



## Breakfast and Lunch Ingredients

**Winter 2017: 22/05/17 - 27/08/17**

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)

## Table Of Contents

Table Of Contents .....	1
Almonds, Dry Roasted .....	5
Almonds, Pretzels & Peanuts .....	5
Almonds, Toasted Slivered .....	5
Apple & Walnut Salad .....	5
Apple, Green .....	6
Apple, Red .....	6
Apricots, Dried .....	6
Aromatic Chicken Curry .....	6
Baby Leaf Pot .....	7
Baby Spinach Bowl 15g .....	7
Baby Spinach Bowl 30g .....	7
Bacon .....	7
Bacon, Crispy .....	8
Baked Potato Bolognese .....	8
Beans n' Bacon .....	8
Beef & Broccoli Stir Fry .....	8
Beef Burger with Caramelised Onion .....	9
Beef Satay .....	9
Beef, Corned .....	9
Beef, Roast .....	9
Beef, Smoked .....	10
Beetroot & Baby Leaf Salad .....	10
Beetroot Slices .....	10
Berries & Cherries .....	10
Bread Roll, Grain .....	11
Bread Roll, Multigrain Long .....	11
Bread, Bacon & Zucchini .....	11
Bread, Banana & Apple .....	11
Bread, Ciabatta (1 slice) .....	12
Bread, Ciabatta (2 slices) .....	12
Bread, Fruit Grain Loaf (1 slice) .....	12
Bread, Multigrain (1 slice) .....	12
Bread, Multigrain (2 slices) .....	13
Bread, Oat & Rye (1 slice) .....	13
Bread, Oat & Rye (2 slices) .....	13
Bread, Rye (1 slice) .....	13
Bread, Rye (2 slices) .....	14
Bread, Soy & Linseed (1 slice) .....	14
Bread, Soy & Linseed (2 slices) .....	14
Bread, Wholemeal & Seeds (1 slice) .....	14
Bread, Wholemeal & Seeds (2 slices) .....	15
Butter .....	15
Butter Chicken Pot .....	15
Cake, Apple, Cherry & Almond .....	15
Cake, Double Chocolate .....	16
Cake, Fruit Cake Light .....	16
Cake, Ricotta Spinach .....	16
Cake, Sultana Tea .....	16
Cake, Walnut & Date .....	17
Caramelised Onion .....	17
Cashews & Cranberries .....	17
Cereal, Almond & Honey Oat Crunch .....	17
Cereal, Almond Oat Crunch .....	18

Cereal, Almond Toasted Muesli .....	18
Cereal, Apple, Cranberry & Bran Flakes .....	18
Cereal, Cranberry Coconut Crunch .....	18
Cereal, Fruity Almond Crunch .....	19
Cereal, Granola Clusters & Crimson Raisins .....	19
Cereal, Honey Muesli Flakes .....	19
Cereal, Nut Cluster Crunch .....	19
Cheese, Cubes .....	20
Cheese, Fetta .....	20
Cheese, Pizza .....	20
Cheese, Sachet .....	20
Cheese, Tasty Slice .....	21
Chef's Salad .....	21
Chicken & Cashew Bowl .....	21
Chicken Breast Fillet .....	21
Chicken Noodle Soup .....	22
Chicken Tender, Roast .....	22
Chicken Tender, Soy .....	22
Chicken Teriyaki .....	22
Choc Berry Fusion .....	23
Choc Cranberry Trail Mix .....	23
Choc Hazelnut & Fruit Mix .....	23
Chutney, Fruit .....	23
Chutney, Tomato .....	24
Cookie, Date & Ginger .....	24
Cookie, Fruit & Nut .....	24
Corn Chips .....	24
Corn Fritters .....	25
Country Veg & Bacon Soup .....	25
Cranberry Sauce .....	25
Creamy Chicken & Risoni .....	25
Creamy Chicken Pasta with Broccolini .....	26
Creamy Tuscan Style Chicken .....	26
Crispbread, 9 grain (3) .....	26
Crunchy Corn Salad .....	26
Cucumber Raita .....	27
Cucumber, Baby .....	27
Cup, Fruit Salad .....	27
Cup, Peach .....	27
Cup, Peach & Pear .....	28
Cup, Peach Snack .....	28
Cup, Pear .....	28
Dessert, Apple Crumble .....	28
Dessert, Apricot Pudding .....	29
Dessert, Double Choc Berry Pudding .....	29
Dessert, Raspberry & Apple Crumble .....	29
Dessert, Rice Pudding .....	29
Dressing, French Vinaigrette .....	30
Dressing, Garlic & Lemon Vinaigrette .....	30
Dressing, Hoisin .....	30
Dressing, Honey Mustard .....	30
Dressing, Italian .....	31
Dressing, Peking BBQ Sauce .....	31
Dressing, Tomato Vinaigrette .....	31
Dressing, Vietnamese .....	31
Egg & Mayo Mix .....	32
Egg, Raw (Free Range) .....	32
Florentine Sauce .....	32

Fresh Breakfast Tomato .....	32
Fresh Tomato Salsa .....	33
Guacamole .....	33
Ham & Mushroom Omelette Mix .....	33
Ham, Smokehouse .....	33
Hokkien Stir Fry Noodles .....	34
Honey .....	34
Indian Chicken Rice .....	34
Italian Spaghetti & Meatballs .....	34
Jam, Apricot .....	35
Jam, Marmalade .....	35
Jam, Plum .....	35
Jam, Strawberry .....	35
Jam, Tomato .....	36
Juice, Orange .....	36
Kiwifruit .....	36
Lavosh Crackers .....	36
Layered Salad .....	37
Lemongrass Chicken Bites .....	37
Mandarin .....	37
Maple Coconut Crunch with Cranberries .....	37
Mayonnaise .....	38
Mayonnaise, Zesty .....	38
Meatlovers Pasta Bake .....	38
Mediterranean Salad .....	38
Mexican Chicken Stack .....	39
Mix, Almond & Mango Fruit .....	39
Mix, Golden Raisin .....	39
Mix, Roasted Peanut & Savoury .....	39
Mix, Savoury Nut .....	40
Mix, Savoury Popped Sorghum .....	40
Mix, Sunshine Fruit .....	40
Mixed Nuts .....	40
Moroccan Lamb Hotpot .....	41
Muesli Bar, Cinnamon Oat .....	41
Muesli Bar, Classic Choc & Oats .....	41
Muesli, Berry Bircher .....	41
Muffin, Apple & Cranberry .....	42
Muffin, Banana & Date .....	42
Muffin, Breakfast - Fruit .....	42
Muffin, Breakfast - Multigrain .....	42
Muffin, Spinach & Fetta .....	43
Muffin, Sweet Pumpkin Mini .....	43
Oats, Creamy Almond & Vanilla .....	43
Oats, Creamy Cranberry & Apple .....	43
Orange .....	44
Pancake, Apple & Sultana .....	44
Peaches & Apricots .....	44
Peaches with Raspberry Sauce .....	44
Peaches, Diced .....	45
Peanut Butter .....	45
Peanuts .....	45
Peanuts & Rice Crackers .....	45
Peanuts, Almonds & Cashews .....	46
Penne Pesto Pasta .....	46
Pikelets .....	46
Pine n' Melon .....	46
Pizza Base, Sauced .....	47

Pizza Topping, Classic Supreme .....	47
Popcorn, Lightly Salted .....	47
Popcorn, Sweetly Salted .....	47
Pulled Texas BBQ Lamb .....	48
Pumpkin & Corn Fritters .....	48
Pumpkin Soup .....	48
Relish, Corn .....	48
Relish, Mustard .....	49
Rice Crackers, Multigrain .....	49
Roast Chicken & Gravy .....	49
Roast Chicken Penne .....	49
Roast Lamb .....	50
Roasted Maple Walnuts & Cashews .....	50
Salmon in Springwater .....	50
Salsa, Spicy Tomato .....	50
Sauce, Tomato .....	51
Sautéed Potato & Bacon .....	51
Seasonal Fruit .....	51
Seasoned Chicken with Mushroom Risotto .....	51
Shepherd's Pie .....	52
Sliced Chicken Breast .....	52
Sliced Roast Chicken Breast .....	52
Smashed Avocado .....	52
Soup, Tomato .....	53
Spaghetti Bolognese .....	53
Strawberry Compote .....	53
Sweet Pineapple Bites .....	53
Tasmanian Salmon Risotto .....	54
Tasty Beef Mix .....	54
Thai Salad .....	54
Tomato .....	54
Tomato & Quinoa Salad .....	55
Tomato & Spinach Pot .....	55
Tropical Crush .....	55
Tropical Peanuts .....	55
Tuna Chunks in Springwater .....	56
Vanilla Pears with Orange Syrup .....	56
Vegemite .....	56
Wrap .....	56
Yoghurt 100g Mango .....	57
Yoghurt 100g Mixed Berry .....	57
Yoghurt 100g Vanilla .....	57
Yoghurt 120g Passionfruit .....	57
Yoghurt 50g Honey .....	58
Yoghurt 50g Vanilla .....	58

## 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, Toasted Slivered

**Ingredients:** Almonds

**Serving Size:** 10g

	per serving	per 100g
<b>Energy</b>	256kJ (61Cal)	2560kJ (612Cal)
<b>Protein</b>	2.0g	19.9g
<b>Fat, Total</b>	5.6g	55.8g
<b>- Saturated</b>	0.4g	3.7g
<b>Carbohydrate</b>	0.5g	4.9g
<b>- Sugars</b>	0.5g	4.9g
<b>Dietary Fibre</b>	0.9g	9.2g
<b>Sodium</b>	less than 1mg	5mg

**CONTAINS:** Tree Nuts

Product of Australia

## Apple & Walnut Salad

**Ingredients:** Lentils, Celery, Tomato, Capsicum, Apple, Lettuce, Walnuts, Onion, Shallots, Herbs, Salt

**Serving Size:** 210g

	per serving	per 100g
<b>Energy</b>	672kJ (160Cal)	320kJ (76Cal)
<b>Protein</b>	6.9g	3.3g
<b>Fat, Total</b>	7.5g	3.6g
<b>- Saturated</b>	0.5g	0.3g
<b>Carbohydrate</b>	13.6g	6.5g
<b>- Sugars</b>	6.0g	2.8g
<b>Dietary Fibre</b>	5.8g	2.8g
<b>Sodium</b>	195mg	93mg

**CONTAINS:** Tree Nuts

## 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, 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>	34.6g	13.8g
<b>- Sugars</b>	5.1g	2.1g
<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

## 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

Product of Australia

## Baby Spinach Bowl 30g

**Ingredients:** Spinach

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	25kJ (6Cal)	84kJ (20Cal)
<b>Protein</b>	0.7g	2.4g
<b>Fat, Total</b>	less than 0.1g	0.3g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	0.2g	0.6g
<b>- Sugars</b>	0.2g	0.6g
<b>Dietary Fibre</b>	0.8g	2.7g
<b>Sodium</b>	6mg	21mg

Product of Australia

## 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

Product of Australia



## Bacon, Crispy

**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>	360kJ (86Cal)	901kJ (215Cal)
<b>Protein</b>	12.7g	31.8g
<b>Fat, Total</b>	3.1g	7.7g
<b>- Saturated</b>	1.2g	3.0g
<b>Carbohydrate</b>	1.8g	4.4g
<b>- Sugars</b>	0.2g	0.5g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	358mg	896mg
<b>Iron</b>	0.7mg (6%RDI)	1.9mg

## 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

## Beans n' Bacon

**Ingredients:** Beans (42%), Tomato, Onion, Bacon (7%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Sugar, Olive Oil, Dijon Mustard, Corn Flour, Salt, Worcestershire Sauce, Garlic, Yeast Extract

**Serving Size:** 140g

	per serving	per 100g
<b>Energy</b>	570kJ (136Cal)	407kJ (97Cal)
<b>Protein</b>	8.0g	5.7g
<b>Fat, Total</b>	3.3g	2.4g
<b>- Saturated</b>	0.6g	0.4g
<b>Carbohydrate</b>	15.4g	11.0g
<b>- Sugars</b>	8.1g	5.8g
<b>Dietary Fibre</b>	6.3g	4.5g
<b>Sodium</b>	458mg	327mg
<b>Iron</b>	1.8mg (15%RDI)	1.3mg

**CONTAINS:** Barley, Fish

Made in Australia

## Beef & Broccolini Stir Fry

**Ingredients:** Broccolini (21%), Beef (20%), Carrot, Rice, Capsicum, Chicken Stock, Onion, Quinoa, Oyster Sauce (Contains Modified Corn Starch (1442)), Chinese Cooking Wine, Light Soy Sauce, Beef Marinade (Contains Flavour), Corn Starch, Ginger, Garlic, Yeast Extract, Sesame Oil, Sunflower Oil, Pepper

**Serving Size:** 310g

	per serving	per 100g
<b>Energy</b>	1060kJ (252Cal)	341kJ (81Cal)
<b>Protein</b>	22.0g	7.1g
<b>Fat, Total</b>	4.1g	1.3g
<b>- Saturated</b>	1.7g	0.5g
<b>Carbohydrate</b>	28.6g	9.2g
<b>- Sugars</b>	5.6g	1.8g
<b>Dietary Fibre</b>	5.9g	1.9g
<b>Sodium</b>	773mg	249mg

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

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 Satay

**Ingredients:** Beef (19%), Rice, Carrot, Broccolini, Cauliflower, Chicken Stock, Evaporated Milk, Water, Quinoa, Bamboo Shoots, Sweet Soy Sauce, Milk, Powdered Peanut Butter, Beef Marinade (Contains Flavour), Lemon Juice, Shallots, Sugar, Corn Starch, Sweet Chilli Sauce, Salt, Garlic, Yeast Extract, Coconut Cream, Spices, Ginger

**Serving Size:** 235g

	per serving	per 100g
<b>Energy</b>	1050kJ (252Cal)	449kJ (107Cal)
<b>Protein</b>	18.5g	7.9g
<b>Fat, Total</b>	3.3g	1.4g
<b>- Saturated</b>	1.3g	0.6g
<b>Carbohydrate</b>	34.5g	14.7g
<b>- Sugars</b>	12.0g	5.1g
<b>Dietary Fibre</b>	4.5g	1.9g
<b>Sodium</b>	657mg	279mg

**CONTAINS:** Wheat, Milk, Peanuts, Soybean

Made in 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

Product of Australia

## Beetroot & Baby Leaf Salad

**Ingredients:** Lettuce, Carrot, Beetroot

**Serving Size:** 130g

	per serving	per 100g
<b>Energy</b>	166kJ (40Cal)	127kJ (30Cal)
<b>Protein</b>	1.7g	1.3g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	6.0g	4.6g
<b>- Sugars</b>	6.0g	4.6g
<b>Dietary Fibre</b>	3.4g	2.6g
<b>Sodium</b>	49mg	38mg
<b>Iron</b>	0.9mg (8%RDI)	0.7mg

Product of Australia

## 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

## Berries & Cherries

**Ingredients:** Cherries, Strawberries, Raspberries, Apple

**Serving Size:** 180g

	per serving	per 100g
<b>Energy</b>	360kJ (86Cal)	200kJ (48Cal)
<b>Protein</b>	1.8g	1.0g
<b>Fat, Total</b>	0.5g	0.3g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	16.2g	9.0g
<b>- Sugars</b>	15.8g	8.8g
<b>Dietary Fibre</b>	4.3g	2.4g
<b>Sodium</b>	6mg	3mg

Made in Australia. May contain pits

## 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

## Butter Chicken Pot

**Ingredients:** Chicken (64%), Tomato, Yoghurt (Milk, Cultures), Eggplant, Onion, Tomato Paste, Cream, Corn Starch, Spices, Ginger, Garlic, Salt, Sugar, Sunflower Oil, Lime Juice, Corn Flour, Almonds, Kiwifruit Extract, Yeast Extract, Pepper, Red Rice Powder, Chilli

**Serving Size:** 95g

	per serving	per 100g
<b>Energy</b>	450kJ (107Cal)	473kJ (113Cal)
<b>Protein</b>	19.3g	20.3g
<b>Fat, Total</b>	1.7g	1.7g
<b>- Saturated</b>	0.6g	0.7g
<b>Carbohydrate</b>	3.3g	3.5g
<b>- Sugars</b>	1.9g	2.0g
<b>Dietary Fibre</b>	0.7g	0.7g
<b>Sodium</b>	156mg	164mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## 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

## 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, 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, Pizza

**Ingredients:** Cheese (Cheddar, Parmesan, Mozzarella (Milk, Salt, Cultures, Enzymes (Rennet), Anticaking Agent (460)))

**Serving Size:** 15g

	per serving	per 100g
<b>Energy</b>	221kJ (53Cal)	1470kJ (352Cal)
<b>Protein</b>	4.5g	29.8g
<b>Fat, Total</b>	3.7g	24.9g
<b>- Saturated</b>	2.4g	15.7g
<b>Carbohydrate</b>	0.4g	2.6g
<b>- Sugars</b>	0.3g	2.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	114mg	759mg
<b>Iron</b>	less than 0.1mg	0.3mg

**CONTAINS:** Milk

Product of Australia

## 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

## Chef's Salad

**Ingredients:** Egg, Lettuce, Tomato, Beetroot, Herbs, Shallots, Almonds

**Serving Size:** 123g

	per serving	per 100g
<b>Energy</b>	422kJ (101Cal)	343kJ (82Cal)
<b>Protein</b>	7.5g	6.1g
<b>Fat, Total</b>	6.5g	5.2g
<b>- Saturated</b>	1.6g	1.3g
<b>Carbohydrate</b>	2.4g	2.0g
<b>- Sugars</b>	2.2g	1.8g
<b>Dietary Fibre</b>	1.9g	1.5g
<b>Sodium</b>	77mg	62mg
<b>Iron</b>	1.9mg (16%RDI)	1.5mg

**CONTAINS:** Egg, Tree Nuts

Product of 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 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 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 Tender, Soy

**Ingredients:** Chicken (87%), Soy Sauce (3.5%), Sugar, Sweet Soy Sauce (2%), Ginger, Garlic, Rice Wine, Spices

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	317kJ (76Cal)	529kJ (126Cal)
<b>Protein</b>	15.8g	26.4g
<b>Fat, Total</b>	0.3g	0.5g
<b>- Saturated</b>	0.1g	0.2g
<b>Carbohydrate</b>	2.0g	3.3g
<b>- Sugars</b>	1.3g	2.1g
<b>Dietary Fibre</b>	0.5g	0.8g
<b>Sodium</b>	105mg	175mg
<b>Iron</b>	0.4mg (3%RDI)	0.7mg

**CONTAINS:** Wheat, Soybean

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

## 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>	1.0mg (8%RDI)	3.8mg

**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

Made in Australia



## 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

Made in Australia

## 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

Made in Australia

## 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

Made in Australia

## 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

Product of Australia

## 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

Made in Australia

## Country Veg & Bacon Soup

**Ingredients:** Chicken Stock, Sweet Potato, Carrot, Onion, Bacon (Contains Preservative (250)), Chickpeas, Pepitas, Corn Starch, Tomato Paste, Salt, Yeast Extract

**Serving Size:** 228g

	per serving	per 100g
<b>Energy</b>	494kJ (118Cal)	217kJ (52Cal)
<b>Protein</b>	7.3g	3.2g
<b>Fat, Total</b>	2.7g	1.2g
<b>- Saturated</b>	0.7g	0.3g
<b>Carbohydrate</b>	14.2g	6.2g
<b>- Sugars</b>	5.1g	2.2g
<b>Dietary Fibre</b>	3.7g	1.6g
<b>Sodium</b>	681mg	299mg

Made in Australia

## 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

Made in Australia

## 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

Made In Australia

## Creamy Tuscan Style Chicken

**Ingredients:** Chicken (25%), Rice, Chicken Stock, Capsicum, Shallots, Carrot, Zucchini, Mushroom, Onion, Lentils, Ham (Contains Preservative (250)), Cream, Olives (Contains Food Acid (Citric)), Semi Dried Tomatoes, Corn Starch, Tomato, Olive Oil, Garlic, Yeast Extract, Spices, Salt, Herbs, Parmesan, Chilli, Lemon, Pepper, Kiwifruit Extract

**Serving Size:** 230g

	per serving	per 100g
<b>Energy</b>	953kJ (228Cal)	415kJ (99Cal)
<b>Protein</b>	22.4g	9.8g
<b>Fat, Total</b>	5.4g	2.4g
<b>- Saturated</b>	1.7g	0.7g
<b>Carbohydrate</b>	20.5g	8.9g
<b>- Sugars</b>	3.3g	1.4g
<b>Dietary Fibre</b>	3.0g	1.3g
<b>Sodium</b>	343mg	149mg

**CONTAINS:** Egg, Milk

Made in Australia Caution: Olives May Contain Pits

## 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

Made In Australia

## Crunchy Corn Salad

**Ingredients:** Corn (19%), Tomato, Lettuce, Cucumber, Carrot, Cabbage, Onion, Daikon

**Serving Size:** 160g

	per serving	per 100g
<b>Energy</b>	252kJ (60Cal)	157kJ (38Cal)
<b>Protein</b>	2.2g	1.4g
<b>Fat, Total</b>	1.1g	0.7g
<b>- Saturated</b>	0.2g	less than 0.1g
<b>Carbohydrate</b>	8.7g	5.4g
<b>- Sugars</b>	5.8g	3.7g
<b>Dietary Fibre</b>	3.6g	2.2g
<b>Sodium</b>	28mg	18mg
<b>Iron</b>	0.8mg (7%RDI)	0.5mg

Product of Australia

## Cucumber Raita

**Ingredients:** Yoghurt (Milk, Cultures), Cucumber (35%), Water, Corn Starch, Milk Powder, Sugar, Garlic, Salt, Vegetable Gums (Xanthan, Guar, Pectin), Herbs & Spices, Food Acid (Citric), Ginger

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	74kJ (18Cal)	246kJ (59Cal)
<b>Protein</b>	1.0g	3.3g
<b>Fat, Total</b>	0.6g	2.1g
<b>- Saturated</b>	0.4g	1.3g
<b>Carbohydrate</b>	1.8g	6.0g
<b>- Sugars</b>	1.4g	4.5g
<b>Dietary Fibre</b>	less than 0.1g	0.2g
<b>Sodium</b>	89mg	296mg
<b>Iron</b>	less than 0.1mg	0.2mg

**CONTAINS:** Milk

Made in Australia

## 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

Product of Australia

## 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

Made in Australia

## 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

Made in Australia

## 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

Made In Australia

## 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

Made in Australia

## 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, 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

Made in Australia

## Dressing, Garlic & Lemon Vinaigrette

**Ingredients:** Sugar, Lemon Juice (22%), Water, Olive Oil, Vinegar, Garlic (4.8%), Salt, Tapioca, Maltodextrin, Herbs & Spices, Capsicum, Onion, Vegetable Gum (Xanthan), Yeast Extract, Flavour, Food Acid (Citric)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	199kJ (48Cal)	994kJ (237Cal)
<b>Protein</b>	0.2g	1.2g
<b>Fat, Total</b>	2.5g	12.5g
<b>- Saturated</b>	0.3g	1.7g
<b>Carbohydrate</b>	5.7g	28.5g
<b>- Sugars</b>	5.2g	26.0g
<b>Dietary Fibre</b>	0.2g	0.8g
<b>Sodium</b>	181mg	903mg
<b>Iron</b>	less than 0.1mg	0.5mg

**CONTAINS:** Wheat, Barley

Made in Australia from Local & Imported Ingredients

## Dressing, Hoisin

**Ingredients:** Water, Lime Juice, Sugar, Soy Bean Paste (Soy Beans, Rice, Salt, Sake, Rice Malt), Sugar, Fish Sauce (Anchovy), Vinegar, Mollasses, Corn Starch, Garlic Powder, Spices, Yeast Extract

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	121kJ (29Cal)	606kJ (145Cal)
<b>Protein</b>	0.5g	2.5g
<b>Fat, Total</b>	0.2g	0.8g
<b>- Saturated</b>	less than 0.1g	0.1g
<b>Carbohydrate</b>	6.4g	32.1g
<b>- Sugars</b>	5.9g	29.6g
<b>Dietary Fibre</b>	2.1g	10.4g
<b>Sodium</b>	246mg	1230mg
<b>Iron</b>	0.9mg (8%RDI)	4.7mg

**CONTAINS:** Fish, Soybean

Made in Australia

## Dressing, Honey Mustard

**Ingredients:** Vinegar, Water, Vegetable Oil, Honey, Glucose, Sugar, Spices, Mustard, Salt, Egg, Thickener (407, 415), Buttermilk Powder, Garlic, Herbs, Betacarotene

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	369kJ (88Cal)	924kJ (221Cal)
<b>Protein</b>	0.5g	1.2g
<b>Fat, Total</b>	5.0g	12.5g
<b>- Saturated</b>	0.4g	1.0g
<b>Carbohydrate</b>	9.6g	24.0g
<b>- Sugars</b>	8.8g	22.0g
<b>Dietary Fibre</b>	1.6g	4.1g
<b>Sodium</b>	96mg	240mg

**CONTAINS:** Egg, Milk

Made in Australia

## Dressing, Italian

**Ingredients:** Water, Sunflower Oil, White Vinegar, Sugar, Onion Powder, Herbs & Spices, Yeast Extract, Natural Flavour, Capsicum, Onion, Vegetable Gum (Xanthan), Spice Extract

**Serving Size:** 15g

	per serving	per 100g
<b>Energy</b>	199kJ (48Cal)	1330kJ (317Cal)
<b>Protein</b>	less than 0.1g	0.5g
<b>Fat, Total</b>	4.5g	30.1g
<b>- Saturated</b>	0.5g	3.3g
<b>Carbohydrate</b>	1.8g	12.0g
<b>- Sugars</b>	1.7g	11.4g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	31mg	205mg

## Dressing, Peking BBQ Sauce

**Ingredients:** Water, Soy Bean Paste (Water, Soybeans, Rice, Salt, Sake, Yeast, Culture), Sugar, Vinegar, Sunflower Oil, Molasses, Garlic, Salt, Corn Starch, Spices, Milk Powder, Food Acid (Citric), Yeast Extract, Vegetable Gum (Xanthan), Lemon Juice, Spice Extract

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	196kJ (47Cal)	981kJ (234Cal)
<b>Protein</b>	0.8g	3.9g
<b>Fat, Total</b>	1.0g	5.1g
<b>- Saturated</b>	0.1g	0.7g
<b>Carbohydrate</b>	7.6g	37.8g
<b>- Sugars</b>	6.9g	34.6g
<b>Dietary Fibre</b>	2.1g	10.4g
<b>Sodium</b>	352mg	1760mg
<b>Iron</b>	0.9mg (8%RDI)	4.7mg

**CONTAINS:** Barley, Milk, Soybean

Made in Australia

## Dressing, Tomato Vinaigrette

**Ingredients:** Water, Vinegar, Sunflower Oil, Lemon Juice, Tomato Paste, Sugar, Salt, Herbs & Spices, Onion Powder, Garlic Powder, Vegetable Gum (Xanthan), Garlic

**Serving Size:** 25g

	per serving	per 100g
<b>Energy</b>	128kJ (31Cal)	512kJ (122Cal)
<b>Protein</b>	0.2g	0.8g
<b>Fat, Total</b>	2.5g	9.8g
<b>- Saturated</b>	0.2g	0.8g
<b>Carbohydrate</b>	1.8g	7.2g
<b>- Sugars</b>	1.4g	5.7g
<b>Dietary Fibre</b>	0.1g	0.5g
<b>Sodium</b>	199mg	794mg

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



## 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

## Florentine Sauce

**Ingredients:** Cannellini Beans (Water, Salt, Ascorbic Acid), Water, Sunflower Oil, Butter, Egg, Lemon Juice, Milk Powder, Corn Flour, Food Acid (Acetic, Citric), Sugar, Salt, Vegetable Gum (Xanthan, Guar), Spices, Colour (Beta Carotene), Spice Extract

**Serving Size:** 40g

	per serving	per 100g
<b>Energy</b>	276kJ (66Cal)	690kJ (165Cal)
<b>Protein</b>	1.2g	3.1g
<b>Fat, Total</b>	5.7g	14.3g
<b>- Saturated</b>	1.6g	4.0g
<b>Carbohydrate</b>	2.3g	5.8g
<b>- Sugars</b>	0.5g	1.3g
<b>Dietary Fibre</b>	0.5g	1.2g
<b>Sodium</b>	168mg	421mg
<b>Iron</b>	0.2mg (2%RDI)	0.5mg

**CONTAINS:** Egg, Milk

Made in 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

## 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 & Mushroom Omelette Mix

**Ingredients:** Ham (31%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Zucchini, Mushroom (23%), Spinach

**Serving Size:** 65g

	per serving	per 100g
<b>Energy</b>	159kJ (38Cal)	244kJ (58Cal)
<b>Protein</b>	5.1g	7.8g
<b>Fat, Total</b>	1.2g	1.8g
<b>- Saturated</b>	0.4g	0.7g
<b>Carbohydrate</b>	1.3g	2.0g
<b>- Sugars</b>	0.5g	0.8g
<b>Dietary Fibre</b>	1.0g	1.5g
<b>Sodium</b>	168mg	258mg
<b>Iron</b>	0.9mg (7%RDI)	1.4mg

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

## 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

## 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

## Indian Chicken Rice

**Ingredients:** Chicken (22%), Onion, Rice (14%), Peas, Chicken Stock, Carrot, Beans, Capsicum, Yoghurt, Sultanas, Mustard, Sugar, Corn Flour, Lime Juice, Almonds, Garlic, Spices, Salt, Ginger, Tomato Paste, Yeast Extract, Sunflower Oil, Kiwifruit Extract, Herbs, Pepper, Onion Extract, Chilli

**Serving Size:** 270g

	per serving	per 100g
<b>Energy</b>	1030kJ (246Cal)	382kJ (91Cal)
<b>Protein</b>	23.3g	8.6g
<b>Fat, Total</b>	2.2g	0.8g
<b>- Saturated</b>	0.3g	0.1g
<b>Carbohydrate</b>	30.6g	11.3g
<b>- Sugars</b>	13.6g	5.0g
<b>Dietary Fibre</b>	5.2g	1.9g
<b>Sodium</b>	458mg	170mg
<b>Iron</b>	1.9mg (16%RDI)	0.7mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## Italian Spaghetti & Meatballs

**Ingredients:** Pasta (26%), Zucchini, Tomato, Beef, Capsicum, Onion, Tomato Jam, Eggplant, Parmesan, Egg, Soy Protein, Sugar, Olive Oil, Breadcrumbs, Garlic, Salt, Corn Flour, Yeast Extract, Herbs, Sunflower Oil, Pepper, Chilli, Garlic

**Serving Size:** 228g

	per serving	per 100g
<b>Energy</b>	975kJ (233Cal)	428kJ (102Cal)
<b>Protein</b>	18.7g	8.2g
<b>Fat, Total</b>	5.3g	2.3g
<b>- Saturated</b>	1.7g	0.7g
<b>Carbohydrate</b>	25.8g	11.3g
<b>- Sugars</b>	6.6g	2.9g
<b>Dietary Fibre</b>	3.1g	1.4g
<b>Sodium</b>	490mg	215mg
<b>Iron</b>	2.1mg (18%RDI)	0.9mg

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

Made In 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

## Layered Salad

**Ingredients:** Carrot, Cabbage, Chinese Cabbage, Spinach, Daikon, Shallots

**Serving Size:** 95g

	per serving	per 100g
<b>Energy</b>	93kJ (22Cal)	98kJ (23Cal)
<b>Protein</b>	1.3g	1.4g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	2.7g	2.8g
<b>- Sugars</b>	2.6g	2.7g
<b>Dietary Fibre</b>	2.3g	2.4g
<b>Sodium</b>	27mg	29mg
<b>Iron</b>	0.8mg (7%RDI)	0.9mg

Product of Australia

## Lemongrass Chicken Bites

**Ingredients:** Chicken (70%), Onion, Breadcrumbs, Egg, Fish Sauce, Lemongrass (1%), Garlic, Soy Sauce, Coriander, Curry Paste, Spices, Kaffir Lime Leaves

**Serving Size:** 90g

	per serving	per 100g
<b>Energy</b>	431kJ (103Cal)	479kJ (114Cal)
<b>Protein</b>	15.1g	16.8g
<b>Fat, Total</b>	2.9g	3.3g
<b>- Saturated</b>	0.9g	1.0g
<b>Carbohydrate</b>	3.7g	4.1g
<b>- Sugars</b>	1.2g	1.3g
<b>Dietary Fibre</b>	0.6g	0.7g
<b>Sodium</b>	280mg	311mg
<b>Iron</b>	0.8mg (7%RDI)	0.9mg

**CONTAINS:** Wheat, Crustacea, Egg, Fish, Soybean

Product of Australia

## Mandarin

**Ingredients:** Mandarin

**Serving Size:** 150g

	per serving	per 100g
<b>Energy</b>	224kJ (54Cal)	150kJ (36Cal)
<b>Protein</b>	1.1g	0.7g
<b>Fat, Total</b>	0.2g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	10.8g	7.2g
<b>- Sugars</b>	10.8g	7.2g
<b>Dietary Fibre</b>	1.7g	1.1g
<b>Sodium</b>	4mg	2mg
<b>Iron</b>	0.6mg (5%RDI)	0.4mg

## 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, 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

## Meatlovers Pasta Bake

**Ingredients:** Tomato, Pasta (13%) (Durum Wheat), Capsicum, Onion, Mushroom, Beef, Chicken Stock, Ham (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Cheese (Milk, Salt, Culture, Enzyme), Cauliflower, Olives (Contains Food Acid (Citric)), Leek, Barbeque Sauce, Parmesan, Corn Starch, Cashews, Vinegar (Apple Juice Concentrate, Sugar, Caramelised Sugar), Yeast Extract, Sugar, Garlic, Herbs, Olive Oil, Spices, Garlic Extract, Onion Extract, Salt, Pepper, Garlic Powder, Dijon Mustard

**Serving Size:** 240g

	per serving	per 100g
<b>Energy</b>	1050kJ (252Cal)	440kJ (105Cal)
<b>Protein</b>	20.2g	8.4g
<b>Fat, Total</b>	8.5g	3.6g
<b>- Saturated</b>	3.8g	1.6g
<b>Carbohydrate</b>	21.8g	9.1g
<b>- Sugars</b>	7.7g	3.2g
<b>Dietary Fibre</b>	3.1g	1.3g
<b>Sodium</b>	486mg	202mg

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

Caution: Olives may contain pits. Made in Australia

## Mediterranean Salad

**Ingredients:** Baby Leaf Mix, Tomato, Roasted Capsicum (Vinegar, Salt, Sugar), Olives (Salt, Food Acid (Citric)), Onion

**Serving Size:** 105g

	per serving	per 100g
<b>Energy</b>	230kJ (55Cal)	219kJ (52Cal)
<b>Protein</b>	1.1g	1.1g
<b>Fat, Total</b>	4.3g	4.1g
<b>- Saturated</b>	0.5g	0.5g
<b>Carbohydrate</b>	2.5g	2.3g
<b>- Sugars</b>	1.7g	1.6g
<b>Dietary Fibre</b>	1.5g	1.5g
<b>Sodium</b>	294mg	280mg

CAUTION: OLIVES MAY CONTAIN PITS

## 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

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## 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

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## 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

## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

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## 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

## Oats, Creamy Cranberry & Apple

**Ingredients:** Oats (43%), Apple (9%), Cranberries (9%), Pepitas, Rolled Barley, Almonds, Sugar, Barley Max, Currants, Cinnamon, Vanilla

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	579kJ (138Cal)	1650kJ (395Cal)
<b>Protein</b>	3.9g	11.2g
<b>Fat, Total</b>	3.9g	11.0g
<b>- Saturated</b>	0.7g	2.0g
<b>Carbohydrate</b>	19.9g	57.0g
<b>- Sugars</b>	8.1g	23.0g
<b>Dietary Fibre</b>	3.9g	11.0g
<b>Sodium</b>	3mg	9mg
<b>Iron</b>	0.9mg (7%RDI)	2.5mg

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

## 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

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## Peaches & Apricots

**Ingredients:** Apricots (45%) (Fruit Juice (Pear, Apple, Grape), Firming Agent (509)), Peaches (39%) (Refined Fruit Juice (Pear, Apple, Peach), Food Acid (Citric)), Juice (Pear, Apple), Prune (Preservative (202))

**Serving Size:** 155g

	per serving	per 100g
<b>Energy</b>	362kJ (86Cal)	233kJ (56Cal)
<b>Protein</b>	1.3g	0.9g
<b>Fat, Total</b>	0.1g	less than 0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	18.6g	12.0g
<b>- Sugars</b>	15.8g	10.2g
<b>Dietary Fibre</b>	2.4g	1.5g
<b>Sodium</b>	9mg	6mg
<b>Iron</b>	0.7mg (6%RDI)	0.5mg

Product of Australia Caution: Prune May Contain Pit

## 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

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## 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

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## 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

**Ingredients:** Peanuts, Peanut Oil

**Serving Size:** 15g

	per serving	per 100g
<b>Energy</b>	401kJ (96Cal)	2670kJ (638Cal)
<b>Protein</b>	3.8g	25.1g
<b>Fat, Total</b>	7.9g	52.7g
<b>- Saturated</b>	1.2g	7.9g
<b>Carbohydrate</b>	2.1g	14.1g
<b>- Sugars</b>	0.7g	4.4g
<b>Dietary Fibre</b>	0.9g	6.2g
<b>Sodium</b>	less than 1mg	1mg
<b>Iron</b>	0.2mg (2%RDI)	1.2mg

**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

## 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

Product of Australia

## 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, Classic Supreme

**Ingredients:** Capsicum, Ham (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Mushroom, Pineapple, Tomato, Onion, Semi Dried Tomatoes, Tomato Paste, Olives, Corn Starch, Salt, Sugar

**Serving Size:** 145g

	per serving	per 100g
<b>Energy</b>	361kJ (86Cal)	249kJ (60Cal)
<b>Protein</b>	6.9g	4.7g
<b>Fat, Total</b>	1.4g	1.0g
<b>- Saturated</b>	0.5g	0.3g
<b>Carbohydrate</b>	9.4g	6.5g
<b>- Sugars</b>	7.3g	5.0g
<b>Dietary Fibre</b>	2.8g	1.9g
<b>Sodium</b>	316mg	218mg

Made in Australia Caution: Olives may contain pits

## 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

Made In Australia

## 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

Made In Australia



## Pulled Texas BBQ Lamb

**Ingredients:** Lamb (30%), Potato, Carrot, Corn, Broccolini, Tomato, Onion, Beef Stock, Sweet Potato, Pumpkin, Cheese, Tomato Paste, Yeast Extract, Egg, Corn Starch, Evaporated Milk, Garlic, Spices, Salt, Sugar, Butter, Garlic Extract, Olive Oil, Herbs, Pepper, Chilli

**Serving Size:** 258g

	per serving	per 100g
<b>Energy</b>	1010kJ (241Cal)	391kJ (93Cal)
<b>Protein</b>	25.0g	9.7g
<b>Fat, Total</b>	6.0g	2.3g
<b>- Saturated</b>	2.8g	1.1g
<b>Carbohydrate</b>	19.3g	7.5g
<b>- Sugars</b>	8.0g	3.1g
<b>Dietary Fibre</b>	4.8g	1.9g
<b>Sodium</b>	414mg	160mg

**CONTAINS:** Egg, Milk

Made in Australia

## Pumpkin & Corn Fritters

**Ingredients:** Onion, Pumpkin (18%), Besan Flour, Corn (12%), Egg, Spinach, Cheese (Milk, Salt, Culture, Enzyme), Yeast, Lemon, Chilli, Raising Agents (450, 500), Salt, Herbs, Pepper

**Serving Size:** 90g

	per serving	per 100g
<b>Energy</b>	526kJ (126Cal)	585kJ (140Cal)
<b>Protein</b>	8.8g	9.8g
<b>Fat, Total</b>	4.2g	4.7g
<b>- Saturated</b>	1.7g	1.9g
<b>Carbohydrate</b>	11.2g	12.5g
<b>- Sugars</b>	4.0g	4.4g
<b>Dietary Fibre</b>	3.4g	3.8g
<b>Sodium</b>	289mg	321mg

**CONTAINS:** Egg, Milk

## 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%RD1)	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 Penne

**Ingredients:** Tomato, Pasta (27%), Chicken (24%), Water, Tomato Paste, Evaporated Milk, Cream, Sugar, Corn Starch, Salt, Onion Extract, Herbs, Garlic Extract, Yeast Extract, Pepper

**Serving Size:** 255g

	per serving	per 100g
<b>Energy</b>	1020kJ (243Cal)	398kJ (95Cal)
<b>Protein</b>	22.1g	8.7g
<b>Fat, Total</b>	2.6g	1.0g
<b>- Saturated</b>	1.1g	0.4g
<b>Carbohydrate</b>	30.7g	12.0g
<b>- Sugars</b>	5.6g	2.2g
<b>Dietary Fibre</b>	2.7g	1.1g
<b>Sodium</b>	305mg	119mg

**CONTAINS:** Wheat, Milk

Made in Australia

## Roast Lamb

**Ingredients:** Lamb (20%), Water, Beef Stock, Peas, Carrot, Potato, Sweet Potato, Corn Flour, Marinade, Yeast Extract, Onion Extract, Sugar, Salt, Sunflower Oil, Spices, Pepper

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	971kJ (232Cal)	347kJ (83Cal)
<b>Protein</b>	20.1g	7.2g
<b>Fat, Total</b>	6.6g	2.3g
<b>- Saturated</b>	3.2g	1.1g
<b>Carbohydrate</b>	20.6g	7.4g
<b>- Sugars</b>	5.6g	2.0g
<b>Dietary Fibre</b>	5.2g	1.8g
<b>Sodium</b>	514mg	184mg
<b>Iron</b>	3.0mg (25%RDI)	1.1mg

Made in 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

## 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

## Sautéed Potato & Bacon

**Ingredients:** Potatoes (75%), Ham (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Spices, Sunflower Oil, Onion Extract, Salt, Yeast Extract, Pepper

**Serving Size:** 90g

	per serving	per 100g
<b>Energy</b>	478kJ (114Cal)	531kJ (127Cal)
<b>Protein</b>	8.7g	9.7g
<b>Fat, Total</b>	2.8g	3.1g
<b>- Saturated</b>	0.7g	0.8g
<b>Carbohydrate</b>	12.8g	14.3g
<b>- Sugars</b>	0.7g	0.7g
<b>Dietary Fibre</b>	2.2g	2.4g
<b>Sodium</b>	367mg	408mg
<b>Iron</b>	1.3mg (11%RDI)	1.5mg

Product of 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

## 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

Product of Australia

## 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

Product of Australia

## Smashed Avocado

**Ingredients:** Avocado (98%), Lemon Juice Concentrate, Salt, Vegetable Gum (Xanthan)

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	263kJ (63Cal)	877kJ (209Cal)
<b>Protein</b>	0.5g	1.5g
<b>Fat, Total</b>	5.4g	17.9g
<b>- Saturated</b>	1.2g	3.9g
<b>Carbohydrate</b>	2.9g	9.8g
<b>- Sugars</b>	0.3g	1.0g
<b>Dietary Fibre</b>	0.8g	2.8g
<b>Sodium</b>	63mg	210mg

## 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

## 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

## Tasmanian Salmon Risotto

**Ingredients:** Salmon (20%), Chicken Stock, Rice (17%), Zucchini, Peas, Onion, Leek, Wine, Corn Starch, Cream, Olive Oil, Parmesan, Lemon Juice, Garlic, Salt, Yeast Extract, Herbs, Pepper

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	1050kJ (252Cal)	421kJ (101Cal)
<b>Protein</b>	17.7g	7.1g
<b>Fat, Total</b>	9.6g	3.9g
<b>- Saturated</b>	2.6g	1.0g
<b>Carbohydrate</b>	21.5g	8.6g
<b>- Sugars</b>	2.5g	1.0g
<b>Dietary Fibre</b>	4.0g	1.6g
<b>Sodium</b>	444mg	177mg

**CONTAINS:** Fish, Milk

Made in Australia. Caution: May Contain Pieces of Bone

## 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>	373kJ (89Cal)	414kJ (99Cal)
<b>Protein</b>	10.5g	11.6g
<b>Fat, Total</b>	2.2g	2.5g
<b>- Saturated</b>	0.7g	0.8g
<b>Carbohydrate</b>	5.4g	6.0g
<b>- Sugars</b>	2.3g	2.5g
<b>Dietary Fibre</b>	2.8g	3.1g
<b>Sodium</b>	195mg	217mg
<b>Iron</b>	1.6mg (13%RDI)	1.7mg

Made in Australia

## Thai Salad

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

**Serving Size:** 120g

	per serving	per 100g
<b>Energy</b>	210kJ (50Cal)	175kJ (42Cal)
<b>Protein</b>	2.0g	1.7g
<b>Fat, Total</b>	2.5g	2.1g
<b>- Saturated</b>	0.2g	0.2g
<b>Carbohydrate</b>	3.8g	3.1g
<b>- Sugars</b>	3.3g	2.7g
<b>Dietary Fibre</b>	2.4g	2.0g
<b>Sodium</b>	28mg	23mg

**CONTAINS:** Tree Nuts

Product of 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 & Quinoa Salad

**Ingredients:** Carrot, Tomato, Lettuce, Quinoa, Beetroot, Lentils, Salt

**Serving Size:** 220g

	per serving	per 100g
<b>Energy</b>	468kJ (112Cal)	213kJ (51Cal)
<b>Protein</b>	4.8g	2.2g
<b>Fat, Total</b>	1.0g	0.4g
<b>- Saturated</b>	0.1g	less than 0.1g
<b>Carbohydrate</b>	18.0g	8.2g
<b>- Sugars</b>	6.6g	3.0g
<b>Dietary Fibre</b>	5.6g	2.6g
<b>Sodium</b>	117mg	53mg
<b>Iron</b>	2.5mg (21%RDI)	1.2mg

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

## 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

	per serving	per 100g
<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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