**CONTAINS:** Soybean

Packed In Australia from Local & Imported Ingredients

## Choc Cranberry Trail Mix

**Ingredients:** Almonds, Cranberries (25%), Chocolate (20%) (Cocoa, Cocoa Butter, Sugar, Emulsifier (322)), Pepitas

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	413kJ (99Cal)	1650kJ (395Cal)
<b>Protein</b>	5.0g	19.8g
<b>Fat, Total</b>	1.8g	7.0g
<b>- Saturated</b>	0.5g	2.0g
<b>Carbohydrate</b>	15.2g	60.7g
<b>- Sugars</b>	9.0g	35.9g
<b>Dietary Fibre</b>	0.8g	3.1g
<b>Sodium</b>	5mg	21mg
<b>Iron</b>	?	?

**CONTAINS:** Soybean, Tree Nuts

Packed In Australia from Local & Imported Ingredients

## Choc Hazelnut & Fruit Mix

**Ingredients:** Hazelnuts (28%), Milk Chocolate (24%) (Sugar, Milk Powder, Cocoa Butter, Cocoa Mass, Emulsifier (Soy Lecithin)), Raisins (Sunflower Oil)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	483kJ (115Cal)	1930kJ (462Cal)
<b>Protein</b>	1.8g	7.2g
<b>Fat, Total</b>	6.3g	25.1g
<b>- Saturated</b>	1.4g	5.4g
<b>Carbohydrate</b>	12.3g	49.0g
<b>- Sugars</b>	11.9g	47.6g
<b>Dietary Fibre</b>	1.5g	6.0g
<b>Sodium</b>	5mg	20mg
<b>Iron</b>	0.8mg (7%RDI)	3.4mg

**CONTAINS:** Milk, Soybean, Tree Nuts



## Chutney, Fruit

**Ingredients:** Fruit (75%) (Tomato, Apple, Apricot, Plum, Lemon, Currants), Sugar, Vinegar, Molasses, Salt, Thickener (Modified Potato Starch), Spices, Garlic

**Serving Size:** 13g

	per serving	per 100g
<b>Energy</b>	110kJ (26Cal)	845kJ (202Cal)
<b>Protein</b>	0.1g	1.0g
<b>Fat, Total</b>	less than 0.1g	0.3g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	6.3g	48.3g
<b>- Sugars</b>	5.8g	44.7g
<b>Dietary Fibre</b>	0.3g	2.2g
<b>Sodium</b>	82mg	627mg
<b>Iron</b>	0.1mg (1%RDI)	0.9mg

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## Chutney, Tomato

**Ingredients:** Tomato (60%), Sugar, Apple, Onion, Vinegar, Modified Potato Starch (1442), Modified Corn Starch (1414), Salt, Spices, Chilli, Garlic

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	133kJ (32Cal)	530kJ (127Cal)
<b>Protein</b>	0.3g	1.0g
<b>Fat, Total</b>	0.3g	1.0g
<b>- Saturated</b>	0.3g	1.0g
<b>Carbohydrate</b>	7.0g	28.0g
<b>- Sugars</b>	6.1g	24.5g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	53mg	210mg

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## Cookie, Date & Ginger

**Ingredients:** Flour, Dates (17%), Oats, Ginger (10%) (Sugar), Sugar, Butter, Egg, Honey, Walnuts, Sunflower Seeds, Vanilla, Raising Agent (500), Spices

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	533kJ (127Cal)	1780kJ (424Cal)
<b>Protein</b>	2.2g	7.2g
<b>Fat, Total</b>	4.0g	13.5g
<b>- Saturated</b>	1.8g	5.8g
<b>Carbohydrate</b>	19.5g	65.0g
<b>- Sugars</b>	11.2g	37.3g
<b>Dietary Fibre</b>	1.8g	6.1g
<b>Sodium</b>	50mg	167mg
<b>Iron</b>	0.7mg (6%RDI)	2.4mg

**CONTAINS:** Wheat, Oats, Egg, Milk, Tree Nuts

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## Cookie, Fruit & Nut

**Ingredients:** Flour, Oats, Dried Fruit (14%) (Fig, Dried Cranberries, Dried Apricots (Preservative (220)), Currants), Sugar, Butter, Egg, Honey, Nuts (4%) (Pecan Nuts, Walnuts), Sunflower Seeds, Pepitas, Linseed, Orange Oil, Spices, Vanilla, Raising Agent (500)

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	506kJ (121Cal)	1690kJ (403Cal)
<b>Protein</b>	2.6g	8.7g
<b>Fat, Total</b>	4.5g	14.9g
<b>- Saturated</b>	1.6g	5.3g
<b>Carbohydrate</b>	16.4g	54.5g
<b>- Sugars</b>	7.0g	23.2g
<b>Dietary Fibre</b>	2.2g	7.4g
<b>Sodium</b>	42mg	138mg
<b>Iron</b>	0.8mg (7%RDI)	2.8mg

**CONTAINS:** Wheat, Oats, Egg, Milk, Tree Nuts, Sulphites

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## Corn Chips

**Ingredients:** Corn (77%), Sunflower Oil, Salt

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	414kJ (99Cal)	2070kJ (495Cal)
<b>Protein</b>	1.5g	7.3g
<b>Fat, Total</b>	4.5g	22.5g
<b>- Saturated</b>	0.5g	2.7g
<b>Carbohydrate</b>	11.9g	59.3g
<b>- Sugars</b>	0.2g	0.9g
<b>Dietary Fibre</b>	1.3g	6.7g
<b>Sodium</b>	48mg	240mg
<b>Iron</b>	0.3mg (3%RDI)	1.6mg

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## Corn Fritters

**Ingredients:** Creamed Corn (44%) (Sugar, Thickener (1412), Salt), Corn (21%), Egg, Flour (Raising Agents (339, 341, 450, 500)), Raising Agents (450, 500), Salt, Spices, Pepper

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	606kJ (145Cal)	606kJ (145Cal)
<b>Protein</b>	5.9g	5.9g
<b>Fat, Total</b>	1.9g	1.9g
<b>- Saturated</b>	0.4g	0.4g
<b>Carbohydrate</b>	24.4g	24.4g
<b>- Sugars</b>	4.5g	4.5g
<b>Dietary Fibre</b>	2.4g	2.4g
<b>Sodium</b>	492mg	492mg
<b>Iron</b>	0.7mg (6%RDI)	0.7mg

**CONTAINS:** Wheat, Egg

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## Cranberry Sauce

**Ingredients:** Cranberry Sauce (65%) (Water, Cranberries, Sugar, Vegetable Gum (Pectin)), Cranberry Juice (19%) (Water, Sugar, Food Acid (Ascorbic)), Vegetable Gums (Pectin, Locust Bean, Xanthan, Guar), Food Acids (Citric, 331)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	107kJ (26Cal)	537kJ (128Cal)
<b>Protein</b>	0.0g	0.0g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	6.3g	31.6g
<b>- Sugars</b>	5.4g	27.0g
<b>Dietary Fibre</b>	less than 0.1g	less than 0.1g
<b>Sodium</b>	7mg	35mg
<b>Iron</b>	less than 0.1mg	less than 0.1mg

Made in Australia from Local & Imported Ingredients

## Creamy Chicken & Risoni

**Ingredients:** Pasta (23%), Chicken (20%), Chicken Stock, Zucchini, Carrot, Kale, Leek, Mushroom, Cream, Celery, Wine, Shallots, Cauliflower, Corn Starch, Garlic, Dijon Mustard, Salt, Herbs, Yeast Extract, Lemon, Olive Oil, Tomato, Egg Powder, Spices, Pepper

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	990kJ (237Cal)	396kJ (95Cal)
<b>Protein</b>	19.9g	8.0g
<b>Fat, Total</b>	5.9g	2.4g
<b>- Saturated</b>	2.9g	1.2g
<b>Carbohydrate</b>	23.8g	9.5g
<b>- Sugars</b>	3.4g	1.4g
<b>Dietary Fibre</b>	3.5g	1.4g
<b>Sodium</b>	416mg	166mg

**CONTAINS:** Wheat, Egg, Milk

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## Creamy Chicken Pasta with Broccolini

**Ingredients:** Pasta (25%), Chicken (17%), Broccolini (16%), Chicken Stock, Onion, Cauliflower, Zucchini, Parmesan, Cream, Corn Starch, Yeast Extract, Yoghurt, Salt, Olive Oil, Garlic, Dijon Mustard, Herbs, Kiwifruit Extract, Pepper

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	1010kJ (241Cal)	360kJ (86Cal)
<b>Protein</b>	23.7g	8.5g
<b>Fat, Total</b>	4.1g	1.5g
<b>- Saturated</b>	1.7g	0.6g
<b>Carbohydrate</b>	24.9g	8.9g
<b>- Sugars</b>	2.6g	0.9g
<b>Dietary Fibre</b>	4.0g	1.4g
<b>Sodium</b>	449mg	160mg

**CONTAINS:** Wheat, Egg, Milk

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## Crispbread, 9 grain (3)

**Ingredients:** Wholegrains (86%) (Wheat, Barley, Rye, Corn), Seeds (6%) (Canola, Linseed, Poppy, Sunflower), Vegetable Oil, Salt, Sugar, Soy

**Serving Size:** 17.4g

	per serving	per 100g
<b>Energy</b>	298kJ (71Cal)	1710kJ (409Cal)
<b>Protein</b>	2.1g	12.2g
<b>Fat, Total</b>	1.6g	9.4g
<b>- Saturated</b>	0.2g	1.1g
<b>Carbohydrate</b>	10.8g	62.3g
<b>- Sugars</b>	0.3g	1.8g
<b>Dietary Fibre</b>	2.1g	12.0g
<b>Sodium</b>	79mg	452mg
<b>Iron</b>	0.5mg (4%RDI)	2.8mg

**CONTAINS:** Wheat, Rye, Barley, Soybean

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## Crispy Noodles

**Ingredients:** Flour, Vegetable Oil, Water, Salt, Raising Agents (450, 500), Colour (160b)

**Serving Size:** 15g

	per serving	per 100g
<b>Energy</b>	311kJ (74Cal)	2070kJ (495Cal)
<b>Protein</b>	1.1g	7.4g
<b>Fat, Total</b>	3.6g	24.1g
<b>- Saturated</b>	1.0g	6.5g
<b>Carbohydrate</b>	9.3g	61.7g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.3g	1.8g
<b>Sodium</b>	91mg	604mg

**CONTAINS:** Wheat

Product of Australia

## Crispy Salad

**Ingredients:** Cucumber, Carrot, Corn (Sugar, Salt), Lettuce, Chinese Cabbage, Daikon, Cabbage

**Serving Size:** 145g

	per serving	per 100g
<b>Energy</b>	175kJ (42Cal)	121kJ (29Cal)
<b>Protein</b>	1.8g	1.2g
<b>Fat, Total</b>	0.4g	0.3g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	6.3g	4.3g
<b>- Sugars</b>	4.1g	2.9g
<b>Dietary Fibre</b>	2.9g	2.0g
<b>Sodium</b>	126mg	87mg

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## Croutons, Multi

**Ingredients:** Flour, Wholemeal Flour, Water, Gluten, Yeast, Vegetable Oil, Salt, Grain Mix (Wheat, Rye, Linseed, Maize, Semolina)

**Serving Size:** 10g

	per serving	per 100g
<b>Energy</b>	134kJ (32Cal)	1340kJ (320Cal)
<b>Protein</b>	1.0g	9.8g
<b>Fat, Total</b>	0.3g	2.6g
<b>- Saturated</b>	less than 0.1g	0.3g
<b>Carbohydrate</b>	6.7g	67.0g
<b>- Sugars</b>	0.1g	1.0g
<b>Dietary Fibre</b>	0.4g	3.7g
<b>Sodium</b>	116mg	1160mg

**CONTAINS:** Wheat, Rye

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## Cucumber, Baby

**Ingredients:** Cucumber

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	20kJ (5Cal)	58kJ (14Cal)
<b>Protein</b>	0.2g	0.5g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	0.7g	2.1g
<b>- Sugars</b>	0.7g	2.1g
<b>Dietary Fibre</b>	0.4g	1.2g
<b>Sodium</b>	7mg	21mg

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## Cup, Fruit Salad

**Ingredients:** Fruit (64% Min) (Pears, Peaches, Pineapple), Refined Fruit Juice (Pear, Apple, Peach), Antioxidant (Ascorbic Acid)

**Serving Size:** 170g

	per serving	per 100g
<b>Energy</b>	388kJ (93Cal)	228kJ (55Cal)
<b>Protein</b>	0.5g	0.3g
<b>Fat, Total</b>	0.3g	0.2g
<b>- Saturated</b>	0.2g	0.1g
<b>Carbohydrate</b>	20.6g	12.1g
<b>- Sugars</b>	16.3g	9.6g
<b>Dietary Fibre</b>	2.0g	1.2g
<b>Sodium</b>	3mg	2mg

May contain pit, pit fragments or stems. Product of Australia

## Cup, Peach

**Ingredients:** Peaches (64% Min), Refined Fruit Juice (Pear, Apple, Peach), Antioxidant (Ascorbic Acid)

**Serving Size:** 170g

	per serving	per 100g
<b>Energy</b>	365kJ (87Cal)	215kJ (51Cal)
<b>Protein</b>	0.9g	0.5g
<b>Fat, Total</b>	0.3g	0.2g
<b>- Saturated</b>	0.2g	0.1g
<b>Carbohydrate</b>	19.4g	11.4g
<b>- Sugars</b>	14.8g	8.7g
<b>Dietary Fibre</b>	1.4g	0.8g
<b>Sodium</b>	4mg	3mg

May contain pit, pit fragments or stems. Product of Australia

## Cup, Peach & Pear

**Ingredients:** Fruit (64% Min) (Pears, Peaches), Refined Fruit Juice (Pear, Apple, Peach), Antioxidant (Ascorbic Acid)

**Serving Size:** 170g

	per serving	per 100g
<b>Energy</b>	372kJ (89Cal)	219kJ (52Cal)
<b>Protein</b>	0.5g	0.3g
<b>Fat, Total</b>	0.2g	0.1g
<b>- Saturated</b>	0.2g	0.1g
<b>Carbohydrate</b>	19.7g	11.6g
<b>- Sugars</b>	14.1g	8.3g
<b>Dietary Fibre</b>	2.7g	1.6g
<b>Sodium</b>	2mg	1mg

May contain pit, pit fragments or stems. Product of Australia

## Cup, Peach Snack

**Ingredients:** Peaches (60% Min), Refined Fruit Juice (Pear, Apple, Peach), Antioxidant (Ascorbic Acid)

**Serving Size:** 120g

	per serving	per 100g
<b>Energy</b>	254kJ (61Cal)	212kJ (51Cal)
<b>Protein</b>	0.5g	0.4g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	0.1g	0.1g
<b>Carbohydrate</b>	13.7g	11.4g
<b>- Sugars</b>	10.4g	8.7g
<b>Dietary Fibre</b>	1.2g	1.0g
<b>Sodium</b>	3mg	2mg

May contain pit, pit fragments or stems. Product of Australia

## Cup, Pear

**Ingredients:** Pears (64% Min), Refined Fruit Juice (Pear, Apple, Peach), Antioxidant (Ascorbic Acid)

**Serving Size:** 170g

	per serving	per 100g
<b>Energy</b>	374kJ (89Cal)	220kJ (53Cal)
<b>Protein</b>	0.3g	0.2g
<b>Fat, Total</b>	0.3g	0.2g
<b>- Saturated</b>	0.2g	0.1g
<b>Carbohydrate</b>	19.5g	11.5g
<b>- Sugars</b>	13.3g	7.8g
<b>Dietary Fibre</b>	2.9g	1.7g
<b>Sodium</b>	2mg	1mg

May contain pit, pit fragments or stems. Product of Australia

## Dessert, Apple Crumble

**Ingredients:** Apple (48%), Water, Sugar, Sultanas, Flour (Contains Raising Agents (339, 341, 450, 500)), Milk Powder, Oats, Margarine, Modified Starch (1442), Colour (Carotene), Coconut (Contains Preservative (223)), Vanilla, Spices, Salt

**Serving Size:** 165g

	per serving	per 100g
<b>Energy</b>	812kJ (194Cal)	492kJ (118Cal)
<b>Protein</b>	3.5g	2.1g
<b>Fat, Total</b>	2.4g	1.5g
<b>- Saturated</b>	1.0g	0.6g
<b>Carbohydrate</b>	37.8g	22.9g
<b>- Sugars</b>	27.4g	16.6g
<b>Dietary Fibre</b>	2.2g	1.3g
<b>Sodium</b>	108mg	65mg
<b>Iron</b>	0.6mg (5%RDI)	0.4mg

**CONTAINS:** Wheat, Oats, Milk

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## Dessert, Apricot Pudding

**Ingredients:** Apricot (45%), Water, Golden Syrup, Sugar, Egg, Flour (Contains Raising Agents (339, 341, 450, 500)), Apricot (3.5%), Milk Powder, Bran, Margarine, Modified Starch (1442), Colour (Carotene), Raising Agent (500), Vanilla, Salt

**Serving Size:** 165g

	per serving	per 100g
<b>Energy</b>	747kJ (178Cal)	453kJ (108Cal)
<b>Protein</b>	4.2g	2.5g
<b>Fat, Total</b>	2.2g	1.3g
<b>- Saturated</b>	0.8g	0.5g
<b>Carbohydrate</b>	35.2g	21.3g
<b>- Sugars</b>	26.0g	15.7g
<b>Dietary Fibre</b>	3.8g	2.3g
<b>Sodium</b>	203mg	123mg
<b>Iron</b>	1.2mg (10%RDI)	0.7mg

**CONTAINS:** Wheat, Egg, Milk

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## Dessert, Double Choc Berry Pudding

**Ingredients:** Berries (39%) (Raspberries, Blackberries), Water, Sugar, Flour, Apple, Milk Powder, Yoghurt, Egg, Evaporated Milk, Chocolate (2%), Cocoa (1.5%), Modified Starch (1442), Corn Starch, Vanilla, Oats, Bran, Colour (Carotene), Raising Agents (450, 500), Coffee, Spices, Salt

**Serving Size:** 160g

	per serving	per 100g
<b>Energy</b>	787kJ (188Cal)	492kJ (118Cal)
<b>Protein</b>	5.4g	3.4g
<b>Fat, Total</b>	2.1g	1.3g
<b>- Saturated</b>	1.5g	0.9g
<b>Carbohydrate</b>	33.5g	20.9g
<b>- Sugars</b>	25.0g	15.6g
<b>Dietary Fibre</b>	6.1g	3.8g
<b>Sodium</b>	193mg	121mg
<b>Iron</b>	1.4mg (12%RDI)	0.9mg

**CONTAINS:** Wheat, Oats, Egg, Milk, Soybean

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## Dessert, Raspberry & Apple Crumble

**Ingredients:** Water, Apple (26%), Raspberries (12%), Sugar, Milk Powder, Flour (Contains Raising Agents (339, 341, 450, 500)), Oats, Modified Starch (1442), Margarine, Sultanas, Colour (Carotene), Corn Starch, Coconut (Contains Preservative (223)), Vanilla, Spices, Salt

**Serving Size:** 165g

	per serving	per 100g
<b>Energy</b>	828kJ (198Cal)	502kJ (120Cal)
<b>Protein</b>	4.0g	2.4g
<b>Fat, Total</b>	2.4g	1.5g
<b>- Saturated</b>	1.1g	0.6g
<b>Carbohydrate</b>	38.1g	23.1g
<b>- Sugars</b>	26.9g	16.3g
<b>Dietary Fibre</b>	2.5g	1.5g
<b>Sodium</b>	114mg	69mg
<b>Iron</b>	0.6mg (5%RDI)	0.4mg

**CONTAINS:** Wheat, Oats, Milk

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## Dessert, Rice Pudding

**Ingredients:** Water, Rice (29%), Sugar, Cream, Milk Powder, Modified Starch (1442), Vanilla, Spices, Salt

**Serving Size:** 176g

	per serving	per 100g
<b>Energy</b>	838kJ (200Cal)	476kJ (114Cal)
<b>Protein</b>	4.7g	2.7g
<b>Fat, Total</b>	3.5g	2.0g
<b>- Saturated</b>	2.2g	1.3g
<b>Carbohydrate</b>	35.4g	20.1g
<b>- Sugars</b>	17.2g	9.8g
<b>Dietary Fibre</b>	0.7g	0.4g
<b>Sodium</b>	110mg	63mg

**CONTAINS:** Milk

Made in Australia

## Dressing, Canton

**Ingredients:** Water, Soy Sauce (Water, Soybeans, Salt, Alcohol, Sugar, Food Acids (262, 270, 260), Apricot (Firming Agent (509)), Sugar, Plum Sauce (Water, Starch, Salt, Sugar, Vinegar), Vinegar, Corn Starch, Capsicum, Soy Bean Paste, Chilli, Tomato Paste, Molasses, Salt, Garlic Powder, Spices

**Serving Size:** 28g

	per serving	per 100g
<b>Energy</b>	145kJ (35Cal)	519kJ (124Cal)
<b>Protein</b>	0.6g	2.2g
<b>Fat, Total</b>	less than 0.1g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	7.6g	27.3g
<b>- Sugars</b>	6.7g	23.8g
<b>Dietary Fibre</b>	0.4g	1.3g
<b>Sodium</b>	270mg	963mg
<b>Iron</b>	0.3mg (3%RDI)	1.1mg

**CONTAINS:** Wheat, Soybean

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## Dressing, French Vinaigrette

**Ingredients:** Water, Vinegar (25.6%), Olive Oil, Lemon Juice, Salt, Spices, Honey, Garlic, Vegetable Gum (Xanthan)

**Serving Size:** 15g

	per serving	per 100g
<b>Energy</b>	57kJ (14Cal)	376kJ (90Cal)
<b>Protein</b>	less than 0.1g	0.4g
<b>Fat, Total</b>	1.4g	9.3g
<b>- Saturated</b>	0.2g	1.3g
<b>Carbohydrate</b>	0.2g	1.4g
<b>- Sugars</b>	0.2g	1.1g
<b>Dietary Fibre</b>	less than 0.1g	0.2g
<b>Sodium</b>	74mg	492mg
<b>Iron</b>	less than 0.1mg	less than 0.1mg

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## Dressing, Ranch

**Ingredients:** Vegetable Oil, Vinegar, Water, Sugar, Herbs & Spices, Salt, Egg Yolk Powder, Buttermilk Powder, Vegetable Gums (Xanthan, 405), Yeast Extract, Food Acid (Citric)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	370kJ (88Cal)	1480kJ (354Cal)
<b>Protein</b>	0.4g	1.4g
<b>Fat, Total</b>	8.3g	33.0g
<b>- Saturated</b>	0.5g	2.0g
<b>Carbohydrate</b>	3.1g	12.5g
<b>- Sugars</b>	2.7g	10.9g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	209mg	835mg

**CONTAINS:** Egg, Milk

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## Dressing, Soy Sesame

**Ingredients:** Soy Sauce (46%) (Water, Soybeans, Wheat, Salt, Alcohol, Sugar, Food Acids (262, Lactic, Acetic)), Honey, Lime Juice, Sesame Oil (4.6%), Coriander, Ginger Puree, Garlic, Chilli Puree, Vegetable Gum (Xanthan)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	161kJ (39Cal)	805kJ (192Cal)
<b>Protein</b>	0.8g	4.2g
<b>Fat, Total</b>	0.9g	4.6g
<b>- Saturated</b>	0.1g	0.7g
<b>Carbohydrate</b>	5.7g	28.6g
<b>- Sugars</b>	5.2g	26.0g
<b>Dietary Fibre</b>	less than 0.1g	0.3g
<b>Sodium</b>	288mg	1440mg
<b>Iron</b>	0.3mg (2%RDI)	1.3mg

**CONTAINS:** Wheat, Soybean, Sesame Seeds

Made in Australia

## Dressing, Vietnamese

**Ingredients:** Water, Sugar, Fish Sauce (Anchovy, Salt), Vinegar, Daikon, Carrot, Lime, Corn Flour, Garlic, Herbs, Chilli

**Serving Size:** 28g

	per serving	per 100g
<b>Energy</b>	78kJ (19Cal)	280kJ (67Cal)
<b>Protein</b>	0.4g	1.3g
<b>Fat, Total</b>	less than 0.1g	less than 0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	4.0g	14.4g
<b>- Sugars</b>	3.0g	10.7g
<b>Dietary Fibre</b>	0.2g	0.6g
<b>Sodium</b>	245mg	874mg
<b>Iron</b>	less than 0.1mg	0.3mg

**CONTAINS:** Fish

Made In Australia

## Dressing, Yoghurt

**Ingredients:** Yoghurt (49%) (Milk, Skim Milk Powder, Cultures), Cucumber, Water, Lime Juice, Garlic, Sunflower Oil, Mint, Milk Solids, Sugar, Corn Starch, Salt, Vegetable Gums (Xanthan, Guar, Pectin), Food Acid (Citric), Herbs, Spices

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	96kJ (23Cal)	320kJ (76Cal)
<b>Protein</b>	1.0g	3.4g
<b>Fat, Total</b>	1.2g	4.1g
<b>- Saturated</b>	0.5g	1.6g
<b>Carbohydrate</b>	1.8g	5.9g
<b>- Sugars</b>	1.3g	4.4g
<b>Dietary Fibre</b>	less than 0.1g	0.2g
<b>Sodium</b>	61mg	204mg
<b>Iron</b>	less than 0.1mg	0.2mg

**CONTAINS:** Milk

Made in Australia

## Egg & Mayo Mix

**Ingredients:** Egg (84%), Mayonnaise (16%) (Water, Sugar, Sunflower Oil, Egg Yolk, Vinegar, Corn Starch, Salt, Herbs, Spices, Vegetable Gums (Xanthan, Guar), Lemon Juice, Spice Extract, Food Acid (Citric)), Pepper

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	380kJ (91Cal)	633kJ (151Cal)
<b>Protein</b>	6.8g	11.2g
<b>Fat, Total</b>	6.5g	10.8g
<b>- Saturated</b>	1.8g	3.0g
<b>Carbohydrate</b>	1.5g	2.4g
<b>- Sugars</b>	1.2g	1.9g
<b>Dietary Fibre</b>	less than 0.1g	0.1g
<b>Sodium</b>	134mg	224mg
<b>Iron</b>	1.1mg (9%RDI)	1.8mg

**CONTAINS:** Egg

Made in Australia

## Egg, Raw (Free Range)

**Ingredients:** Egg

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	298kJ (71Cal)	596kJ (142Cal)
<b>Protein</b>	6.4g	12.8g
<b>Fat, Total</b>	5.1g	10.1g
<b>- Saturated</b>	1.6g	3.1g
<b>Carbohydrate</b>	0.2g	0.3g
<b>- Sugars</b>	0.2g	0.3g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	67mg	133mg
<b>Iron</b>	0.8mg (7%RDI)	1.6mg

**CONTAINS:** Egg

Product of Australia



## Fresh Breakfast Tomato

**Ingredients:** Tomato (94%), Tomato Paste, Corn Starch, Sugar, Spices, Salt, Onion, Pepper

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	76kJ (18Cal)	127kJ (30Cal)
<b>Protein</b>	0.7g	1.1g
<b>Fat, Total</b>	0.1g	0.2g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	3.3g	5.5g
<b>- Sugars</b>	2.3g	3.8g
<b>Dietary Fibre</b>	0.9g	1.5g
<b>Sodium</b>	54mg	90mg
<b>Iron</b>	0.4mg (4%RDI)	0.7mg

Product of Australia

## Fresh Tomato Salsa

**Ingredients:** Tomato (59%), Cucumber, Shallots, Roasted Capsicum (Vinegar, Salt, Sugar), Corn Starch, Herbs, Pepper

**Serving Size:** 80g

	per serving	per 100g
<b>Energy</b>	69kJ (17Cal)	86kJ (21Cal)
<b>Protein</b>	0.8g	0.9g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	2.7g	3.4g
<b>- Sugars</b>	1.9g	2.3g
<b>Dietary Fibre</b>	0.9g	1.1g
<b>Sodium</b>	37mg	46mg
<b>Iron</b>	0.4mg (3%RDI)	0.4mg

Made in Australia

## Garden Salad

**Ingredients:** Lettuce, Tomato, Carrot, Cucumber, Chickpeas, Water, Salt

**Serving Size:** 150g

	per serving	per 100g
<b>Energy</b>	253kJ (61Cal)	169kJ (40Cal)
<b>Protein</b>	3.7g	2.4g
<b>Fat, Total</b>	0.6g	0.4g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	7.7g	5.1g
<b>- Sugars</b>	3.3g	2.2g
<b>Dietary Fibre</b>	5.1g	3.4g
<b>Sodium</b>	118mg	78mg
<b>Iron</b>	1.6mg (13%RDI)	1.1mg

Product of Australia

## Grapes

**Ingredients:** Grape

**Serving Size:** 120g

	per serving	per 100g
<b>Energy</b>	393kJ (94Cal)	328kJ (78Cal)
<b>Protein</b>	1.1g	0.9g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	0.1g	0.1g
<b>Carbohydrate</b>	19.6g	16.3g
<b>- Sugars</b>	19.6g	16.3g
<b>Dietary Fibre</b>	4.2g	3.5g
<b>Sodium</b>	6mg	5mg

## Guacamole

**Ingredients:** Avocado, Onion, Garlic, Brown Sugar, Food Acids (Citric, Ascorbic), Salt, Chilli, Spices, Vegetable Gum (Xanthan)

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	255kJ (61Cal)	849kJ (203Cal)
<b>Protein</b>	0.3g	1.0g
<b>Fat, Total</b>	5.3g	17.6g
<b>- Saturated</b>	1.3g	4.3g
<b>Carbohydrate</b>	3.0g	10.0g
<b>- Sugars</b>	0.4g	1.2g
<b>Dietary Fibre</b>	0.4g	1.3g
<b>Sodium</b>	63mg	210mg
<b>Iron</b>	0.2mg (1%RDI)	0.5mg

Made in Australia

## Ham & Tomato Omelette Mix

**Ingredients:** Tomato (46%), Ham (29%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Capsicum, Shallots

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	159kJ (38Cal)	228kJ (54Cal)
<b>Protein</b>	4.8g	6.8g
<b>Fat, Total</b>	1.1g	1.5g
<b>- Saturated</b>	0.4g	0.6g
<b>Carbohydrate</b>	2.0g	2.8g
<b>- Sugars</b>	1.5g	2.1g
<b>Dietary Fibre</b>	0.6g	0.9g
<b>Sodium</b>	127mg	182mg
<b>Iron</b>	0.5mg (4%RDI)	0.8mg

Product of Australia

## Ham, Smokehouse

**Ingredients:** Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	293kJ (70Cal)	586kJ (140Cal)
<b>Protein</b>	10.4g	20.7g
<b>Fat, Total</b>	2.5g	5.0g
<b>- Saturated</b>	1.0g	2.0g
<b>Carbohydrate</b>	1.4g	2.9g
<b>- Sugars</b>	0.2g	0.4g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	291mg	582mg
<b>Iron</b>	0.6mg (5%RDI)	1.2mg

Product of Australia

## Hawaiian Chicken Pot

**Ingredients:** Chicken (54%), Pineapple (Pineapple, Pineapple Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), Shallots, Soy Sauce, Sugar, Mirin, Corn Starch, Ginger

**Serving Size:** 120g

	per serving	per 100g
<b>Energy</b>	775kJ (185Cal)	646kJ (154Cal)
<b>Protein</b>	16.3g	13.6g
<b>Fat, Total</b>	6.0g	5.0g
<b>- Saturated</b>	1.8g	1.5g
<b>Carbohydrate</b>	15.7g	13.1g
<b>- Sugars</b>	12.6g	10.5g
<b>Dietary Fibre</b>	1.3g	1.1g
<b>Sodium</b>	308mg	257mg

**CONTAINS:** Wheat, Soybean

Made in Australia

## Hokkien Stir Fry Noodles

**Ingredients:** Hokkien Noodles (27%) (Flour, Water, Vegetable Oil, Salt, Mineral Salt (501)), Chicken, Beans, Carrot, Choy Sum, Cabbage, Roasted Capsicum, Shallots, Oyster Sauce (Contains Modified Corn Starch (1442)), Onion, Chicken Stock, Soy Sauce, Corn Flour, Sugar, Olive Oil, Garlic, Salt, Pepper

**Serving Size:** 225g

	per serving	per 100g
<b>Energy</b>	901kJ (215Cal)	401kJ (96Cal)
<b>Protein</b>	14.1g	6.3g
<b>Fat, Total</b>	5.9g	2.6g
<b>- Saturated</b>	1.5g	0.7g
<b>Carbohydrate</b>	25.3g	11.2g
<b>- Sugars</b>	6.1g	2.7g
<b>Dietary Fibre</b>	2.7g	1.2g
<b>Sodium</b>	958mg	426mg
<b>Iron</b>	1.6mg (13%RDI)	0.7mg

**CONTAINS:** Wheat, Fish, Soybean

Made in Australia

## Hollandaise

**Ingredients:** Water, Sunflower Oil, Butter, Egg, Lemon Juice, Milk Powder, Corn Starch, Salt, Food Acid (Citric), Vegetable Gum (Xanthan), Pepper, Colour (Carotene), Spice Extract

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	159kJ (38Cal)	794kJ (190Cal)
<b>Protein</b>	0.4g	1.8g
<b>Fat, Total</b>	3.9g	19.3g
<b>- Saturated</b>	1.1g	5.4g
<b>Carbohydrate</b>	0.4g	2.1g
<b>- Sugars</b>	less than 0.1g	0.3g
<b>Dietary Fibre</b>	less than 0.1g	less than 0.1g
<b>Sodium</b>	84mg	420mg
<b>Iron</b>	less than 0.1mg	0.1mg

**CONTAINS:** Egg, Milk

Made in Australia

## Honey

**Ingredients:** Honey

**Serving Size:** 14g

	per serving	per 100g
<b>Energy</b>	196kJ (47Cal)	1400kJ (335Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	11.5g	82.1g
<b>- Sugars</b>	11.5g	82.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	2mg	14mg
<b>Iron</b>	less than 0.1mg	0.2mg

Product of Australia

## Jam, Apricot

**Ingredients:** Sugar, Apricot (43%), Food Acid (Citric), Lemon Juice, Vegetable Gum (Pectin)

**Serving Size:** 14g

	per serving	per 100g
<b>Energy</b>	165kJ (40Cal)	1180kJ (282Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	9.7g	69.1g
<b>- Sugars</b>	9.7g	68.9g
<b>Dietary Fibre</b>	0.1g	0.9g
<b>Sodium</b>	less than 1mg	2mg
<b>Iron</b>	less than 0.1mg	0.2mg

Made in Australia

## Jam, Marmalade

**Ingredients:** Sugar, Orange, Water, Lemon Juice, Lemon, Grapefruit, Vegetable Gum (Pectin), Food Acid (Citric)

**Serving Size:** 14g

	per serving	per 100g
<b>Energy</b>	165kJ (40Cal)	1180kJ (282Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	9.7g	69.1g
<b>- Sugars</b>	9.7g	68.9g
<b>Dietary Fibre</b>	0.1g	0.8g
<b>Sodium</b>	less than 1mg	5mg
<b>Iron</b>	less than 0.1mg	0.3mg

Made in Australia

## Jam, Plum

**Ingredients:** Plums (51%), Sugar, Vegetable Gum (Pectin), Food Acid (Citric)

**Serving Size:** 14g

	per serving	per 100g
<b>Energy</b>	160kJ (38Cal)	1140kJ (272Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	9.2g	66.0g
<b>- Sugars</b>	9.1g	65.0g
<b>Dietary Fibre</b>	0.2g	1.3g
<b>Sodium</b>	less than 1mg	2mg
<b>Iron</b>	less than 0.1mg	0.3mg

Made in Australia

## Jam, Strawberry

**Ingredients:** Sugar, Strawberries (40%), Lemon Juice, Vegetable Gum (Pectin), Food Acid (Citric)

**Serving Size:** 14g

	per serving	per 100g
<b>Energy</b>	165kJ (40Cal)	1180kJ (282Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	9.7g	69.1g
<b>- Sugars</b>	9.7g	68.9g
<b>Dietary Fibre</b>	0.2g	1.3g
<b>Sodium</b>	less than 1mg	2mg
<b>Iron</b>	less than 0.1mg	0.3mg

Made in Australia

## Jam, Tomato

**Ingredients:** Tomatoes, Vinegar, Sugar, Olive Oil, Onion, Salt, Garlic, Food Acid (Citric)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	81kJ (19Cal)	403kJ (96Cal)
<b>Protein</b>	0.3g	1.3g
<b>Fat, Total</b>	1.0g	5.1g
<b>- Saturated</b>	0.2g	0.8g
<b>Carbohydrate</b>	1.9g	9.4g
<b>- Sugars</b>	1.9g	9.3g
<b>Dietary Fibre</b>	0.3g	1.6g
<b>Sodium</b>	46mg	232mg
<b>Iron</b>	less than 0.1mg	0.4mg

Made in Australia

## Juice, Orange

**Ingredients:** Orange Juice

**Serving Size:** 190g

	per serving	per 100g
<b>Energy</b>	334kJ (80Cal)	176kJ (42Cal)
<b>Protein</b>	1.0g	0.5g
<b>Fat, Total</b>	0.2g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	17.9g	9.4g
<b>- Sugars</b>	17.3g	9.1g
<b>Dietary Fibre</b>	1.0g	0.5g
<b>Sodium</b>	10mg	5mg

Product of Australia

## Kiwifruit

**Ingredients:** Kiwifruit

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	146kJ (35Cal)	146kJ (35Cal)
<b>Protein</b>	0.9g	0.9g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	6.4g	6.4g
<b>- Sugars</b>	6.4g	6.4g
<b>Dietary Fibre</b>	2.2g	2.2g
<b>Sodium</b>	4mg	4mg
<b>Iron</b>	0.3mg (3%RDI)	0.3mg

## Lavosh Crackers

**Ingredients:** Wholemeal Flour, Flour, Butter, Malted Wheat, Kibbled Soy, Linseed, Sugar, Milk Solids, Gluten, Salt, Yeast, Rosemary Oil

**Serving Size:** 15g

	per serving	per 100g
<b>Energy</b>	284kJ (68Cal)	1890kJ (452Cal)
<b>Protein</b>	2.2g	14.6g
<b>Fat, Total</b>	1.8g	12.0g
<b>- Saturated</b>	0.9g	6.1g
<b>Carbohydrate</b>	9.7g	64.6g
<b>- Sugars</b>	0.9g	5.9g
<b>Dietary Fibre</b>	1.1g	7.4g
<b>Sodium</b>	59mg	394mg
<b>Iron</b>	0.3mg (3%RDI)	2.2mg

**CONTAINS:** Wheat, Barley, Milk, Soybean

Made in Australia

## Maple Coconut Crunch with Cranberries

**Ingredients:** Cashews, Almonds, Cranberries (24%) (Sugar), Coconut (12%), Maple Syrup (4%)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	514kJ (123Cal)	2060kJ (492Cal)
<b>Protein</b>	3.2g	12.7g
<b>Fat, Total</b>	9.6g	38.4g
<b>- Saturated</b>	2.5g	10.0g
<b>Carbohydrate</b>	5.3g	21.2g
<b>- Sugars</b>	4.2g	16.8g
<b>Dietary Fibre</b>	1.9g	7.6g
<b>Sodium</b>	4mg	17mg

**CONTAINS:** Tree Nuts

Packed in Australia from local and imported ingredients

## Mayonnaise

**Ingredients:** Water, Sugar, Sunflower Oil, Egg Yolk, Vinegar, Corn Starch, Salt, Herbs, Spices, Vegetable Gums (Xanthan, Guar), Lemon Juice, Spice Extract, Food Acid (Citric)

**Serving Size:** 10g

	per serving	per 100g
<b>Energy</b>	63kJ (15Cal)	630kJ (151Cal)
<b>Protein</b>	0.1g	1.1g
<b>Fat, Total</b>	1.0g	10.4g
<b>- Saturated</b>	0.2g	1.7g
<b>Carbohydrate</b>	1.3g	13.4g
<b>- Sugars</b>	1.0g	10.4g
<b>Dietary Fibre</b>	less than 0.1g	0.6g
<b>Sodium</b>	75mg	747mg
<b>Iron</b>	0.1mg (1%RDI)	1.4mg

**CONTAINS:** Egg

Made in Australia

## Mayonnaise, Mild Chipotle

**Ingredients:** Water, Sugar, Vinegar, Egg, Sunflower Oil, Corn Flour, Salt, Herbs, Spices, Chipotle Peppers, Vegetable Gum (Xanthan, Guar), Garlic Powder, Food Acid (Citric), Onion Powder, Yeast Extract, Spice Extract, Natural Flavour

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	108kJ (26Cal)	540kJ (129Cal)
<b>Protein</b>	0.3g	1.4g
<b>Fat, Total</b>	1.2g	6.0g
<b>- Saturated</b>	0.2g	1.0g
<b>Carbohydrate</b>	3.5g	17.3g
<b>- Sugars</b>	2.8g	14.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	192mg	961mg

**CONTAINS:** Egg, Soybean

## Mayonnaise, Zesty

**Ingredients:** Water, Sugar, Vinegar, Egg, Sunflower Oil, Corn Starch, Salt, Herbs, Spices, Vegetable Gum (Xanthan, Guar), Garlic Powder, Food Acid (Citric), Onion Powder, Yeast Extract, Spice Extract

**Serving Size:** 10g

	per serving	per 100g
<b>Energy</b>	55kJ (13Cal)	547kJ (131Cal)
<b>Protein</b>	0.1g	1.4g
<b>Fat, Total</b>	0.6g	6.0g
<b>- Saturated</b>	0.1g	1.0g
<b>Carbohydrate</b>	1.7g	17.3g
<b>- Sugars</b>	1.4g	14.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	95mg	950mg
<b>Iron</b>	less than 0.1mg	0.2mg

**CONTAINS:** Egg

Made in Australia

## Mexican Chicken Mix

**Ingredients:** Tomato, Chicken (25%), Chicken Stock, Kidney Beans, Onion, Water, Shallots, Garlic, Tomato Paste, Coriander, Chilli, Modified Starch (1422), Spices, Salt, Sunflower Oil, Sugar, Herbs, Pepper

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	306kJ (73Cal)	306kJ (73Cal)
<b>Protein</b>	8.7g	8.7g
<b>Fat, Total</b>	0.7g	0.7g
<b>- Saturated</b>	0.1g	0.1g
<b>Carbohydrate</b>	?	?
<b>- Sugars</b>	?	?
<b>Dietary Fibre</b>	2.7g	2.7g
<b>Sodium</b>	165mg	165mg
<b>Iron</b>	0.8mg (7%RDI)	0.8mg

Made in Australia

## Mexican Chicken Stack

**Ingredients:** Tomato, Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Chicken (11%), Capsicum, Carrot, Black Eye Beans, Corn, Onion, Sour Cream (Cream, Milk, Culture), Kidney Beans, Shallots, Tomato Paste, Celery, Parmesan, Garlic, Sugar, Chipotle Peppers, Spices, Corn Starch, Salt, Herbs, Sunflower Oil

**Serving Size:** 255g

	per serving	per 100g
<b>Energy</b>	1100kJ (262Cal)	430kJ (103Cal)
<b>Protein</b>	16.5g	6.5g
<b>Fat, Total</b>	4.6g	1.8g
<b>- Saturated</b>	2.2g	0.9g
<b>Carbohydrate</b>	35.0g	13.7g
<b>- Sugars</b>	9.4g	3.7g
<b>Dietary Fibre</b>	6.9g	2.7g
<b>Sodium</b>	404mg	158mg
<b>Iron</b>	2.3mg (19%RDI)	0.9mg

**CONTAINS:** Wheat, Milk, Soybean

Made in Australia

## Mix, Almond & Mango Fruit

**Ingredients:** Almonds (30%), Sultanas, Mango (11%), Apple (Food Acid (Ascorbic)), Pistachios

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	441kJ (105Cal)	1770kJ (422Cal)
<b>Protein</b>	2.7g	10.7g
<b>Fat, Total</b>	4.6g	18.5g
<b>- Saturated</b>	0.5g	1.8g
<b>Carbohydrate</b>	12.1g	48.6g
<b>- Sugars</b>	11.2g	44.8g
<b>Dietary Fibre</b>	2.3g	9.1g
<b>Sodium</b>	less than 1mg	2mg
<b>Iron</b>	0.6mg (5%RDI)	2.4mg

**CONTAINS:** Tree Nuts

Packed in Australia from Local & Imported Ingredients

## Mix, Golden Raisin

**Ingredients:** Raisins (50%) (Sunflower Oil), Dried Apricots (Preservative (220))

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	398kJ (95Cal)	1330kJ (317Cal)
<b>Protein</b>	0.8g	2.7g
<b>Fat, Total</b>	0.3g	0.9g
<b>- Saturated</b>	0.2g	0.5g
<b>Carbohydrate</b>	21.5g	71.7g
<b>- Sugars</b>	19.5g	64.9g
<b>Dietary Fibre</b>	1.1g	3.5g
<b>Sodium</b>	3mg	11mg
<b>Iron</b>	1.0mg (8%RDI)	3.4mg

**CONTAINS:** Sulphites

Packed in Australia from Local & Imported Ingredients

## Mix, Roasted Peanut & Savoury

**Ingredients:** Broadbeans (Vegetable Oil, Salt), Chickpea Chips (Flour, Chickpea Flour, Yellow Pea Flour, Rice Flour, Sunflower Oil, Salt, Spices), Peanuts (32%)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	517kJ (124Cal)	2070kJ (494Cal)
<b>Protein</b>	5.2g	20.7g
<b>Fat, Total</b>	7.1g	28.5g
<b>- Saturated</b>	1.3g	5.0g
<b>Carbohydrate</b>	8.3g	33.1g
<b>- Sugars</b>	1.0g	3.8g
<b>Dietary Fibre</b>	3.1g	12.5g
<b>Sodium</b>	89mg	354mg

**CONTAINS:** Peanuts

Made in Australia from Local and Imported Ingredients

## Mix, Savoury Nut

**Ingredients:** Yellow Pea Noodle (Yellow Peas, Sunflower Oil, Rice Flour, Salt, Spice), Peanuts (29%) (Peanut Oil, Salt), Cashews (25%)

**Serving Size:** 24g

	per serving	per 100g
<b>Energy</b>	556kJ (133Cal)	2320kJ (554Cal)
<b>Protein</b>	4.7g	19.4g
<b>Fat, Total</b>	9.0g	37.4g
<b>- Saturated</b>	1.3g	5.5g
<b>Carbohydrate</b>	7.8g	32.4g
<b>- Sugars</b>	0.9g	3.6g
<b>Dietary Fibre</b>	1.6g	6.7g
<b>Sodium</b>	10mg	41mg

**CONTAINS:** Peanuts, Tree Nuts

Packed in Australia from local and imported ingredients

## Mix, Savoury Popped Sorghum

**Ingredients:** Seasoned Green Peas (Sunflower Oil, Salt, Maltodextrin, Spices, Vegetable Powder, Tapioca, Sugar), Yellow Pea Noodle (Yellow Peas, Chickpeas, Sunflower Oil, Rice Flour, Salt, Cumin), Puffed Sorghum (15%)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	379kJ (91Cal)	1890kJ (452Cal)
<b>Protein</b>	3.5g	17.6g
<b>Fat, Total</b>	3.4g	17.1g
<b>- Saturated</b>	0.4g	2.0g
<b>Carbohydrate</b>	10.6g	52.9g
<b>- Sugars</b>	0.4g	2.2g
<b>Dietary Fibre</b>	1.6g	7.8g
<b>Sodium</b>	87mg	433mg

Made in Australia

## Mix, Sunshine Fruit

**Ingredients:** Dried Pineapple (Pineapple, Sugar), Dried Apricot (Apricot, Preservative (220)), Raisins, Golden Raisins, Sunflower Oil

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	361kJ (86Cal)	1200kJ (288Cal)
<b>Protein</b>	0.8g	2.8g
<b>Fat, Total</b>	0.2g	0.7g
<b>- Saturated</b>	less than 0.1g	0.2g
<b>Carbohydrate</b>	19.1g	63.8g
<b>- Sugars</b>	18.8g	62.6g
<b>Dietary Fibre</b>	1.7g	5.8g
<b>Sodium</b>	12mg	41mg

**CONTAINS:** Sulphites

Packed in Australia from local and imported ingredients

## Mixed Nuts

**Ingredients:** Cashews (50%), Almonds (30%), Macadamias (20%), Salt

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	650kJ (155Cal)	2600kJ (621Cal)
<b>Protein</b>	4.1g	16.3g
<b>Fat, Total</b>	14.1g	56.5g
<b>- Saturated</b>	2.0g	7.9g
<b>Carbohydrate</b>	3.2g	12.9g
<b>- Sugars</b>	1.3g	5.1g
<b>Dietary Fibre</b>	2.0g	8.1g
<b>Sodium</b>	15mg	60mg
<b>Iron</b>	0.7mg (6%RD1)	2.8mg

**CONTAINS:** Tree Nuts

Packed in Australia from Local & Imported Ingredients



## Mixed Spinach Salad

**Ingredients:** Spinach, Tomato, Carrot, Cucumber

**Serving Size:** 140g

	per serving	per 100g
<b>Energy</b>	115kJ (27Cal)	82kJ (20Cal)
<b>Protein</b>	1.7g	1.2g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	3.1g	2.2g
<b>- Sugars</b>	3.1g	2.2g
<b>Dietary Fibre</b>	2.9g	2.0g
<b>Sodium</b>	33mg	24mg

Product of Australia

## Moroccan Lamb Hotpot

**Ingredients:** Lamb (19%), Cous Cous, Tomato, Sweet Potato, Quinoa, Zucchini, Carrot, Spinach, Roasted Capsicum (Vinegar, Salt, Sugar), Chickpeas, Chicken Stock, Sugar, Fish Sauce, Ginger, Olive Oil, Corn Flour, Spices, Garlic, Salt, Yeast Extract, Chilli

**Serving Size:** 260g

	per serving	per 100g
<b>Energy</b>	1020kJ (245Cal)	394kJ (94Cal)
<b>Protein</b>	17.8g	6.9g
<b>Fat, Total</b>	4.4g	1.7g
<b>- Saturated</b>	1.5g	0.6g
<b>Carbohydrate</b>	30.4g	11.7g
<b>- Sugars</b>	8.2g	3.2g
<b>Dietary Fibre</b>	5.4g	2.1g
<b>Sodium</b>	480mg	185mg
<b>Iron</b>	3.8mg (32%RDI)	1.5mg

**CONTAINS:** Wheat, Fish

Made In Australia

## Moroccan Salad

**Ingredients:** Lettuce, Carrot, Onion, Roasted Capsicum (Vinegar, Salt, Sugar), Chickpeas, Water, Sultanas, Herbs, Salt

**Serving Size:** 90g

	per serving	per 100g
<b>Energy</b>	219kJ (52Cal)	244kJ (58Cal)
<b>Protein</b>	2.2g	2.5g
<b>Fat, Total</b>	0.4g	0.4g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	8.4g	9.3g
<b>- Sugars</b>	6.2g	6.9g
<b>Dietary Fibre</b>	3.3g	3.6g
<b>Sodium</b>	102mg	113mg

## Muesli Bar, Cinnamon Oat

**Ingredients:** Oats (29%), Glucose, Sugar, Rice, Pepitas, Buckwheat, Sunflower Seeds, Linseeds, Sesame Seeds, Sunflower Oil, Cinnamon (0.5%), Flavours, Salt, Barley Malt Extract

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	489kJ (117Cal)	1630kJ (389Cal)
<b>Protein</b>	2.5g	8.3g
<b>Fat, Total</b>	3.3g	11.0g
<b>- Saturated</b>	0.5g	1.7g
<b>Carbohydrate</b>	19.0g	63.4g
<b>- Sugars</b>	7.1g	23.7g
<b>Dietary Fibre</b>	1.7g	5.6g
<b>Sodium</b>	55mg	184mg
<b>Iron</b>	0.5mg (4%RDI)	1.6mg

**CONTAINS:** Barley, Oats, Sesame Seeds

Made in Australia

## Muesli Bar, Classic Choc & Oats

**Ingredients:** Oats (28%), Glucose, Sugar, Rice, Pepitas, Buckwheat, Seeds, (Sunflower, Linseeds, Sesame), Sunflower Oil, Milk Solids, Cocoa Butter, Cocoa Mass (0.5%), Cinnamon, Flavours, Salt, Barley Malt Extract, Emulsifiers (322, 476, 492)

**Serving Size:** 32g

	per serving	per 100g
<b>Energy</b>	531kJ (127Cal)	1660kJ (397Cal)
<b>Protein</b>	2.7g	8.3g
<b>Fat, Total</b>	3.8g	11.8g
<b>- Saturated</b>	0.8g	2.4g
<b>Carbohydrate</b>	20.2g	63.1g
<b>- Sugars</b>	8.0g	25.0g
<b>Dietary Fibre</b>	1.8g	5.5g
<b>Sodium</b>	58mg	180mg
<b>Iron</b>	0.6mg (5%RDI)	1.9mg

**CONTAINS:** Wheat, Barley, Oats, Milk, Soybean, Sesame Seeds

Made in Australia

## Muesli, Berry Bircher

**Ingredients:** Apple, Fruit Juice (Apple Juice, Guava Puree, Orange Juice, Strawberry Puree, Acerola Berry Puree, Rosehip Powder), Blueberry, Raspberries, Pepitas, Chia Seed, Almonds, Oats, Honey, Spices, Salt

**Serving Size:** 125g

	per serving	per 100g
<b>Energy</b>	820kJ (196Cal)	656kJ (157Cal)
<b>Protein</b>	5.9g	4.7g
<b>Fat, Total</b>	11.3g	9.1g
<b>- Saturated</b>	1.2g	1.0g
<b>Carbohydrate</b>	14.5g	11.6g
<b>- Sugars</b>	10.5g	8.4g
<b>Dietary Fibre</b>	6.7g	5.4g
<b>Sodium</b>	25mg	20mg

**CONTAINS:** Oats, Tree Nuts

## Muffin, Apple & Cranberry

**Ingredients:** Apple (22%), Flour (Raising Agents (339, 341, 450, 500)), Dried Cranberries (13%) (Sugar), Golden Syrup, Water, Yoghurt (Milk, Cultures), Egg, Bran, Raising Agents (450, 500), Spices, Salt

**Serving Size:** 72g

	per serving	per 100g
<b>Energy</b>	583kJ (139Cal)	809kJ (193Cal)
<b>Protein</b>	3.3g	4.6g
<b>Fat, Total</b>	1.1g	1.6g
<b>- Saturated</b>	0.2g	0.3g
<b>Carbohydrate</b>	27.0g	37.5g
<b>- Sugars</b>	15.6g	21.6g
<b>Dietary Fibre</b>	3.4g	4.7g
<b>Sodium</b>	200mg	278mg
<b>Iron</b>	1.2mg (10%RDI)	1.7mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## Muffin, Banana & Date

**Ingredients:** Flour (Raising Agents (339, 341, 450, 500)), Banana (17%) (Food Acids (Citric, Ascorbic)), Dates (12%), Sugar, Bran, Water, Cottage Cheese (Milk, Cream, Salt, Preservative (202), Thickeners (412, 415, 410, 407), Food Acid (Citric), Cultures), Egg, Milk Powder, Raising Agents (450, 500), Salt, Spices

**Serving Size:** 72g

	per serving	per 100g
<b>Energy</b>	682kJ (163Cal)	947kJ (226Cal)
<b>Protein</b>	4.7g	6.5g
<b>Fat, Total</b>	1.1g	1.6g
<b>- Saturated</b>	0.3g	0.4g
<b>Carbohydrate</b>	30.5g	42.4g
<b>- Sugars</b>	17.2g	23.9g
<b>Dietary Fibre</b>	5.3g	7.3g
<b>Sodium</b>	216mg	300mg
<b>Iron</b>	1.5mg (13%RDI)	2.1mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## Muffin, Breakfast - Fruit

**Ingredients:** Flour, Water, Dried Fruit (14%) (Sultanas, Currants, Citrus Peel (Sugar, Glucose, Acidity Regulator (Citric Acid), Preservatives (220, 202))), Yeast, Gluten, Sugar, Vegetable Oil, Iodised Salt, Oat Fibre, Vinegar, Polenta, Soy Flour, Raising Agent (341), Acidity Regulators (263, 262), Emulsifiers (481, 472e), Preservatives (202, 200)

**Serving Size:** 67g

	per serving	per 100g
<b>Energy</b>	591kJ (141Cal)	882kJ (211Cal)
<b>Protein</b>	4.8g	7.1g
<b>Fat, Total</b>	1.3g	2.0g
<b>- Saturated</b>	0.3g	0.4g
<b>Carbohydrate</b>	25.7g	38.3g
<b>- Sugars</b>	6.7g	10.0g
<b>Dietary Fibre</b>	3.0g	4.5g
<b>Sodium</b>	161mg	241mg
<b>Iron</b>	1.3mg (11%RDI)	2.0mg

**CONTAINS:** Wheat, Oats, Soybean, Sulphites

Made in Australia

## Muffin, Breakfast - Multigrain

**Ingredients:** Flour, Water, Grain Mix (11%) (Rye, Wheat, Corn, Oats, Barley, Purple Wheat, Millet, Buckwheat), Yeast, Gluten, Soy, Polenta, Linseeds, Iodised Salt, Vegetable Oil, Vinegar, Soy Flour, Raising Agent (341), Acidity Regulators (262, 263), Emulsifiers (481, 472e), Sunflower Seeds, Sugar, Preservatives (200, 202)

**Serving Size:** 67g

	per serving	per 100g
<b>Energy</b>	463kJ (111Cal)	691kJ (165Cal)
<b>Protein</b>	5.0g	7.5g
<b>Fat, Total</b>	1.8g	2.7g
<b>- Saturated</b>	0.4g	0.6g
<b>Carbohydrate</b>	16.7g	25.0g
<b>- Sugars</b>	1.3g	2.0g
<b>Dietary Fibre</b>	3.2g	4.8g
<b>Sodium</b>	153mg	229mg
<b>Iron</b>	1.0mg (8%RDI)	1.5mg

**CONTAINS:** Wheat, Rye, Barley, Oats, Soybean

Made In Australia

## Muffin, Corn & Parmesan

**Ingredients:** Flour (Raising Agents (339, 341, 450, 500)), Corn (22%), Water, Onion, Carrot, Bacon (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Yoghurt, Milk Powder, Parmesan (1%), Raising Agent (500), Pepper, Herbs, Chilli

**Serving Size:** 65g

	per serving	per 100g
<b>Energy</b>	472kJ (113Cal)	724kJ (173Cal)
<b>Protein</b>	4.6g	7.1g
<b>Fat, Total</b>	1.1g	1.6g
<b>- Saturated</b>	0.3g	0.5g
<b>Carbohydrate</b>	20.1g	30.8g
<b>- Sugars</b>	2.8g	4.4g
<b>Dietary Fibre</b>	1.6g	2.5g
<b>Sodium</b>	223mg	342mg
<b>Iron</b>	0.4mg (4%RDI)	0.7mg

**CONTAINS:** Wheat, Milk

Made in Australia

## Muffin, Spinach & Fetta

**Ingredients:** Flour (Raising Agents (339, 341, 450, 500)), Yoghurt (Milk, Cultures), Egg, Spinach (12%), Fetta (10%) (Milk, Rennet, Culture, Salt), Semi Dried Tomatoes, Parmesan, Flour, Olive Oil, Maltodextrin, Herbs

**Serving Size:** 65g

	per serving	per 100g
<b>Energy</b>	585kJ (140Cal)	900kJ (215Cal)
<b>Protein</b>	7.0g	10.8g
<b>Fat, Total</b>	4.8g	7.3g
<b>- Saturated</b>	2.2g	3.3g
<b>Carbohydrate</b>	16.0g	24.6g
<b>- Sugars</b>	1.8g	2.7g
<b>Dietary Fibre</b>	2.2g	3.3g
<b>Sodium</b>	231mg	355mg
<b>Iron</b>	1.3mg (11%RDI)	2.0mg

**CONTAINS:** Wheat, Egg, Milk

Product of Australia

## Muffin, Sweet Pumpkin Mini

**Ingredients:** Pumpkin (29%), Flour (Raising Agents (339, 341, 450, 500)), Sweet Potato, Egg, Sugar, Pepitas, Bran, Olive Oil, Ginger, Spices, Raising Agent (500), Salt

**Serving Size:** 45g

	per serving	per 100g
<b>Energy</b>	488kJ (117Cal)	1080kJ (259Cal)
<b>Protein</b>	3.8g	8.5g
<b>Fat, Total</b>	3.8g	8.4g
<b>- Saturated</b>	0.7g	1.6g
<b>Carbohydrate</b>	15.3g	34.0g
<b>- Sugars</b>	5.6g	12.4g
<b>Dietary Fibre</b>	2.8g	6.3g
<b>Sodium</b>	190mg	421mg

**CONTAINS:** Wheat, Egg

Made in Australia

## Oats, Creamy Almond & Vanilla

**Ingredients:** Oats (64%), Currants, Sugar, Barley, Almonds (5%), Linseed, Vanilla Flavour, Salt

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	475kJ (114Cal)	1580kJ (378Cal)
<b>Protein</b>	2.9g	9.6g
<b>Fat, Total</b>	3.0g	10.1g
<b>- Saturated</b>	0.4g	1.4g
<b>Carbohydrate</b>	17.6g	58.5g
<b>- Sugars</b>	4.1g	13.8g
<b>Dietary Fibre</b>	2.0g	6.6g
<b>Sodium</b>	70mg	234mg
<b>Iron</b>	0.7mg (6%RDI)	2.5mg

**CONTAINS:** Barley, Oats, Tree Nuts

89.5% Australian

## Orange

**Ingredients:** Orange

**Serving Size:** 190g

	per serving	per 100g
<b>Energy</b>	205kJ (49Cal)	108kJ (26Cal)
<b>Protein</b>	1.2g	0.6g
<b>Fat, Total</b>	0.1g	less than 0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	9.5g	5.0g
<b>- Sugars</b>	9.5g	5.0g
<b>Dietary Fibre</b>	2.4g	1.3g
<b>Sodium</b>	2mg	1mg
<b>Iron</b>	0.5mg (4%RDI)	0.3mg

## Pancake, Apple & Sultana

**Ingredients:** Apple (36%), Water, Sultanas (14%), Flour (Raising Agents (339, 341, 450, 500)), Egg, Sugar, Malt Extract, Bran, Raising Agents (450, 500), Spices

**Serving Size:** 75g

	per serving	per 100g
<b>Energy</b>	608kJ (145Cal)	810kJ (194Cal)
<b>Protein</b>	2.6g	3.5g
<b>Fat, Total</b>	1.4g	1.9g
<b>- Saturated</b>	0.2g	0.2g
<b>Carbohydrate</b>	30.3g	40.4g
<b>- Sugars</b>	18.3g	24.4g
<b>Dietary Fibre</b>	1.5g	2.0g
<b>Sodium</b>	68mg	90mg
<b>Iron</b>	0.6mg (5%RDI)	0.8mg

**CONTAINS:** Wheat, Barley, Egg

Made in Australia

## Peaches with Raspberry Sauce

**Ingredients:** Peaches (71%) (Refined Fruit Juice (Pear, Apple, Peach), Food Acid (Citric)), Raspberries (14%), Juice (Pear, Apple), Sugar

**Serving Size:** 140g

	per serving	per 100g
<b>Energy</b>	254kJ (61Cal)	181kJ (43Cal)
<b>Protein</b>	1.1g	0.8g
<b>Fat, Total</b>	less than 0.1g	less than 0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	12.5g	8.9g
<b>- Sugars</b>	12.4g	8.9g
<b>Dietary Fibre</b>	2.4g	1.7g
<b>Sodium</b>	8mg	5mg
<b>Iron</b>	0.5mg (4%RDI)	0.4mg

Made in Australia

## Peaches, Diced

**Ingredients:** Peaches, Refined Fruit Juice (Pear, Apple, Pineapple, Peach), Food Acid (Citric)

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	159kJ (38Cal)	159kJ (38Cal)
<b>Protein</b>	0.8g	0.8g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	7.9g	7.9g
<b>- Sugars</b>	7.9g	7.9g
<b>Dietary Fibre</b>	1.4g	1.4g
<b>Sodium</b>	5mg	5mg

Made in Australia

## Peanut Butter

**Ingredients:** Peanuts, Vegetable Oils (Contains Antioxidant (320)), Sugar, Salt

**Serving Size:** 11g

	per serving	per 100g
<b>Energy</b>	290kJ (69Cal)	2640kJ (631Cal)
<b>Protein</b>	2.2g	20.3g
<b>Fat, Total</b>	5.9g	53.5g
<b>- Saturated</b>	1.1g	10.0g
<b>Carbohydrate</b>	1.7g	15.2g
<b>- Sugars</b>	0.8g	7.4g
<b>Dietary Fibre</b>	1.2g	10.7g
<b>Sodium</b>	70mg	632mg
<b>Iron</b>	0.2mg (2%RDI)	2.0mg

**CONTAINS:** Peanuts

Product of Australia

## Peanuts & Rice Crackers

**Ingredients:** Rice Crackers (75%) (Rice, Soy Sauce (Soybean, Wheat, Salt, Water), Sugar, Glucose, Maltodextrin, Colours (Caramel, Paprika), Sesame, Seaweed, Flavour Enhancer (635), Chilli Extract), Peanuts (25%)

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	549kJ (131Cal)	1830kJ (437Cal)
<b>Protein</b>	3.3g	11.0g
<b>Fat, Total</b>	3.7g	12.4g
<b>- Saturated</b>	0.7g	2.3g
<b>Carbohydrate</b>	20.6g	68.6g
<b>- Sugars</b>	0.8g	2.6g
<b>Dietary Fibre</b>	0.8g	2.5g
<b>Sodium</b>	125mg	417mg
<b>Iron</b>	0.3mg (2%RDI)	1.0mg

**CONTAINS:** Wheat, Peanuts, Soybean, Sesame Seeds, Sulphites

Packed in Australia from Local & Imported Ingredients

## Peanuts, Almonds & Cashews

**Ingredients:** Peanuts (Peanut Oil) (50%), Almonds (25%), Cashews (Salt) (25%)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	654kJ (156Cal)	2610kJ (625Cal)
<b>Protein</b>	5.4g	21.6g
<b>Fat, Total</b>	13.4g	53.5g
<b>- Saturated</b>	1.8g	7.1g
<b>Carbohydrate</b>	3.1g	12.3g
<b>- Sugars</b>	1.2g	4.8g
<b>Dietary Fibre</b>	1.8g	7.3g
<b>Sodium</b>	43mg	171mg

**CONTAINS:** Peanuts, Tree Nuts

Packed in Australia from local and imported ingredients

## Pear & Apple Combo

**Ingredients:** Pear (60%) (Fruit Juice), Apple (20%), Apple (20%)

**Serving Size:** 150g

	per serving	per 100g
<b>Energy</b>	286kJ (68Cal)	191kJ (46Cal)
<b>Protein</b>	0.7g	0.4g
<b>Fat, Total</b>	less than 0.1g	less than 0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	14.3g	9.6g
<b>- Sugars</b>	14.1g	9.4g
<b>Dietary Fibre</b>	3.5g	2.3g
<b>Sodium</b>	6mg	4mg

Product of Australia

## Penne Pesto Pasta

**Ingredients:** Pasta (51%) (Durum Wheat), Tomato, Chicken Stock, Semi Dried Tomatoes, Onion, Olives (Contains Food Acid (Citric)), Herbs, Parmesan, Pine Nuts, Olive Oil, Garlic, Salt, Corn Flour, Pepper, Chilli, Food Acid (Citric)

**Serving Size:** 196g

	per serving	per 100g
<b>Energy</b>	1010kJ (242Cal)	518kJ (124Cal)
<b>Protein</b>	8.2g	4.2g
<b>Fat, Total</b>	5.6g	2.9g
<b>- Saturated</b>	1.1g	0.5g
<b>Carbohydrate</b>	37.8g	19.3g
<b>- Sugars</b>	5.0g	2.5g
<b>Dietary Fibre</b>	3.3g	1.7g
<b>Sodium</b>	393mg	201mg
<b>Iron</b>	1.7mg (14%RDI)	0.8mg

**CONTAINS:** Wheat, Milk, Tree Nuts

Made in Australia Caution: Olives may contain pits

## Pikelets

**Ingredients:** Water, Flour (Raising Agents (339, 341, 450, 500)), Egg, Sugar, Malt Extract, Bran, Raising Agents (450, 500)

**Serving Size:** 66g

	per serving	per 100g
<b>Energy</b>	638kJ (152Cal)	967kJ (231Cal)
<b>Protein</b>	4.0g	6.1g
<b>Fat, Total</b>	1.4g	2.1g
<b>- Saturated</b>	0.2g	0.3g
<b>Carbohydrate</b>	30.5g	46.2g
<b>- Sugars</b>	11.7g	17.7g
<b>Dietary Fibre</b>	1.5g	2.3g
<b>Sodium</b>	273mg	414mg
<b>Iron</b>	0.6mg (5%RDI)	0.9mg

**CONTAINS:** Wheat, Barley, Egg

Product of Australia

## Pine n' Melon

**Ingredients:** Rockmelon, Pineapple, Honeydew Melon

**Serving Size:** 120g

	per serving	per 100g
<b>Energy</b>	158kJ (38Cal)	131kJ (31Cal)
<b>Protein</b>	0.8g	0.7g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	7.4g	6.1g
<b>- Sugars</b>	7.4g	6.1g
<b>Dietary Fibre</b>	1.5g	1.3g
<b>Sodium</b>	20mg	17mg
<b>Iron</b>	0.4mg (3%RDI)	0.3mg

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## Pizza Base, Sauced

**Ingredients:** Wholemeal Flour (Flour, Bran), Water, Sauce (Tomato, Salt, Sugar, Onion, Herbs, Spices), Vinegar, Yeast, Sugar, Iodised Salt, Breadcrumbs

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	615kJ (147Cal)	1020kJ (245Cal)
<b>Protein</b>	5.9g	9.9g
<b>Fat, Total</b>	1.3g	2.1g
<b>- Saturated</b>	0.2g	0.3g
<b>Carbohydrate</b>	25.7g	42.9g
<b>- Sugars</b>	1.9g	3.1g
<b>Dietary Fibre</b>	3.7g	6.2g
<b>Sodium</b>	100mg	167mg
<b>Iron</b>	1.2mg (10%RDI)	2.0mg

**CONTAINS:** Wheat

Made in Australia from Local & Imported Ingredients

## Pizza Topping, Margherita

**Ingredients:** Tomato, Onion, Spinach, Tomato Paste, Corn Starch, Garlic, Herbs, Salt, Pepper, Sugar

**Serving Size:** 123g

	per serving	per 100g
<b>Energy</b>	119kJ (29Cal)	97kJ (23Cal)
<b>Protein</b>	1.2g	1.0g
<b>Fat, Total</b>	0.3g	0.2g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	4.3g	3.5g
<b>- Sugars</b>	3.2g	2.6g
<b>Dietary Fibre</b>	2.4g	1.9g
<b>Sodium</b>	164mg	134mg

## Popcorn, Lightly Salted

**Ingredients:** Corn (87%), Sunflower Oil, Salt

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	350kJ (84Cal)	1750kJ (418Cal)
<b>Protein</b>	2.0g	10.2g
<b>Fat, Total</b>	2.0g	10.0g
<b>- Saturated</b>	0.3g	1.3g
<b>Carbohydrate</b>	13.4g	67.0g
<b>- Sugars</b>	0.4g	1.8g
<b>Dietary Fibre</b>	1.7g	8.6g
<b>Sodium</b>	52mg	260mg
<b>Iron</b>	0.5mg (5%RDI)	2.7mg

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## Popcorn, Sweetly Salted

**Ingredients:** Corn (80%), Sunflower Oil, Sugar, Salt

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	396kJ (95Cal)	1980kJ (473Cal)
<b>Protein</b>	1.9g	9.7g
<b>Fat, Total</b>	3.5g	17.5g
<b>- Saturated</b>	0.4g	1.9g
<b>Carbohydrate</b>	13.8g	69.0g
<b>- Sugars</b>	0.7g	3.6g
<b>Dietary Fibre</b>	2.2g	11.0g
<b>Sodium</b>	44mg	220mg
<b>Iron</b>	0.3mg (2%RDI)	1.3mg

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## Pulled Texas BBQ Lamb

**Ingredients:** Lamb (28%), Potato, Carrot, Corn, Broccolini, Tomato, Beef Stock, Onion, Sweet Potato, Pumpkin, Cheese, Tomato Paste, Yeast Extract, Egg, Evaporated Milk, Corn Starch, Garlic, Spices, Salt, Butter, Sugar, Garlic Extract, Olive Oil, Herbs, Pepper, Chilli

**Serving Size:** 258g

	per serving	per 100g
<b>Energy</b>	984kJ (235Cal)	381kJ (91Cal)
<b>Protein</b>	24.1g	9.4g
<b>Fat, Total</b>	5.9g	2.3g
<b>- Saturated</b>	2.8g	1.1g
<b>Carbohydrate</b>	19.0g	7.4g
<b>- Sugars</b>	8.0g	3.1g
<b>Dietary Fibre</b>	4.7g	1.8g
<b>Sodium</b>	395mg	153mg

**CONTAINS:** Egg, Milk

Made in Australia

## Pumpkin Soup

**Ingredients:** Pumpkin (50%), Water, Evaporated Milk, Cream, Salt, Corn Starch, Yeast Extract, Onion Extract

**Serving Size:** 270g

	per serving	per 100g
<b>Energy</b>	282kJ (67Cal)	104kJ (25Cal)
<b>Protein</b>	2.1g	0.8g
<b>Fat, Total</b>	1.7g	0.6g
<b>- Saturated</b>	1.0g	0.4g
<b>Carbohydrate</b>	8.9g	3.3g
<b>- Sugars</b>	7.9g	2.9g
<b>Dietary Fibre</b>	2.6g	1.0g
<b>Sodium</b>	775mg	287mg
<b>Iron</b>	0.2mg (2%RDI)	less than 0.1mg

**CONTAINS:** Milk

Made in Australia

## Relish, Corn

**Ingredients:** Corn (36%), Vinegar, Sugar, Water, Onion, Thickeners (Modified Corn & Potato Starch, Xanthan), Salt, Red Peppers, Spices

**Serving Size:** 13g

	per serving	per 100g
<b>Energy</b>	70kJ (17Cal)	540kJ (129Cal)
<b>Protein</b>	0.2g	1.6g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	less than 0.1g	0.1g
<b>Carbohydrate</b>	3.6g	28.0g
<b>- Sugars</b>	3.4g	26.4g
<b>Dietary Fibre</b>	0.2g	1.2g
<b>Sodium</b>	52mg	400mg
<b>Iron</b>	less than 0.1mg	0.2mg

Made in Australia



## Relish, Mustard

**Ingredients:** Water, Onion, Sugar, Vinegar, Corn, Sunflower Oil, Spices, Corn Starch, Gherkins, Salt, Garlic, Vegetable Gums (Xanthan, Guar), Food Acid (Citric), Spice Extract

**Serving Size:** 28g

	per serving	per 100g
<b>Energy</b>	133kJ (32Cal)	476kJ (114Cal)
<b>Protein</b>	0.3g	1.0g
<b>Fat, Total</b>	0.7g	2.6g
<b>- Saturated</b>	less than 0.1g	0.3g
<b>Carbohydrate</b>	5.9g	21.1g
<b>- Sugars</b>	5.0g	17.9g
<b>Dietary Fibre</b>	0.2g	0.7g
<b>Sodium</b>	143mg	512mg
<b>Iron</b>	less than 0.1mg	0.2mg

Made in Australia

## Rice Crackers, Multigrain

**Ingredients:** Rice (50%), Flour, Oats, Rice Bran, Soy Sauce (Soy Bean, Wheat, Salt, Water), Sesame Seed, Inulin, Potato Starch, Sugar, Salt

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	338kJ (81Cal)	1690kJ (404Cal)
<b>Protein</b>	2.1g	10.3g
<b>Fat, Total</b>	1.0g	4.8g
<b>- Saturated</b>	0.2g	1.2g
<b>Carbohydrate</b>	15.2g	75.9g
<b>- Sugars</b>	0.1g	0.7g
<b>Dietary Fibre</b>	1.2g	6.0g
<b>Sodium</b>	42mg	212mg
<b>Iron</b>	less than 0.1mg	0.2mg

**CONTAINS:** Wheat, Oats, Soybean, Sesame Seeds

Packed in Australia from Imported Ingredients

## Roast Chicken & Gravy

**Ingredients:** Chicken (25%), Chicken Stock, Peas, Carrot, Potato, Sweet Potato, Corn Starch, Flour, Port, Red Wine, Salt, Sugar, Butter, Onion Extract, Garlic Extract, Yeast Extract, Burnt Sugar, Pepper, Sunflower Oil, Spices

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	888kJ (212Cal)	317kJ (76Cal)
<b>Protein</b>	24.2g	8.6g
<b>Fat, Total</b>	2.4g	0.8g
<b>- Saturated</b>	0.9g	0.3g
<b>Carbohydrate</b>	20.6g	7.4g
<b>- Sugars</b>	5.7g	2.0g
<b>Dietary Fibre</b>	5.3g	1.9g
<b>Sodium</b>	456mg	163mg

**CONTAINS:** Wheat, Milk

Made in Australia

## Roast Chicken & Sweet Potato

**Ingredients:** Sweet Potato (59%), Chicken (39%), Spices, Corn Flour, Salt, Onion Extract, Yeast Extract, Pepper, Kiwifruit Extract

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	430kJ (103Cal)	430kJ (103Cal)
<b>Protein</b>	12.9g	12.9g
<b>Fat, Total</b>	0.5g	0.5g
<b>- Saturated</b>	0.1g	0.1g
<b>Carbohydrate</b>	10.8g	10.8g
<b>- Sugars</b>	4.0g	4.0g
<b>Dietary Fibre</b>	1.5g	1.5g
<b>Sodium</b>	192mg	192mg
<b>Iron</b>	0.8mg (7%RDI)	0.8mg

Product of Australia

## Roasted Maple Walnuts & Cashews

**Ingredients:** Walnuts (50%) (Maple Syrup), Cashews (50%) (Salt)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	556kJ (133Cal)	2780kJ (664Cal)
<b>Protein</b>	3.1g	15.6g
<b>Fat, Total</b>	12.0g	60.2g
<b>- Saturated</b>	1.3g	6.6g
<b>Carbohydrate</b>	2.9g	14.6g
<b>- Sugars</b>	0.9g	4.4g
<b>Dietary Fibre</b>	1.0g	5.0g
<b>Sodium</b>	29mg	146mg

**CONTAINS:** Tree Nuts

Made in Australia from Local & Imported Ingredients

## Salad, Caesar Wrap

**Ingredients:** Tomato, Lettuce, Carrot

**Serving Size:** 75g

	per serving	per 100g
<b>Energy</b>	64kJ (15Cal)	86kJ (21Cal)
<b>Protein</b>	0.8g	1.1g
<b>Fat, Total</b>	0.1g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	2.1g	2.8g
<b>- Sugars</b>	2.1g	2.7g
<b>Dietary Fibre</b>	1.4g	1.9g
<b>Sodium</b>	14mg	18mg

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## Salad, Wrap

**Ingredients:** Tomato, Cucumber, Lettuce, Carrot, Cabbage

**Serving Size:** 75g

	per serving	per 100g
<b>Energy</b>	61kJ (15Cal)	82kJ (20Cal)
<b>Protein</b>	0.8g	1.1g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	1.9g	2.6g
<b>- Sugars</b>	1.9g	2.5g
<b>Dietary Fibre</b>	1.4g	1.8g
<b>Sodium</b>	14mg	18mg
<b>Iron</b>	0.4mg (3%RDI)	0.5mg

Product of Australia

## Salmon in Springwater

**Ingredients:** Salmon (65%), Water, Salt, Natural Colour (160c)

**Serving Size:** 58g

	per serving	per 100g
<b>Energy</b>	177kJ (42Cal)	305kJ (73Cal)
<b>Protein</b>	8.5g	14.6g
<b>Fat, Total</b>	0.8g	1.3g
<b>- Saturated</b>	0.2g	0.4g
<b>Carbohydrate</b>	0.3g	0.5g
<b>- Sugars</b>	0.3g	0.5g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	183mg	315mg
<b>Iron</b>	0.6mg (5%RDI)	1.0mg

**CONTAINS:** Fish

Made in Thailand

## Salsa, Spicy Tomato

**Ingredients:** Tomato Pulp (Salt, Food Acid (Citric)), Tomato Paste, Onion, Vinegar, Water, Sugar, Capsicum, Salt, Corn Starch, Herbs & Spices, Garlic, Sunflower Oil, Vegetable Gums (Xanthan, Guar)

**Serving Size:** 28g

	per serving	per 100g
<b>Energy</b>	84kJ (20Cal)	298kJ (71Cal)
<b>Protein</b>	0.6g	2.0g
<b>Fat, Total</b>	0.2g	0.8g
<b>- Saturated</b>	less than 0.1g	0.1g
<b>Carbohydrate</b>	3.5g	12.6g
<b>- Sugars</b>	2.8g	10.0g
<b>Dietary Fibre</b>	0.5g	1.9g
<b>Sodium</b>	179mg	639mg
<b>Iron</b>	0.2mg (2%RDI)	0.7mg

Made in Australia

## Sauce, Tomato

**Ingredients:** Tomato (50%), Vinegar, Sugar, Apple, Onion, Salt, Modified Potato Starch, Spices

**Serving Size:** 11.5g

	per serving	per 100g
<b>Energy</b>	53kJ (13Cal)	458kJ (109Cal)
<b>Protein</b>	0.1g	1.0g
<b>Fat, Total</b>	0.1g	1.0g
<b>- Saturated</b>	less than 0.1g	0.5g
<b>Carbohydrate</b>	2.9g	25.0g
<b>- Sugars</b>	2.4g	21.0g
<b>Dietary Fibre</b>	0.2g	1.9g
<b>Sodium</b>	38mg	333mg
<b>Iron</b>	less than 0.1mg	0.7mg

Made in Australia

## Seasonal Fruit

**Ingredients:** Chosen For You From A Selection Of Seasonal Fruit

**Serving Size:** 137g

	per serving	per 100g
<b>Energy</b>	293kJ (70Cal)	214kJ (51Cal)
<b>Protein</b>	0.8g	0.6g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	14.9g	10.9g
<b>- Sugars</b>	13.1g	9.6g
<b>Dietary Fibre</b>	2.3g	1.7g
<b>Sodium</b>	5mg	3mg

## Seasoned Chicken with Mushroom Risotto

**Ingredients:** Chicken (26%), Corn, Sweet Potato, Chicken Stock, Peas, Roasted Capsicum (Vinegar, Salt, Sugar), Rice, Mushroom (5%), Onion, Olive Oil, Wine, Cream, Parmesan, Salt, Herbs, Spices, Garlic, Yeast Extract, Flavour, Onion Extract, Garlic Extract, Pepper

**Serving Size:** 223g

	per serving	per 100g
<b>Energy</b>	1030kJ (245Cal)	460kJ (110Cal)
<b>Protein</b>	23.0g	10.3g
<b>Fat, Total</b>	6.5g	2.9g
<b>- Saturated</b>	1.6g	0.7g
<b>Carbohydrate</b>	21.8g	9.8g
<b>- Sugars</b>	5.6g	2.5g
<b>Dietary Fibre</b>	4.3g	1.9g
<b>Sodium</b>	556mg	249mg
<b>Iron</b>	1.7mg (15%RDI)	0.8mg

**CONTAINS:** Wheat, Milk

Made in Australia

## Sesame Beef Noodles

**Ingredients:** Hokkien Noodles (17%) (Flour, Water, Vegetable Oil, Salt, Mineral Salt (501)), Beef (16%), Chicken Stock, Beans, Capsicum, Broccoli, Carrot, Water Chestnuts, Soybeans, Cabbage, Choy Sum, Soy Sauce, Sweet Soy Sauce, Honey, Oyster Sauce (Contains Preservative (202)), Com Flour, Sesame Oil (1%), Sherry, Garlic, Sesame Seeds, Ginger, Chilli, Salt, Vinegar, Sugar, Corn Starch, Yeast Extract, Pepper, Kiwifruit Extract

**Serving Size:** 231g

	per serving	per 100g
<b>Energy</b>	973kJ (232Cal)	421kJ (101Cal)
<b>Protein</b>	17.5g	7.6g
<b>Fat, Total</b>	5.6g	2.4g
<b>- Saturated</b>	1.0g	0.4g
<b>Carbohydrate</b>	25.8g	11.2g
<b>- Sugars</b>	10.4g	4.5g
<b>Dietary Fibre</b>	3.9g	1.7g
<b>Sodium</b>	610mg	264mg
<b>Iron</b>	2.2mg (18%RDI)	0.9mg

**CONTAINS:** Wheat, Fish, Milk, Soybean, Sesame Seeds

Made in Australia

## Shepherd's Pie

**Ingredients:** Potato (28%), Beef (24%), Beef Stock, Onion, Carrot, Leek, Celery, Tomato Paste, Evaporated Milk, Corn Starch, Egg, Salt, Butter, Yeast Extract, Pepper, Herbs

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	945kJ (226Cal)	337kJ (81Cal)
<b>Protein</b>	22.2g	7.9g
<b>Fat, Total</b>	5.2g	1.9g
<b>- Saturated</b>	2.5g	0.9g
<b>Carbohydrate</b>	20.7g	7.4g
<b>- Sugars</b>	5.0g	1.8g
<b>Dietary Fibre</b>	3.5g	1.3g
<b>Sodium</b>	613mg	219mg
<b>Iron</b>	2.6mg (22%RDI)	0.9mg

**CONTAINS:** Egg, Milk

Made in Australia

## Sliced Chicken Breast

**Ingredients:** Chicken Breast (96%), Natural Flavour, Potato Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	356kJ (85Cal)	508kJ (121Cal)
<b>Protein</b>	16.2g	23.1g
<b>Fat, Total</b>	1.7g	2.4g
<b>- Saturated</b>	0.6g	0.9g
<b>Carbohydrate</b>	1.1g	1.5g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	165mg	236mg
<b>Iron</b>	0.5mg (4%RDI)	0.7mg

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## Sliced Roast Chicken Breast

**Ingredients:** Chicken Breast (94%), Roast Seasoning (2%) (Spices, Salt, Onion Powder, Herbs, Garlic Powder, Pepper), Natural Flavour, Potato Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	333kJ (79Cal)	475kJ (113Cal)
<b>Protein</b>	15.4g	22.0g
<b>Fat, Total</b>	1.4g	2.0g
<b>- Saturated</b>	0.5g	0.7g
<b>Carbohydrate</b>	1.1g	1.6g
<b>- Sugars</b>	0.1g	0.2g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	217mg	310mg
<b>Iron</b>	0.5mg (4%RDI)	0.7mg

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## Soup, Tomato

**Ingredients:** Water, Tomato (34%), Tomato Paste, Evaporated Milk (Vegetable Gum (Carrageenan)), Cream, Sugar, Salt, Onion Extract, Garlic Extract, Yeast Extract, Pepper

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	566kJ (135Cal)	226kJ (54Cal)
<b>Protein</b>	4.7g	1.9g
<b>Fat, Total</b>	3.7g	1.5g
<b>- Saturated</b>	2.4g	0.9g
<b>Carbohydrate</b>	19.4g	7.8g
<b>- Sugars</b>	15.7g	6.3g
<b>Dietary Fibre</b>	2.6g	1.0g
<b>Sodium</b>	955mg	382mg
<b>Iron</b>	1.0mg (9%RDI)	0.4mg

**CONTAINS:** Milk

Made in Australia

## Spaghetti Bolognese

**Ingredients:** Tomato, Pasta (33%), Beef, Onion, Tomato Paste, Parmesan, Garlic, Sugar, Corn Starch, Salt, Yeast Extract, Herbs, Olive Oil, Pepper

**Serving Size:** 258g

	per serving	per 100g
<b>Energy</b>	1150kJ (275Cal)	447kJ (107Cal)
<b>Protein</b>	22.5g	8.7g
<b>Fat, Total</b>	4.2g	1.6g
<b>- Saturated</b>	1.8g	0.7g
<b>Carbohydrate</b>	34.8g	13.5g
<b>- Sugars</b>	7.4g	2.9g
<b>Dietary Fibre</b>	3.0g	1.2g
<b>Sodium</b>	454mg	176mg
<b>Iron</b>	3.0mg (25%RDI)	1.2mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## Steak & Mushroom Pie

**Ingredients:** Potato, Beef (15%), Onion, Mushroom (13%), Beef Stock, Peas, Tomato, Carrot, Bacon (Contains Preservative (250)), Corn Flour, Evaporated Milk, Egg, Garlic, Butter, Sugar, Yeast Extract, Sunflower Oil, Lite Salt, Herbs, Salt, Pepper

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	879kJ (210Cal)	314kJ (75Cal)
<b>Protein</b>	19.4g	6.9g
<b>Fat, Total</b>	3.7g	1.3g
<b>- Saturated</b>	1.6g	0.6g
<b>Carbohydrate</b>	22.2g	7.9g
<b>- Sugars</b>	4.9g	1.8g
<b>Dietary Fibre</b>	4.5g	1.6g
<b>Sodium</b>	376mg	134mg
<b>Iron</b>	1.9mg (16%RDI)	0.7mg

**CONTAINS:** Egg, Milk

Made in Australia

## Strawberry Compote

**Ingredients:** Strawberries (55%), Apple, Raspberries, Sugar, Plum, Orange Juice, Corn Flour, Spices

**Serving Size:** 105g

	per serving	per 100g
<b>Energy</b>	196kJ (47Cal)	187kJ (45Cal)
<b>Protein</b>	1.1g	1.1g
<b>Fat, Total</b>	0.2g	0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	9.1g	8.6g
<b>- Sugars</b>	8.3g	7.9g
<b>Dietary Fibre</b>	2.2g	2.1g
<b>Sodium</b>	5mg	4mg
<b>Iron</b>	0.4mg (4%RDI)	0.4mg

Made in Australia

## Sweet Pineapple Bites

**Ingredients:** Pineapple (82%) (Pineapple, Pineapple Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), Pineapple Juice, Passionfruit Pulp

**Serving Size:** 85g

	per serving	per 100g
<b>Energy</b>	234kJ (56Cal)	275kJ (66Cal)
<b>Protein</b>	0.5g	0.5g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	12.1g	14.2g
<b>- Sugars</b>	9.7g	11.4g
<b>Dietary Fibre</b>	2.0g	2.4g
<b>Sodium</b>	2mg	3mg
<b>Iron</b>	0.3mg (2%RDI)	0.3mg

Made in Australia

## Tasty Beef Mix

**Ingredients:** Beef (38%), Tomato, Kidney Beans, Onion, Carrot, Celery, Mushroom, Tomato Paste, Garlic, Salt, Spices, Sunflower Oil, Coriander, Chilli

**Serving Size:** 90g

	per serving	per 100g
<b>Energy</b>	370kJ (89Cal)	412kJ (98Cal)
<b>Protein</b>	10.5g	11.6g
<b>Fat, Total</b>	2.2g	2.4g
<b>- Saturated</b>	0.7g	0.8g
<b>Carbohydrate</b>	?	?
<b>- Sugars</b>	?	?
<b>Dietary Fibre</b>	2.7g	3.0g
<b>Sodium</b>	187mg	208mg
<b>Iron</b>	1.4mg (12%RDI)	1.6mg

Made in Australia

## Tomato

**Ingredients:** Tomato

**Serving Size:** 90g

	per serving	per 100g
<b>Energy</b>	64kJ (15Cal)	71kJ (17Cal)
<b>Protein</b>	0.9g	1.0g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	2.1g	2.3g
<b>- Sugars</b>	2.1g	2.3g
<b>Dietary Fibre</b>	1.3g	1.4g
<b>Sodium</b>	7mg	8mg
<b>Iron</b>	0.5mg (5%RDI)	0.6mg

Product of Australia

## Tomato & Spinach Pot

**Ingredients:** Tomato, Mushroom, Spinach, Tomato Paste, Corn Starch, Sugar, Spices, Salt, Onion, Pepper

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	90kJ (21Cal)	128kJ (31Cal)
<b>Protein</b>	1.4g	2.1g
<b>Fat, Total</b>	0.1g	0.2g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	2.9g	4.2g
<b>- Sugars</b>	1.7g	2.5g
<b>Dietary Fibre</b>	1.4g	2.0g
<b>Sodium</b>	40mg	58mg

## Tropical Crush

**Ingredients:** Pineapple (Sugar, Acidity Regulator (Citric Acid)), Apple, Passionfruit Pulp, Orange Juice (Food Acid (Citric), Vitamin C, Flavour), Sugar

**Serving Size:** 125g

	per serving	per 100g
<b>Energy</b>	365kJ (87Cal)	292kJ (70Cal)
<b>Protein</b>	0.7g	0.6g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	18.8g	15.0g
<b>- Sugars</b>	17.7g	14.2g
<b>Dietary Fibre</b>	3.4g	2.7g
<b>Sodium</b>	6mg	5mg
<b>Iron</b>	0.4mg (3%RDI)	0.3mg

Made in Australia

## Tropical Peanuts

**Ingredients:** Peanuts (48%), Pineapple (Sugar), Sultanas (Sunflower Oil)

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	457kJ (109Cal)	1830kJ (437Cal)
<b>Protein</b>	3.3g	13.2g
<b>Fat, Total</b>	5.8g	23.0g
<b>- Saturated</b>	0.7g	2.7g
<b>Carbohydrate</b>	10.5g	42.0g
<b>- Sugars</b>	9.9g	39.7g
<b>Dietary Fibre</b>	1.3g	5.0g
<b>Sodium</b>	3mg	12mg

**CONTAINS:** Peanuts

## Tuna Chunks in Springwater

**Ingredients:** Tuna (64%), Water (36%)

**Serving Size:** 65g

	per serving	per 100g
<b>Energy</b>	213kJ (51Cal)	328kJ (78Cal)
<b>Protein</b>	11.5g	17.7g
<b>Fat, Total</b>	0.5g	0.7g
<b>- Saturated</b>	0.2g	0.3g
<b>Carbohydrate</b>	less than 0.1g	0.1g
<b>- Sugars</b>	less than 0.1g	0.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	78mg	120mg
<b>Iron</b>	0.8mg (7%RDI)	1.3mg

**CONTAINS:** Fish

Made in Thailand

## Turkey, Cranberry & Walnut Salad

**Ingredients:** Turkey (37%) (Natural Flavour, Potato Starch, Salt, Vegetable Gum (Carrageenan), Vinegar, Citrus Flour, Pepper), Tomato, Lettuce, Cabbage, Capsicum, Carrot, Dried Cranberries (2.5%), Walnuts (2.5%)

**Serving Size:** 190g

	per serving	per 100g
<b>Energy</b>	613kJ (147Cal)	323kJ (77Cal)
<b>Protein</b>	16.3g	8.6g
<b>Fat, Total</b>	4.2g	2.2g
<b>- Saturated</b>	0.4g	0.2g
<b>Carbohydrate</b>	9.5g	5.0g
<b>- Sugars</b>	6.7g	3.5g
<b>Dietary Fibre</b>	3.3g	1.7g
<b>Sodium</b>	360mg	190mg

**CONTAINS:** Tree Nuts

Made in Australia

## Vanilla Pears with Orange

### Syrup

**Ingredients:** Pear (82%) (Refined Fruit Juice (Pear, Apple, Peach), Food Acid (Citric)), Orange Juice (13%) (Food Acid (Citric), Vitamin C, Flavour), Sugar, Dried Cranberries, Vanilla

**Serving Size:** 110g

	per serving	per 100g
<b>Energy</b>	259kJ (62Cal)	236kJ (56Cal)
<b>Protein</b>	0.6g	0.6g
<b>Fat, Total</b>	less than 0.1g	less than 0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	13.6g	12.4g
<b>- Sugars</b>	13.2g	12.0g
<b>Dietary Fibre</b>	1.8g	1.6g
<b>Sodium</b>	7mg	6mg

Made in Australia

## Vegemite

**Ingredients:** Yeast Extract, Salt, Mineral Salt (508), Malt Extract, Colour (150d), Flavours, Vitamins (Niacin, Thiamine, Riboflavin, Folate)

**Serving Size:** 5g

	per serving	per 100g
<b>Energy</b>	41kJ (10Cal)	811kJ (194Cal)
<b>Protein</b>	1.3g	25.6g
<b>Fat, Total</b>	less than 0.1g	1.0g
<b>- Saturated</b>	less than 0.1g	1.0g
<b>Carbohydrate</b>	1.0g	19.5g
<b>- Sugars</b>	less than 0.1g	1.7g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	169mg	3380mg
<b>Iron</b>	0.1mg (1%RDI)	2.7mg

**CONTAINS:** Barley, Sulphites

Made in Australia

## Wrap

**Ingredients:** Flour, Water, Modified Wheat Starch (1412), Sunflower Oil, Gluten, Sourdough, Cultured Wheat Flour, Grains (Wheat, Corn, Rye), Linseed, Raising Agent (500, 450, 341, 170), Sugar, Vinegar (260), Emulsifier (471), Enzyme, Salt

**Serving Size:** 52g

	per serving	per 100g
<b>Energy</b>	647kJ (155Cal)	1240kJ (297Cal)
<b>Protein</b>	5.3g	10.2g
<b>Fat, Total</b>	4.6g	8.8g
<b>- Saturated</b>	0.5g	0.9g
<b>Carbohydrate</b>	20.4g	39.3g
<b>- Sugars</b>	1.3g	2.5g
<b>Dietary Fibre</b>	5.0g	9.6g
<b>Sodium</b>	182mg	350mg
<b>Iron</b>	1.7mg (14%RDI)	3.3mg

**CONTAINS:** Wheat, Rye

Made in Australia

## Yoghurt 100g Mango

**Ingredients:** Yoghurt (Milk, Milk Solids, Sugar, Vegetable Gum (Pectin), Vanilla Powder, Cultures), Mango Puree (10%) (Food Acid (Citric, Ascorbic))

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	353kJ (84Cal)	353kJ (84Cal)
<b>Protein</b>	6.8g	6.8g
<b>Fat, Total</b>	2.5g	2.5g
<b>- Saturated</b>	1.9g	1.9g
<b>Carbohydrate</b>	9.0g	9.0g
<b>- Sugars</b>	7.6g	7.6g
<b>Dietary Fibre</b>	0.1g	0.1g
<b>Sodium</b>	35mg	35mg
<b>Iron</b>	0.2mg (2%RDI)	0.2mg

**CONTAINS:** Milk

Made in Australia



## Yoghurt 100g Mixed Berry

**Ingredients:** Yoghurt (Milk, Milk Solids, Sugar, Vegetable Gum (Pectin), Vanilla Powder, Cultures), Berry Puree (10%) (Blueberries, Raspberries, Blackberries, Sugar, Pectin)

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	362kJ (87Cal)	362kJ (87Cal)
<b>Protein</b>	6.2g	6.2g
<b>Fat, Total</b>	2.5g	2.5g
<b>- Saturated</b>	1.8g	1.8g
<b>Carbohydrate</b>	9.6g	9.6g
<b>- Sugars</b>	7.6g	7.6g
<b>Dietary Fibre</b>	0.1g	0.1g
<b>Sodium</b>	36mg	36mg
<b>Iron</b>	0.2mg (2%RDI)	0.2mg

**CONTAINS:** Milk

## Yoghurt 100g Vanilla

**Ingredients:** Milk, Milk Solids, Sugar, Vegetable Gum (Pectin), Vanilla Powder, Cultures

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	377kJ (90Cal)	377kJ (90Cal)
<b>Protein</b>	7.4g	7.4g
<b>Fat, Total</b>	2.8g	2.8g
<b>- Saturated</b>	2.1g	2.1g
<b>Carbohydrate</b>	8.6g	8.6g
<b>- Sugars</b>	7.1g	7.1g
<b>Dietary Fibre</b>	0.1g	0.1g
<b>Sodium</b>	39mg	39mg

**CONTAINS:** Milk

Made in Australia

## Yoghurt 120g Passionfruit

**Ingredients:** Yoghurt (Milk, Milk Solids, Sugar, Vegetable Gum (Pectin), Cultures), Passionfruit Compote (9%) (Passionfruit, Water, Sugar, Corn Starch, Food Acid (Sodium Citrate, Citric Acid), Flavour)

**Serving Size:** 120g

	per serving	per 100g
<b>Energy</b>	445kJ (106Cal)	371kJ (89Cal)
<b>Protein</b>	7.7g	6.4g
<b>Fat, Total</b>	2.4g	2.0g
<b>- Saturated</b>	1.6g	1.3g
<b>Carbohydrate</b>	12.6g	10.5g
<b>- Sugars</b>	12.6g	10.5g
<b>Dietary Fibre</b>	1.4g	1.2g
<b>Sodium</b>	86mg	72mg
<b>Iron</b>	0.2mg (2%RDI)	0.2mg

**CONTAINS:** Milk

Made In Australia

## Yoghurt 50g Honey

**Ingredients:** Milk, Milk Solids, Sugar, Vegetable Gum (Pectin), Honey, Cultures

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	195kJ (47Cal)	390kJ (93Cal)
<b>Protein</b>	3.7g	7.4g
<b>Fat, Total</b>	1.4g	2.8g
<b>- Saturated</b>	1.1g	2.1g
<b>Carbohydrate</b>	4.7g	9.4g
<b>- Sugars</b>	3.7g	7.3g
<b>Dietary Fibre</b>	less than 0.1g	0.1g
<b>Sodium</b>	20mg	40mg

**CONTAINS:** Milk

Made in Australia

## Yoghurt 50g Vanilla

**Ingredients:** Milk, Milk Solids, Sugar, Vegetable Gum (Pectin), Vanilla Powder, Cultures

**Serving Size:** 50g

	<b>per serving</b>	<b>per 100g</b>
<b>Energy</b>	188kJ (45Cal)	377kJ (90Cal)
<b>Protein</b>	3.7g	7.4g
<b>Fat, Total</b>	1.4g	2.8g
<b>- Saturated</b>	1.1g	2.1g
<b>Carbohydrate</b>	4.3g	8.6g
<b>- Sugars</b>	3.6g	7.1g
<b>Dietary Fibre</b>	less than 0.1g	0.1g
<b>Sodium</b>	20mg	39mg

**CONTAINS:** Milk

Made in Australia

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