



Breakfast and Lunch Ingredients

Spring 2017: 28/08/17 - 19/11/17

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

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

www.NutritionAustralia.org or
www.health.gov.au

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Almonds, Dry Roasted

Ingredients: Almonds, Salt

Serving Size: 20g

	per serving	per 100g
Energy	487kJ (116Cal)	2440kJ (582Cal)
Protein	4.6g	23.2g
Fat, Total	9.4g	46.9g
- Saturated	0.7g	3.5g
Carbohydrate	2.8g	14.0g
- Sugars	1.1g	5.5g
Dietary Fibre	1.7g	8.6g
Sodium	78mg	390mg
Iron	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
Energy	539kJ (129Cal)	2150kJ (515Cal)
Protein	4.8g	19.0g
Fat, Total	7.8g	31.2g
- Saturated	0.8g	3.3g
Carbohydrate	8.8g	35.3g
- Sugars	0.7g	2.9g
Dietary Fibre	2.4g	9.6g
Sodium	104mg	416mg
Iron	0.7mg (6%RDI)	2.9mg

CONTAINS: Wheat, Peanuts, Soybean, Tree Nuts

Packed in Australia from Local & Imported Ingredients

Almonds, Roasted

Ingredients: Almond

Serving Size: 20g

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

CONTAINS: Tree Nuts

Product Of Australia

Almonds, Toasted Slivered

Ingredients: Almonds

Serving Size: 10g

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

CONTAINS: Tree Nuts

Product of Australia

Apple, Green

Ingredients: Apple

Serving Size: 150g

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

Apple, Red

Ingredients: Apple

Serving Size: 150g

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

Apricots, Dried

Ingredients: Dried Apricots

Serving Size: 30g

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

CONTAINS: Sulphites

Packed in Australia from Imported Ingredients

Asian Chicken Slaw

Ingredients: Chicken (33%) (Natural Flavour, Maize Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices), Cabbage, Carrot, Celery, Corn, Shallots, Herbs

Serving Size: 210g

	per serving	per 100g
Energy	531kJ (127Cal)	253kJ (60Cal)
Protein	18.3g	8.7g
Fat, Total	2.0g	1.0g
- Saturated	0.6g	0.3g
Carbohydrate	6.7g	3.2g
- Sugars	4.5g	2.2g
Dietary Fibre	4.1g	1.9g
Sodium	263mg	125mg

Product of Australia

Baby Leaf 10g

Ingredients: Lettuce

Serving Size: 10g

	per serving	per 100g
Energy	6kJ (2Cal)	63kJ (15Cal)
Protein	0.1g	1.2g
Fat, Total	less than 0.1g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	0.1g	1.1g
- Sugars	0.1g	1.1g
Dietary Fibre	0.2g	2.0g
Sodium	2mg	20mg

Product of Australia

Baby Leaf Pot

Ingredients: Tomato, Lettuce, Carrot, Cabbage

Serving Size: 45g

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

Product of Australia

Baby Leaf Salad

Ingredients: Tomato, Carrot, Cucumber, Lettuce

Serving Size: 70g

	per serving	per 100g
Energy	55kJ (13Cal)	78kJ (19Cal)
Protein	0.6g	0.9g
Fat, Total	less than 0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	1.9g	2.7g
- Sugars	1.9g	2.6g
Dietary Fibre	1.1g	1.5g
Sodium	14mg	20mg
Iron	0.3mg (2%RDI)	0.4mg

Product of Australia

Baby Spinach Bowl 15g

Ingredients: Spinach

Serving Size: 15g

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

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

Product of Australia

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
Energy	944kJ (226Cal)	313kJ (75Cal)
Protein	13.5g	4.5g
Fat, Total	2.6g	0.9g
- Saturated	1.5g	0.5g
Carbohydrate	34.3g	11.4g
- Sugars	6.8g	2.2g
Dietary Fibre	4.6g	1.5g
Sodium	588mg	195mg
Iron	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
Energy	570kJ (136Cal)	407kJ (97Cal)
Protein	8.0g	5.7g
Fat, Total	3.3g	2.4g
- Saturated	0.6g	0.4g
Carbohydrate	15.4g	11.0g
- Sugars	8.1g	5.8g
Dietary Fibre	6.3g	4.5g
Sodium	458mg	327mg
Iron	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
Energy	1060kJ (252Cal)	341kJ (81Cal)
Protein	22.0g	7.1g
Fat, Total	4.1g	1.3g
- Saturated	1.7g	0.5g
Carbohydrate	28.6g	9.2g
- Sugars	5.6g	1.8g
Dietary Fibre	5.9g	1.9g
Sodium	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
Energy	610kJ (146Cal)	581kJ (139Cal)
Protein	21.5g	20.4g
Fat, Total	4.7g	4.5g
- Saturated	2.1g	2.0g
Carbohydrate	4.0g	3.8g
- Sugars	3.2g	3.0g
Dietary Fibre	0.5g	0.5g
Sodium	186mg	177mg

CONTAINS: Barley

Product of Australia

Beef, Corned

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

Serving Size: 50g

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

Product of Australia

Beef, Roast

Ingredients: Beef (100%)

Serving Size: 40g

	per serving	per 100g
Energy	298kJ (71Cal)	745kJ (178Cal)
Protein	13.9g	34.7g
Fat, Total	1.7g	4.2g
- Saturated	0.8g	2.0g
Carbohydrate	0.0g	0.0g
- Sugars	0.0g	0.0g
Dietary Fibre	0.0g	0.0g
Sodium	39mg	97mg
Iron	1.4mg (11%RDI)	3.4mg

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

Product of Australia

Beer Nuts

Ingredients: Peanuts, Salt

Serving Size: 20g

	per serving	per 100g
Energy	528kJ (126Cal)	2640kJ (630Cal)
Protein	4.9g	24.4g
Fat, Total	10.3g	51.7g
- Saturated	1.5g	7.7g
Carbohydrate	2.9g	14.4g
- Sugars	0.9g	4.7g
Dietary Fibre	1.7g	8.3g
Sodium	76mg	380mg

CONTAINS: Peanuts

Beetroot Slices

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

Serving Size: 35g

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

Product of Australia

Bread Roll, Grain

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

Serving Size: 55g

	per serving	per 100g
Energy	594kJ (142Cal)	1080kJ (258Cal)
Protein	8.1g	14.8g
Fat, Total	1.0g	1.9g
- Saturated	0.1g	0.3g
Carbohydrate	27.1g	49.3g
- Sugars	0.3g	0.5g
Dietary Fibre	1.8g	3.2g
Sodium	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
Energy	664kJ (159Cal)	1070kJ (256Cal)
Protein	6.2g	10.0g
Fat, Total	1.2g	2.0g
- Saturated	0.6g	1.0g
Carbohydrate	27.9g	45.0g
- Sugars	1.2g	2.0g
Dietary Fibre	3.7g	6.0g
Sodium	230mg	371mg
Iron	1.1mg (9%RDI)	1.8mg

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

Made In Australia

Bread Roll, Turkish

Ingredients: Flour, Water, Yeast, Salt, Wheat Gluten, Malt Flour, Enzyme

Serving Size: 50g

	per serving	per 100g
Energy	516kJ (123Cal)	1030kJ (247Cal)
Protein	4.3g	8.6g
Fat, Total	0.6g	1.2g
- Saturated	0.3g	0.6g
Carbohydrate	24.3g	48.5g
- Sugars	0.5g	1.0g
Dietary Fibre	1.2g	2.3g
Sodium	207mg	413mg

CONTAINS: Wheat

Product of 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
Energy	625kJ (149Cal)	893kJ (213Cal)
Protein	9.3g	13.3g
Fat, Total	6.1g	8.7g
- Saturated	2.1g	3.0g
Carbohydrate	13.3g	19.0g
- Sugars	1.8g	2.6g
Dietary Fibre	1.7g	2.5g
Sodium	390mg	558mg

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
Energy	468kJ (112Cal)	900kJ (215Cal)
Protein	3.3g	6.4g
Fat, Total	0.8g	1.5g
- Saturated	less than 0.1g	0.2g
Carbohydrate	21.1g	40.5g
- Sugars	10.2g	19.6g
Dietary Fibre	3.1g	5.9g
Sodium	124mg	238mg
Iron	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
Energy	321kJ (77Cal)	1070kJ (256Cal)
Protein	2.8g	9.4g
Fat, Total	0.7g	2.4g
- Saturated	0.3g	1.0g
Carbohydrate	14.1g	47.0g
- Sugars	0.4g	1.3g
Dietary Fibre	1.1g	3.6g
Sodium	76mg	253mg
Iron	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
Energy	642kJ (153Cal)	1070kJ (256Cal)
Protein	5.6g	9.4g
Fat, Total	1.4g	2.4g
- Saturated	0.6g	1.0g
Carbohydrate	28.2g	47.0g
- Sugars	0.8g	1.3g
Dietary Fibre	2.2g	3.6g
Sodium	152mg	253mg
Iron	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
Energy	366kJ (87Cal)	1050kJ (250Cal)
Protein	3.2g	9.1g
Fat, Total	1.6g	4.6g
- Saturated	0.2g	0.5g
Carbohydrate	14.1g	40.4g
- Sugars	3.7g	10.6g
Dietary Fibre	1.5g	4.4g
Sodium	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
Energy	410kJ (98Cal)	1040kJ (248Cal)
Protein	4.9g	12.4g
Fat, Total	2.5g	6.4g
- Saturated	0.3g	0.7g
Carbohydrate	12.1g	30.6g
- Sugars	0.8g	1.9g
Dietary Fibre	3.4g	8.7g
Sodium	146mg	370mg
Iron	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
Energy	820kJ (196Cal)	1040kJ (248Cal)
Protein	9.8g	12.4g
Fat, Total	5.1g	6.4g
- Saturated	0.6g	0.7g
Carbohydrate	24.2g	30.6g
- Sugars	1.5g	1.9g
Dietary Fibre	6.9g	8.7g
Sodium	292mg	370mg
Iron	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
Energy	352kJ (84Cal)	1170kJ (280Cal)
Protein	2.7g	8.8g
Fat, Total	1.3g	4.2g
- Saturated	0.2g	0.6g
Carbohydrate	14.9g	49.5g
- Sugars	0.1g	0.4g
Dietary Fibre	1.0g	3.3g
Sodium	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
Energy	699kJ (167Cal)	1170kJ (278Cal)
Protein	5.3g	8.8g
Fat, Total	2.5g	4.2g
- Saturated	0.3g	0.6g
Carbohydrate	29.5g	49.1g
- Sugars	0.2g	0.4g
Dietary Fibre	2.0g	3.3g
Sodium	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
Energy	430kJ (103Cal)	1040kJ (247Cal)
Protein	4.4g	10.6g
Fat, Total	2.2g	5.2g
- Saturated	0.2g	0.5g
Carbohydrate	14.7g	35.4g
- Sugars	0.6g	1.5g
Dietary Fibre	3.2g	7.7g
Sodium	194mg	467mg
Iron	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
Energy	860kJ (205Cal)	1040kJ (247Cal)
Protein	8.8g	10.6g
Fat, Total	4.3g	5.2g
- Saturated	0.4g	0.5g
Carbohydrate	29.4g	35.4g
- Sugars	1.3g	1.5g
Dietary Fibre	6.4g	7.7g
Sodium	388mg	467mg
Iron	1.3mg (11%RDI)	1.6mg

CONTAINS: Wheat, Rye, Barley, Milk

Made in Australia

Bread, Sandwich Thin

Ingredients: Flour, Water, Yeast, Quinoa, Vinegar, Gluten, Dextrose, Wheat Bran, Iodised Salt, Sugar, Vegetable Oil, Emulsifiers (481, 471, 472e), Vegetable Gums (466, 415), Soy Flour

Serving Size: 40g

	per serving	per 100g
Energy	414kJ (99Cal)	1030kJ (247Cal)
Protein	3.6g	9.0g
Fat, Total	0.8g	2.1g
- Saturated	0.2g	0.6g
Carbohydrate	18.0g	45.0g
- Sugars	1.2g	3.1g
Dietary Fibre	1.9g	4.8g
Sodium	146mg	366mg

CONTAINS: Wheat, Soybean

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
Energy	376kJ (90Cal)	906kJ (217Cal)
Protein	5.6g	13.5g
Fat, Total	2.4g	5.8g
- Saturated	0.3g	0.8g
Carbohydrate	10.0g	24.0g
- Sugars	1.2g	2.9g
Dietary Fibre	2.8g	6.8g
Sodium	181mg	435mg
Iron	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
Energy	752kJ (180Cal)	906kJ (217Cal)
Protein	11.2g	13.5g
Fat, Total	4.8g	5.8g
- Saturated	0.7g	0.8g
Carbohydrate	19.9g	24.0g
- Sugars	2.4g	2.9g
Dietary Fibre	5.6g	6.8g
Sodium	361mg	435mg
Iron	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
Energy	386kJ (92Cal)	931kJ (222Cal)
Protein	5.5g	13.2g
Fat, Total	2.5g	6.1g
- Saturated	0.3g	0.7g
Carbohydrate	9.6g	23.2g
- Sugars	1.0g	2.3g
Dietary Fibre	4.5g	10.8g
Sodium	160mg	386mg
Iron	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
Energy	773kJ (185Cal)	931kJ (222Cal)
Protein	11.0g	13.2g
Fat, Total	5.1g	6.1g
- Saturated	0.6g	0.7g
Carbohydrate	19.3g	23.2g
- Sugars	1.9g	2.3g
Dietary Fibre	9.0g	10.8g
Sodium	320mg	386mg
Iron	1.3mg (11%RDI)	1.6mg

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

Made in Australia

Broccoli & Chicken Pasta Bake

Ingredients: Pasta (29%) (Durum Wheat), Broccoli (26%), Water, Chicken (13%), Evaporated Milk, Milk Powder, Parmesan, Corn Flour, Onion, Cheese, Salt, Garlic, Dijon Mustard, Yeast Extract, Onion Extract, Pepper

Serving Size: 227g

	per serving	per 100g
Energy	998kJ (238Cal)	440kJ (105Cal)
Protein	18.5g	8.1g
Fat, Total	5.2g	2.3g
- Saturated	2.0g	0.9g
Carbohydrate	27.5g	12.1g
- Sugars	4.7g	2.1g
Dietary Fibre	3.3g	1.5g
Sodium	419mg	185mg
Iron	1.3mg (11%RDI)	0.6mg

CONTAINS: Wheat, Milk

Made in Australia

Butter

Ingredients: Butter

Serving Size: 5g

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

CONTAINS: Milk

Product of New Zealand

Cake, Apple, Cherry & Almond

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

Serving Size: 45g

	per serving	per 100g
Energy	494kJ (118Cal)	1100kJ (262Cal)
Protein	3.3g	7.4g
Fat, Total	1.8g	4.0g
- Saturated	0.4g	0.8g
Carbohydrate	20.5g	45.6g
- Sugars	12.3g	27.4g
Dietary Fibre	3.3g	7.3g
Sodium	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
Energy	534kJ (128Cal)	1070kJ (255Cal)
Protein	3.8g	7.5g
Fat, Total	2.3g	4.5g
- Saturated	1.8g	3.5g
Carbohydrate	21.3g	42.7g
- Sugars	13.8g	27.7g
Dietary Fibre	3.0g	6.0g
Sodium	204mg	408mg
Iron	1.2mg (10%RDI)	2.4mg

CONTAINS: Wheat, Oats, Egg, Milk, Soybean

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
Energy	519kJ (124Cal)	742kJ (177Cal)
Protein	9.4g	13.4g
Fat, Total	4.7g	6.7g
- Saturated	3.1g	4.4g
Carbohydrate	10.3g	14.7g
- Sugars	3.0g	4.3g
Dietary Fibre	1.6g	2.2g
Sodium	254mg	363mg
Iron	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
Energy	558kJ (133Cal)	1120kJ (267Cal)
Protein	3.4g	6.8g
Fat, Total	3.5g	7.0g
- Saturated	0.5g	1.1g
Carbohydrate	20.8g	41.5g
- Sugars	9.7g	19.3g
Dietary Fibre	2.4g	4.9g
Sodium	235mg	470mg
Iron	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
Energy	523kJ (125Cal)	1050kJ (250Cal)
Protein	2.8g	5.7g
Fat, Total	2.0g	4.1g
- Saturated	0.3g	0.6g
Carbohydrate	22.2g	44.4g
- Sugars	12.1g	24.3g
Dietary Fibre	2.7g	5.4g
Sodium	127mg	254mg
Iron	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
Energy	146kJ (35Cal)	730kJ (174Cal)
Protein	0.2g	1.0g
Fat, Total	0.2g	1.0g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	8.2g	41.0g
- Sugars	7.2g	36.0g
Dietary Fibre	0.2g	0.9g
Sodium	81mg	406mg
Iron	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
Energy	489kJ (117Cal)	1960kJ (467Cal)
Protein	2.6g	10.4g
Fat, Total	6.6g	26.5g
- Saturated	1.3g	5.0g
Carbohydrate	10.8g	43.0g
- Sugars	9.0g	36.1g
Dietary Fibre	2.1g	8.5g
Sodium	2mg	8mg
Iron	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
Energy	719kJ (172Cal)	1800kJ (430Cal)
Protein	4.1g	10.3g
Fat, Total	7.9g	19.7g
- Saturated	0.8g	2.1g
Carbohydrate	19.3g	48.3g
- Sugars	9.6g	23.9g
Dietary Fibre	3.6g	9.1g
Sodium	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
Energy	719kJ (172Cal)	1800kJ (430Cal)
Protein	4.1g	10.3g
Fat, Total	7.9g	19.7g
- Saturated	0.8g	2.1g
Carbohydrate	19.3g	48.3g
- Sugars	9.6g	23.9g
Dietary Fibre	3.6g	9.1g
Sodium	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
Energy	609kJ (145Cal)	1740kJ (416Cal)
Protein	3.6g	10.2g
Fat, Total	4.2g	12.1g
- Saturated	0.6g	1.7g
Carbohydrate	21.7g	61.9g
- Sugars	12.0g	34.3g
Dietary Fibre	2.9g	8.2g
Sodium	3mg	8mg
Iron	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
Energy	525kJ (125Cal)	1310kJ (314Cal)
Protein	4.6g	11.6g
Fat, Total	2.4g	6.0g
- Saturated	0.4g	1.0g
Carbohydrate	19.0g	47.4g
- Sugars	8.8g	22.0g
Dietary Fibre	4.4g	11.0g
Sodium	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
Energy	1010kJ (240Cal)	1740kJ (415Cal)
Protein	7.1g	12.3g
Fat, Total	9.4g	16.2g
- Saturated	2.4g	4.1g
Carbohydrate	28.9g	49.9g
- Sugars	10.8g	18.7g
Dietary Fibre	5.7g	9.8g
Sodium	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
Energy	602kJ (144Cal)	1720kJ (411Cal)
Protein	3.6g	10.4g
Fat, Total	3.8g	10.8g
- Saturated	0.5g	1.4g
Carbohydrate	22.2g	63.4g
- Sugars	11.3g	32.2g
Dietary Fibre	2.8g	8.1g
Sodium	26mg	73mg
Iron	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
Energy	584kJ (139Cal)	1670kJ (398Cal)
Protein	3.5g	10.1g
Fat, Total	4.4g	12.6g
- Saturated	0.5g	1.5g
Carbohydrate	19.4g	55.4g
- Sugars	8.5g	24.4g
Dietary Fibre	3.9g	11.0g
Sodium	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
Energy	559kJ (133Cal)	1600kJ (381Cal)
Protein	3.4g	9.7g
Fat, Total	2.2g	6.4g
- Saturated	0.4g	1.0g
Carbohydrate	23.1g	66.1g
- Sugars	10.8g	31.0g
Dietary Fibre	3.1g	8.9g
Sodium	48mg	137mg
Iron	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
Energy	579kJ (138Cal)	1650kJ (395Cal)
Protein	4.0g	11.3g
Fat, Total	4.2g	11.9g
- Saturated	0.4g	1.2g
Carbohydrate	19.2g	54.9g
- Sugars	8.9g	25.5g
Dietary Fibre	3.9g	11.1g
Sodium	21mg	60mg

CONTAINS: Wheat, Barley, Oats, Tree Nuts

Packed in Australia from Local & Imported Ingredients

Cheese & Crackers

Ingredients: Cheese (80%) (Milk, Salt, Culture, Enzyme (Non-Animal Rennet)), Crackers (20%) (Flour, Wholegrain Flour, Rice Bran Oil, Chia Seed, Milk Powder, Freekeh, Dietary Fibre, Linseed, Sea Salt, Poppy Seed, Sugar, Citrus Fibre)

Serving Size: 30g

	per serving	per 100g
Energy	447kJ (107Cal)	1490kJ (356Cal)
Protein	8.1g	26.9g
Fat, Total	6.8g	22.6g
- Saturated	3.8g	12.5g
Carbohydrate	2.8g	9.4g
- Sugars	0.7g	2.2g
Dietary Fibre	1.4g	4.5g
Sodium	212mg	706mg

CONTAINS: Wheat, Milk

Cheese, Fetta

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

Serving Size: 10g

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

CONTAINS: Milk

Product of Australia

Cheese, Parmesan

Ingredients: Milk, Salt, Rennet, Lysozyme

Serving Size: 5g

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

CONTAINS: Egg, Milk

Packed in Australia from Imported Ingredients

Cheese, Pizza

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

Serving Size: 15g

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

CONTAINS: Milk

Product of Australia

Cheese, Ricotta

Ingredients: Whey, Milk, Salt, Food Acid (Citric)

Serving Size: 70g

	per serving	per 100g
Energy	330kJ (79Cal)	472kJ (113Cal)
Protein	6.0g	8.5g
Fat, Total	5.0g	7.2g
- Saturated	3.6g	5.2g
Carbohydrate	2.5g	3.6g
- Sugars	2.4g	3.4g
Dietary Fibre	0.0g	0.0g
Sodium	129mg	185mg

CONTAINS: Milk

Made in Australia

Cheese, Sachet

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

Serving Size: 20g

	per serving	per 100g
Energy	282kJ (67Cal)	1410kJ (337Cal)
Protein	6.3g	31.6g
Fat, Total	4.7g	23.6g
- Saturated	3.2g	16.2g
Carbohydrate	0.0g	0.0g
- Sugars	0.0g	0.0g
Dietary Fibre	0.0g	0.0g
Sodium	155mg	773mg
Iron	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
Energy	255kJ (61Cal)	1420kJ (338Cal)
Protein	5.7g	31.6g
Fat, Total	4.3g	23.6g
- Saturated	2.9g	16.2g
Carbohydrate	less than 0.1g	0.3g
- Sugars	less than 0.1g	0.3g
Dietary Fibre	0.0g	0.0g
Sodium	132mg	733mg

CONTAINS: Milk

Made in Australia

Chicken & Cashew Bowl

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

Serving Size: 255g

	per serving	per 100g
Energy	1060kJ (252Cal)	414kJ (99Cal)
Protein	20.2g	7.9g
Fat, Total	5.7g	2.2g
- Saturated	1.2g	0.5g
Carbohydrate	27.9g	10.9g
- Sugars	4.7g	1.9g
Dietary Fibre	3.9g	1.5g
Sodium	517mg	203mg
Iron	1.5mg (12%RDI)	0.6mg

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

Made In Australia

Chicken & Cous Cous

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

Serving Size: 120g

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

CONTAINS: Wheat

Made in Australia

Chicken & Smokehouse Ham

Ingredients: Chicken (85%), Ham (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Corn Flour, Herbs, Kiwifruit Extract, Pepper

Serving Size: 70g

	per serving	per 100g
Energy	405kJ (97Cal)	578kJ (138Cal)
Protein	19.9g	28.4g
Fat, Total	1.3g	1.8g
- Saturated	0.4g	0.6g
Carbohydrate	1.1g	1.6g
- Sugars	less than 0.1g	0.1g
Dietary Fibre	0.1g	0.2g
Sodium	120mg	172mg
Iron	0.6mg (5%RDI)	0.8mg

Made in Australia

Chicken Breast Fillet

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

Serving Size: 70g

	per serving	per 100g
Energy	385kJ (92Cal)	550kJ (131Cal)
Protein	20.0g	28.5g
Fat, Total	0.7g	1.0g
- Saturated	0.2g	0.3g
Carbohydrate	1.3g	1.9g
- Sugars	less than 0.1g	0.1g
Dietary Fibre	0.3g	0.5g
Sodium	152mg	217mg

Product of Australia

Chicken Dim Sims

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

Serving Size: 242g

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

CONTAINS: Wheat, Soybean, Sesame Seeds

Made in Australia

Chicken Noodle Soup

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

Serving Size: 250g

	per serving	per 100g
Energy	456kJ (109Cal)	182kJ (44Cal)
Protein	8.1g	3.3g
Fat, Total	3.2g	1.3g
- Saturated	1.2g	0.5g
Carbohydrate	10.4g	4.2g
- Sugars	4.9g	2.0g
Dietary Fibre	3.3g	1.3g
Sodium	579mg	232mg
Iron	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
Energy	352kJ (84Cal)	586kJ (140Cal)
Protein	17.5g	29.2g
Fat, Total	1.1g	1.8g
- Saturated	0.2g	0.4g
Carbohydrate	0.8g	1.3g
- Sugars	0.4g	0.7g
Dietary Fibre	0.4g	0.7g
Sodium	264mg	440mg
Iron	0.8mg (6%RDI)	1.3mg

Product of Australia

Chicken Teriyaki

Ingredients: Chicken (27%), Rice, Beans, Carrot, Cabbage, Soy Sauce, 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
Energy	1010kJ (240Cal)	401kJ (96Cal)
Protein	24.4g	9.7g
Fat, Total	1.7g	0.7g
- Saturated	0.3g	0.1g
Carbohydrate	29.4g	11.7g
- Sugars	11.2g	4.5g
Dietary Fibre	3.9g	1.5g
Sodium	540mg	215mg
Iron	1.5mg (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
Energy	519kJ (124Cal)	1730kJ (413Cal)
Protein	0.9g	2.9g
Fat, Total	3.4g	11.3g
- Saturated	2.1g	6.9g
Carbohydrate	21.5g	71.6g
- Sugars	19.9g	66.3g
Dietary Fibre	1.7g	5.5g
Sodium	3mg	9mg
Iron	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
Energy	413kJ (99Cal)	1650kJ (395Cal)
Protein	5.0g	19.8g
Fat, Total	1.8g	7.0g
- Saturated	0.5g	2.0g
Carbohydrate	15.2g	60.7g
- Sugars	9.0g	35.9g
Dietary Fibre	0.8g	3.1g
Sodium	5mg	21mg
Iron	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
Energy	483kJ (115Cal)	1930kJ (462Cal)
Protein	1.8g	7.2g
Fat, Total	6.3g	25.1g
- Saturated	1.4g	5.4g
Carbohydrate	12.3g	49.0g
- Sugars	11.9g	47.6g
Dietary Fibre	1.5g	6.0g
Sodium	5mg	20mg
Iron	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
Energy	110kJ (26Cal)	845kJ (202Cal)
Protein	0.1g	1.0g
Fat, Total	less than 0.1g	0.3g
- Saturated	0.0g	0.0g
Carbohydrate	6.3g	48.3g
- Sugars	5.8g	44.7g
Dietary Fibre	0.3g	2.2g
Sodium	82mg	627mg
Iron	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
Energy	133kJ (32Cal)	530kJ (127Cal)
Protein	0.3g	1.0g
Fat, Total	0.3g	1.0g
- Saturated	0.3g	1.0g
Carbohydrate	7.0g	28.0g
- Sugars	6.1g	24.5g
Dietary Fibre	0.0g	0.0g
Sodium	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
Energy	533kJ (127Cal)	1780kJ (424Cal)
Protein	2.2g	7.2g
Fat, Total	4.0g	13.5g
- Saturated	1.8g	5.8g
Carbohydrate	19.5g	65.0g
- Sugars	11.2g	37.3g
Dietary Fibre	1.8g	6.1g
Sodium	50mg	167mg
Iron	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
Energy	506kJ (121Cal)	1690kJ (403Cal)
Protein	2.6g	8.7g
Fat, Total	4.5g	14.9g
- Saturated	1.6g	5.3g
Carbohydrate	16.4g	54.5g
- Sugars	7.0g	23.2g
Dietary Fibre	2.2g	7.4g
Sodium	42mg	138mg
Iron	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
Energy	414kJ (99Cal)	2070kJ (495Cal)
Protein	1.5g	7.3g
Fat, Total	4.5g	22.5g
- Saturated	0.5g	2.7g
Carbohydrate	11.9g	59.3g
- Sugars	0.2g	0.9g
Dietary Fibre	1.3g	6.7g
Sodium	48mg	240mg
Iron	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
Energy	606kJ (145Cal)	606kJ (145Cal)
Protein	5.9g	5.9g
Fat, Total	1.9g	1.9g
- Saturated	0.4g	0.4g
Carbohydrate	24.4g	24.4g
- Sugars	4.5g	4.5g
Dietary Fibre	2.4g	2.4g
Sodium	492mg	492mg
Iron	0.7mg (6%RDI)	0.7mg

CONTAINS: Wheat, Egg

Made in Australia

Crackers Mixed Grain 20g (Tuckers)

Ingredients: Brown Rice Flour, Amaranth Flour, Rice Flour, Quinoa, Inulin, Sunflower Oil, Chia Seeds, Linseed, Seasoning (Salt, Maltodextrin)

Serving Size: 20g

	per serving	per 100g
Energy	321kJ (77Cal)	1610kJ (384Cal)
Protein	1.7g	8.7g
Fat, Total	1.5g	7.5g
- Saturated	0.2g	1.1g
Carbohydrate	12.7g	63.7g
- Sugars	0.3g	1.5g
Dietary Fibre	2.5g	12.3g
Sodium	58mg	290mg
Iron	0.6mg (5%RDI)	2.8mg

Made in Australia from Local & Imported Ingredients

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
Energy	107kJ (26Cal)	537kJ (128Cal)
Protein	0.0g	0.0g
Fat, Total	0.0g	0.0g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	6.3g	31.6g
- Sugars	5.4g	27.0g
Dietary Fibre	less than 0.1g	less than 0.1g
Sodium	7mg	35mg
Iron	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
Energy	990kJ (237Cal)	396kJ (95Cal)
Protein	19.9g	8.0g
Fat, Total	5.9g	2.4g
- Saturated	2.9g	1.2g
Carbohydrate	23.8g	9.5g
- Sugars	3.4g	1.4g
Dietary Fibre	3.5g	1.4g
Sodium	416mg	166mg

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 (Acetic, Lactic)), 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
Energy	955kJ (228Cal)	415kJ (99Cal)
Protein	22.5g	9.8g
Fat, Total	5.3g	2.3g
- Saturated	1.8g	0.8g
Carbohydrate	20.6g	9.0g
- Sugars	3.5g	1.5g
Dietary Fibre	3.3g	1.4g
Sodium	362mg	157mg

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

CONTAINS: Wheat, Rye, Barley, Soybean

Made In Australia

Crispy Noodles

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

Serving Size: 15g

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

CONTAINS: Wheat

Product of Australia

Crispy Salad

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

Serving Size: 145g

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

Product of Australia

Cucumber, Baby

Ingredients: Cucumber

Serving Size: 35g

	per serving	per 100g
Energy	20kJ (5Cal)	58kJ (14Cal)
Protein	0.2g	0.5g
Fat, Total	less than 0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	0.7g	2.1g
- Sugars	0.7g	2.1g
Dietary Fibre	0.4g	1.2g
Sodium	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
Energy	388kJ (93Cal)	228kJ (55Cal)
Protein	0.5g	0.3g
Fat, Total	0.3g	0.2g
- Saturated	0.2g	0.1g
Carbohydrate	20.6g	12.1g
- Sugars	16.3g	9.6g
Dietary Fibre	2.0g	1.2g
Sodium	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
Energy	365kJ (87Cal)	215kJ (51Cal)
Protein	0.9g	0.5g
Fat, Total	0.3g	0.2g
- Saturated	0.2g	0.1g
Carbohydrate	19.4g	11.4g
- Sugars	14.8g	8.7g
Dietary Fibre	1.4g	0.8g
Sodium	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
Energy	372kJ (89Cal)	219kJ (52Cal)
Protein	0.5g	0.3g
Fat, Total	0.2g	0.1g
- Saturated	0.2g	0.1g
Carbohydrate	19.7g	11.6g
- Sugars	14.1g	8.3g
Dietary Fibre	2.7g	1.6g
Sodium	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
Energy	254kJ (61Cal)	212kJ (51Cal)
Protein	0.5g	0.4g
Fat, Total	0.1g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	13.7g	11.4g
- Sugars	10.4g	8.7g
Dietary Fibre	1.2g	1.0g
Sodium	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
Energy	374kJ (89Cal)	220kJ (53Cal)
Protein	0.3g	0.2g
Fat, Total	0.3g	0.2g
- Saturated	0.2g	0.1g
Carbohydrate	19.5g	11.5g
- Sugars	13.3g	7.8g
Dietary Fibre	2.9g	1.7g
Sodium	2mg	1mg

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

Dahl Curry with Rice

Ingredients: Rice (23%), Tomato, Vegetable Stock (Onions, Carrots, Celery, Tomatoes, Leeks, Garlic, Herbs, Pepper), Cauliflower, Broccolini, Potatoes, Lentils, Onion, Carrot, Chinese Cabbage, Celery, Leek, Chickpeas, Cream, Almonds, Curry Paste, Garlic, Salt, Ginger, Yeast, Corn Starch, Lime Juice, Olive Oil, Sugar, Coriander, Spices, Sunflower Oil

Serving Size: 228g

	per serving	per 100g
Energy	978kJ (234Cal)	429kJ (102Cal)
Protein	9.0g	3.9g
Fat, Total	4.9g	2.2g
- Saturated	1.4g	0.6g
Carbohydrate	34.6g	15.2g
- Sugars	4.8g	2.1g
Dietary Fibre	7.0g	3.1g
Sodium	491mg	215mg

CONTAINS: Milk, Tree Nuts

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
Energy	812kJ (194Cal)	492kJ (118Cal)
Protein	3.5g	2.1g
Fat, Total	2.4g	1.5g
- Saturated	1.0g	0.6g
Carbohydrate	37.8g	22.9g
- Sugars	27.4g	16.6g
Dietary Fibre	2.2g	1.3g
Sodium	108mg	65mg
Iron	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
Energy	752kJ (180Cal)	455kJ (109Cal)
Protein	4.2g	2.6g
Fat, Total	2.1g	1.3g
- Saturated	0.8g	0.5g
Carbohydrate	34.2g	20.7g
- Sugars	25.4g	15.4g
Dietary Fibre	2.9g	1.7g
Sodium	200mg	121mg
Iron	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
Energy	787kJ (188Cal)	492kJ (118Cal)
Protein	5.4g	3.4g
Fat, Total	2.1g	1.3g
- Saturated	1.5g	0.9g
Carbohydrate	33.5g	20.9g
- Sugars	25.0g	15.6g
Dietary Fibre	6.1g	3.8g
Sodium	193mg	121mg
Iron	1.4mg (12%RDI)	0.9mg

CONTAINS: Wheat, Oats, Egg, Milk, Soybean

Made In Australia

Dessert, Raspberry & Apple Crumble

Ingredients: Water, Apple (26%), Raspberries (13%), 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
Energy	847kJ (202Cal)	514kJ (123Cal)
Protein	4.0g	2.4g
Fat, Total	2.4g	1.5g
- Saturated	1.1g	0.6g
Carbohydrate	39.1g	23.7g
- Sugars	27.9g	16.9g
Dietary Fibre	2.6g	1.6g
Sodium	114mg	69mg
Iron	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
Energy	838kJ (200Cal)	476kJ (114Cal)
Protein	4.7g	2.7g
Fat, Total	3.5g	2.0g
- Saturated	2.2g	1.3g
Carbohydrate	35.4g	20.1g
- Sugars	17.2g	9.8g
Dietary Fibre	0.7g	0.4g
Sodium	110mg	63mg

CONTAINS: Milk

Made in Australia

Dressing, Balsamic Vinaigrette

Ingredients: Balsamic Vinegar (Vinegar, Sugar, Grape Juice Concentrate), Olive Oil, Sunflower Oil

Serving Size: 10g

	per serving	per 100g
Energy	215kJ (51Cal)	2150kJ (514Cal)
Protein	less than 0.1g	0.5g
Fat, Total	5.2g	51.9g
- Saturated	0.8g	7.5g
Carbohydrate	1.3g	13.1g
- Sugars	1.3g	13.1g
Dietary Fibre	0.0g	0.0g
Sodium	less than 1mg	2mg

Made in Australia

Dressing, Caesar

Ingredients: Vinegar, Water, Vegetable Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic

Serving Size: 25g

	per serving	per 100g
Energy	255kJ (61Cal)	1020kJ (244Cal)
Protein	0.5g	1.8g
Fat, Total	5.3g	21.0g
- Saturated	0.4g	1.5g
Carbohydrate	3.4g	13.4g
- Sugars	3.2g	12.8g
Dietary Fibre	less than 0.1g	0.1g
Sodium	303mg	1210mg

CONTAINS: Milk

Made in Australia

Dressing, Canton

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

Serving Size: 28g

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

CONTAINS: Wheat, Soybean

Made in Australia

Dressing, Creamy

Ingredients: Water, Vegetable Oil, Vinegar, Sugar, Garlic, Buttermilk Powder, Salt, Thickeners (415, 405), Herbs

Serving Size: 20g

	per serving	per 100g
Energy	247kJ (59Cal)	1230kJ (295Cal)
Protein	0.3g	1.3g
Fat, Total	5.7g	28.5g
- Saturated	0.4g	2.2g
Carbohydrate	1.8g	9.2g
- Sugars	1.6g	8.0g
Dietary Fibre	0.0g	0.0g
Sodium	166mg	830mg

CONTAINS: Milk

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

Made in Australia

Dressing, Lemon Vinaigrette

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

Serving Size: 40g

	per serving	per 100g
Energy	365kJ (87Cal)	913kJ (218Cal)
Protein	0.4g	1.0g
Fat, Total	4.6g	11.4g
- Saturated	0.7g	1.7g
Carbohydrate	11.0g	27.5g
- Sugars	10.0g	25.1g
Dietary Fibre	0.3g	0.8g
Sodium	362mg	906mg
Iron	0.2mg (2%RDI)	0.5mg

CONTAINS: Wheat, Barley

Dressing, Ranch

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

Serving Size: 25g

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

CONTAINS: Egg, Milk

Made in Australia

Dressing, Soy & Mirin

Ingredients: Vinegar, Soy Sauce (Water, Soybean, Wheat, Salt, Alcohol, Food Acids (260, 262)), Mirin (Water, Rice, Corn Syrup, Alcohol)

Serving Size: 15g

	per serving	per 100g
Energy	63kJ (15Cal)	416kJ (100Cal)
Protein	0.5g	3.2g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	3.2g	21.3g
- Sugars	2.7g	18.3g
Dietary Fibre	0.0g	0.0g
Sodium	178mg	1190mg

CONTAINS: Wheat, Soybean

Made in Australia

Dressing, Vietnamese Vinaigrette

Ingredients: Rice Vinegar (24%) (Distilled Vinegar (Wheat, Rice, Corn Extract), Water, Salt), Fish Sauce (Water, Anchovy, Salt, Sugar), Sugar, Water, Onion, Coriander, Sesame Oil, Chilli, Vegetable Gum (Xanthan)

Serving Size: 20g

	per serving	per 100g
Energy	82kJ (20Cal)	411kJ (98Cal)
Protein	0.7g	3.5g
Fat, Total	0.4g	1.8g
- Saturated	less than 0.1g	0.2g
Carbohydrate	3.4g	17.0g
- Sugars	3.1g	15.6g
Dietary Fibre	less than 0.1g	0.4g
Sodium	579mg	2900mg
Iron	0.1mg (1%RDI)	0.6mg

CONTAINS: Wheat, Fish, Sesame Seeds

Made in Australia

Dressing, Yoghurt

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

Serving Size: 30g

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

CONTAINS: Milk

Made in Australia

Egg & Mayo Mix

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

Serving Size: 60g

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

CONTAINS: Egg

Made in Australia

Egg Spread, Curried

Ingredients: Egg (76%), Mayonnaise (Water, Sugar, Vinegar, Skim Milk Powder, Sunflower Oil, Egg, Modified Starch (1422), Dijon Mustard, Salt, Cultured Dextrose, Vegetable Gums (Pectin, Xanthan), Lemon Juice Concentrate, Colour (171), Garlic Powder, Dill Flavour), Shallots, Curry Paste (1.5%), Salt

Serving Size: 60g

	per serving	per 100g
Energy	366kJ (87Cal)	610kJ (146Cal)
Protein	6.3g	10.5g
Fat, Total	5.5g	9.2g
- Saturated	1.6g	2.6g
Carbohydrate	3.1g	5.2g
- Sugars	2.8g	4.7g
Dietary Fibre	0.1g	0.2g
Sodium	234mg	390mg

CONTAINS: Wheat, Barley, Egg, Milk

Made in Australia

Egg, Raw (Free Range)

Ingredients: Egg

Serving Size: 50g

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

CONTAINS: Egg

Product of Australia

Flame Raisins & Almonds

Ingredients: Flame Raisins (50%) (Preservative (220)), Almonds (50%)

Serving Size: 25g

	per serving	per 100g
Energy	485kJ (116Cal)	1940kJ (463Cal)
Protein	2.7g	10.9g
Fat, Total	7.0g	27.8g
- Saturated	0.5g	2.0g
Carbohydrate	9.5g	38.0g
- Sugars	9.3g	37.0g
Dietary Fibre	2.5g	10.0g
Sodium	8mg	32mg

CONTAINS: Tree Nuts

Fresh Breakfast Tomato

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

Serving Size: 60g

	per serving	per 100g
Energy	76kJ (18Cal)	127kJ (30Cal)
Protein	0.7g	1.1g
Fat, Total	0.1g	0.2g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	3.3g	5.5g
- Sugars	2.3g	3.8g
Dietary Fibre	0.9g	1.5g
Sodium	54mg	90mg
Iron	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
Energy	69kJ (17Cal)	86kJ (21Cal)
Protein	0.8g	0.9g
Fat, Total	0.1g	0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	2.7g	3.4g
- Sugars	1.9g	2.3g
Dietary Fibre	0.9g	1.1g
Sodium	37mg	46mg
Iron	0.4mg (3%RDI)	0.4mg

Made in Australia

Garden Salad

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

Serving Size: 150g

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

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

Made in Australia

Ham & Tomato Omelette Mix

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

Serving Size: 70g

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

Product of Australia

Ham, Smokehouse

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

Serving Size: 50g

	per serving	per 100g
Energy	293kJ (70Cal)	586kJ (140Cal)
Energy	293kJ (70Cal)	586kJ (140Cal)
Protein	10.4g	20.7g
Protein	10.4g	20.7g
Fat, Total	2.5g	5.0g
Fat, Total	2.5g	5.0g
- Saturated	1.0g	2.0g
- Saturated	1.0g	2.0g
Carbohydrate	1.4g	2.9g
Carbohydrate	1.4g	2.9g
- Sugars	0.2g	0.4g
- Sugars	0.2g	0.4g
Dietary Fibre	0.0g	0.0g
Dietary Fibre	0.0g	0.0g
Sodium	291mg	582mg
Sodium	291mg	582mg
Iron	0.6mg (5%RDI)	1.2mg
Iron	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
Energy	897kJ (214Cal)	399kJ (95Cal)
Protein	14.3g	6.3g
Fat, Total	5.5g	2.4g
- Saturated	1.4g	0.6g
Carbohydrate	25.5g	11.3g
- Sugars	6.4g	2.8g
Dietary Fibre	3.0g	1.3g
Sodium	957mg	425mg
Iron	1.7mg (14%RDI)	0.7mg

CONTAINS: Wheat, Fish, Soybean

Made in Australia

Hollandaise

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

Serving Size: 20g

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

CONTAINS: Egg, Milk

Made in Australia

Honey

Ingredients: Honey

Serving Size: 14g

	per serving	per 100g
Energy	196kJ (47Cal)	1400kJ (335Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	11.5g	82.1g
- Sugars	11.5g	82.1g
Dietary Fibre	0.0g	0.0g
Sodium	2mg	14mg
Iron	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
Energy	1030kJ (246Cal)	382kJ (91Cal)
Protein	23.3g	8.6g
Fat, Total	2.2g	0.8g
- Saturated	0.3g	0.1g
Carbohydrate	30.6g	11.3g
- Sugars	13.6g	5.0g
Dietary Fibre	5.2g	1.9g
Sodium	458mg	170mg
Iron	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
Energy	975kJ (233Cal)	428kJ (102Cal)
Protein	18.7g	8.2g
Fat, Total	5.3g	2.3g
- Saturated	1.7g	0.7g
Carbohydrate	25.8g	11.3g
- Sugars	6.6g	2.9g
Dietary Fibre	3.1g	1.4g
Sodium	490mg	215mg
Iron	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
Energy	165kJ (40Cal)	1180kJ (282Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	9.7g	69.1g
- Sugars	9.7g	68.9g
Dietary Fibre	0.1g	0.9g
Sodium	less than 1mg	2mg
Iron	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
Energy	165kJ (40Cal)	1180kJ (282Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	9.7g	69.1g
- Sugars	9.7g	68.9g
Dietary Fibre	0.1g	0.8g
Sodium	less than 1mg	5mg
Iron	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
Energy	160kJ (38Cal)	1140kJ (272Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	9.2g	66.0g
- Sugars	9.1g	65.0g
Dietary Fibre	0.2g	1.3g
Sodium	less than 1mg	2mg
Iron	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
Energy	165kJ (40Cal)	1180kJ (282Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	9.7g	69.1g
- Sugars	9.7g	68.9g
Dietary Fibre	0.2g	1.3g
Sodium	less than 1mg	2mg
Iron	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
Energy	81kJ (19Cal)	403kJ (96Cal)
Protein	0.3g	1.3g
Fat, Total	1.0g	5.1g
- Saturated	0.2g	0.8g
Carbohydrate	1.9g	9.4g
- Sugars	1.9g	9.3g
Dietary Fibre	0.3g	1.6g
Sodium	46mg	232mg
Iron	less than 0.1mg	0.4mg

Made in Australia

Juice, Orange

Ingredients: Orange Juice

Serving Size: 190g

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

Product of Australia

Kiwifruit

Ingredients: Kiwifruit

Serving Size: 100g

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

Lamb Chargrilled

Ingredients: Lamb (91%), Lemon, Marinade (Contains Flavours), Olive Oil, Onion Extract, Garlic Powder, Spices, Pepper, Herbs

Serving Size: 50g

	per serving	per 100g
Energy	323kJ (77Cal)	646kJ (154Cal)
Protein	12.3g	24.5g
Fat, Total	2.8g	5.5g
- Saturated	1.3g	2.5g
Carbohydrate	0.6g	1.2g
- Sugars	0.4g	0.8g
Dietary Fibre	0.3g	0.7g
Sodium	133mg	265mg

Lightly Spiced Chicken

Ingredients: Chicken, Garlic Extract, Spices, Onion Extract, Kiwifruit Extract, Herbs, Sugar, Salt, Pepper, Chilli

Serving Size: 95g

	per serving	per 100g
Energy	547kJ (131Cal)	576kJ (138Cal)
Protein	29.1g	30.7g
Fat, Total	0.9g	1.0g
- Saturated	0.3g	0.3g
Carbohydrate	1.0g	1.0g
- Sugars	0.2g	0.2g
Dietary Fibre	0.1g	0.2g
Sodium	71mg	75mg

Made in Australia

Mandarin

Ingredients: Mandarin

Serving Size: 150g

	per serving	per 100g
Energy	224kJ (54Cal)	150kJ (36Cal)
Protein	1.1g	0.7g
Fat, Total	0.2g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	10.8g	7.2g
- Sugars	10.8g	7.2g
Dietary Fibre	1.7g	1.1g
Sodium	4mg	2mg
Iron	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
Energy	514kJ (123Cal)	2060kJ (492Cal)
Protein	3.2g	12.7g
Fat, Total	9.6g	38.4g
- Saturated	2.5g	10.0g
Carbohydrate	5.3g	21.2g
- Sugars	4.2g	16.8g
Dietary Fibre	1.9g	7.6g
Sodium	4mg	17mg

CONTAINS: Tree Nuts

Packed in Australia from local and imported ingredients

Marinated Vegetable Salad

Ingredients: Hummus (Chickpeas, Olive Oil, Sunflower Seeds, Lemon Juice, Garlic, Salt, Cumin, Acidity Regulator (500), Antioxidant (Citric Acid), Preservative (202)), Tomato, Roasted Capsicum (Vinegar, Salt, Sugar), Cucumber, Carrot, Baby Leaf Mix, Zucchini, Water, Olives (Contains Food Acid (Citric)), Quinoa, Dukkah (Sesame Seeds, Hazelnuts, Spices, Salt), Herbs

Serving Size: 226g

	per serving	per 100g
Energy	682kJ (163Cal)	302kJ (72Cal)
Protein	4.7g	2.1g
Fat, Total	9.5g	4.2g
- Saturated	1.2g	0.5g
Carbohydrate	11.8g	5.2g
- Sugars	4.9g	2.2g
Dietary Fibre	6.9g	3.1g
Sodium	474mg	210mg

CONTAINS: Tree Nuts, Sesame Seeds

Made in Australia Caution: Olives may contain pits

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
Energy	63kJ (15Cal)	630kJ (151Cal)
Protein	0.1g	1.1g
Fat, Total	1.0g	10.4g
- Saturated	0.2g	1.7g
Carbohydrate	1.3g	13.4g
- Sugars	1.0g	10.4g
Dietary Fibre	less than 0.1g	0.6g
Sodium	75mg	747mg
Iron	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
Energy	55kJ (13Cal)	547kJ (131Cal)
Protein	0.1g	1.4g
Fat, Total	0.6g	6.0g
- Saturated	0.1g	1.0g
Carbohydrate	1.7g	17.3g
- Sugars	1.4g	14.1g
Dietary Fibre	0.0g	0.0g
Sodium	95mg	950mg
Iron	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, 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
Energy	1050kJ (252Cal)	439kJ (105Cal)
Protein	20.2g	8.4g
Fat, Total	8.5g	3.5g
- Saturated	3.8g	1.6g
Carbohydrate	21.7g	9.0g
- Sugars	7.8g	3.2g
Dietary Fibre	3.2g	1.3g
Sodium	486mg	202mg

CONTAINS: Wheat, Egg, Milk, Tree Nuts

Caution: Olives may contain pits. Made in Australia

Mexican Chicken Stack

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

Serving Size: 255g

	per serving	per 100g
Energy	1110kJ (265Cal)	435kJ (104Cal)
Protein	16.3g	6.4g
Fat, Total	4.6g	1.8g
- Saturated	2.3g	0.9g
Carbohydrate	36.1g	14.2g
- Sugars	9.2g	3.6g
Dietary Fibre	6.2g	2.4g
Sodium	432mg	169mg
Iron	2.3mg (19%RDI)	0.9mg

CONTAINS: Wheat, Milk, Soybean

Made in Australia

Mix, Almond & Mango Fruit

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

Serving Size: 25g

	per serving	per 100g
Energy	441kJ (105Cal)	1770kJ (422Cal)
Protein	2.7g	10.7g
Fat, Total	4.6g	18.5g
- Saturated	0.5g	1.8g
Carbohydrate	12.1g	48.6g
- Sugars	11.2g	44.8g
Dietary Fibre	2.3g	9.1g
Sodium	less than 1mg	2mg
Iron	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
Energy	398kJ (95Cal)	1330kJ (317Cal)
Protein	0.8g	2.7g
Fat, Total	0.3g	0.9g
- Saturated	0.2g	0.5g
Carbohydrate	21.5g	71.7g
- Sugars	19.5g	64.9g
Dietary Fibre	1.1g	3.5g
Sodium	3mg	11mg
Iron	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
Energy	517kJ (124Cal)	2070kJ (494Cal)
Protein	5.2g	20.7g
Fat, Total	7.1g	28.5g
- Saturated	1.3g	5.0g
Carbohydrate	8.3g	33.1g
- Sugars	1.0g	3.8g
Dietary Fibre	3.1g	12.5g
Sodium	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
Energy	556kJ (133Cal)	2320kJ (554Cal)
Protein	4.7g	19.4g
Fat, Total	9.0g	37.4g
- Saturated	1.3g	5.5g
Carbohydrate	7.8g	32.4g
- Sugars	0.9g	3.6g
Dietary Fibre	1.6g	6.7g
Sodium	10mg	41mg

CONTAINS: Peanuts, Tree Nuts

Packed in Australia from local and imported ingredients

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
Energy	361kJ (86Cal)	1200kJ (288Cal)
Protein	0.8g	2.8g
Fat, Total	0.2g	0.7g
- Saturated	less than 0.1g	0.2g
Carbohydrate	19.1g	63.8g
- Sugars	18.8g	62.6g
Dietary Fibre	1.7g	5.8g
Sodium	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
Energy	650kJ (155Cal)	2600kJ (621Cal)
Protein	4.1g	16.3g
Fat, Total	14.1g	56.5g
- Saturated	2.0g	7.9g
Carbohydrate	3.2g	12.9g
- Sugars	1.3g	5.1g
Dietary Fibre	2.0g	8.1g
Sodium	15mg	60mg
Iron	0.7mg (6%RDI)	2.8mg

CONTAINS: Tree Nuts

Packed in Australia from Local & Imported Ingredients

Mixed Spinach Salad

Ingredients: Cucumber, Spinach, Carrot, Tomato

Serving Size: 140g

	per serving	per 100g
Energy	113kJ (27Cal)	81kJ (19Cal)
Protein	1.5g	1.1g
Fat, Total	0.2g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	3.5g	2.5g
- Sugars	3.4g	2.4g
Dietary Fibre	2.6g	1.9g
Sodium	34mg	24mg

Product of Australia

Moroccan Lamb Hotpot

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

Serving Size: 260g

	per serving	per 100g
Energy	1020kJ (245Cal)	394kJ (94Cal)
Protein	17.8g	6.8g
Fat, Total	4.4g	1.7g
- Saturated	1.5g	0.6g
Carbohydrate	30.4g	11.7g
- Sugars	8.2g	3.2g
Dietary Fibre	5.4g	2.1g
Sodium	480mg	185mg
Iron	3.8mg (32%RDI)	1.5mg

CONTAINS: Wheat, Fish

Made In Australia

Moroccan Salad

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

Serving Size: 90g

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

Muesli Bar, Cinnamon Oat

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

Serving Size: 30g

	per serving	per 100g
Energy	489kJ (117Cal)	1630kJ (389Cal)
Protein	2.5g	8.3g
Fat, Total	3.3g	11.0g
- Saturated	0.5g	1.7g
Carbohydrate	19.0g	63.4g
- Sugars	7.1g	23.7g
Dietary Fibre	1.7g	5.6g
Sodium	55mg	184mg
Iron	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
Energy	531kJ (127Cal)	1660kJ (397Cal)
Protein	2.7g	8.3g
Fat, Total	3.8g	11.8g
- Saturated	0.8g	2.4g
Carbohydrate	20.2g	63.1g
- Sugars	8.0g	25.0g
Dietary Fibre	1.8g	5.5g
Sodium	58mg	180mg
Iron	0.6mg (5%RDI)	1.9mg

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

Made in Australia

Muesli, Berry Bircher

Ingredients: Apple, Fruit Juice (Apple, Grapefruit, Banana, Guava, Raspberry, Pomegranate, Cranberry), Blueberry, Raspberries, Pepitas, Chia Seed, Almonds, Oats, Honey, Spices, Salt

Serving Size: 125g

	per serving	per 100g
Energy	822kJ (196Cal)	658kJ (157Cal)
Protein	5.9g	4.8g
Fat, Total	11.3g	9.0g
- Saturated	1.2g	1.0g
Carbohydrate	14.7g	11.8g
- Sugars	10.5g	8.4g
Dietary Fibre	6.5g	5.2g
Sodium	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
Energy	583kJ (139Cal)	809kJ (193Cal)
Protein	3.3g	4.6g
Fat, Total	1.1g	1.6g
- Saturated	0.2g	0.3g
Carbohydrate	27.0g	37.5g
- Sugars	15.6g	21.6g
Dietary Fibre	3.4g	4.7g
Sodium	200mg	278mg
Iron	1.2mg (10%RDI)	1.7mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Muffin, Banana & Date

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

Serving Size: 72g

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

CONTAINS: Wheat, Egg, Milk

Made in Australia

Muffin, Breakfast - Fruit

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

Serving Size: 67g

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

CONTAINS: Wheat, Oats, Soybean, Sulphites

Made in Australia

Muffin, Breakfast - Multigrain

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

Serving Size: 67g

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

CONTAINS: Wheat, Rye, Barley, Oats, Soybean

Made In Australia

Muffin, Corn & Parmesan

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

Serving Size: 65g

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

CONTAINS: Wheat, Milk

Made in Australia

Muffin, Savoury

Ingredients: Milk, Flour (Raising Agents (339, 341, 450, 500)), Egg, Flour, Semi Dried Tomatoes, Onion, Olives (Food Acid (Citric)), Kale, Tomato, Pepitas, Yeast, Raising Agents (450, 500), Herbs, Lemon, Olive Oil, Onion Extract, Pepper

Serving Size: 55g

	per serving	per 100g
Energy	429kJ (102Cal)	780kJ (186Cal)
Protein	4.2g	7.6g
Fat, Total	2.7g	4.9g
- Saturated	0.5g	0.9g
Carbohydrate	14.1g	25.7g
- Sugars	2.0g	3.6g
Dietary Fibre	2.2g	4.1g
Sodium	217mg	395mg

CONTAINS: Wheat, Egg, Milk

Caution: Olives May Contain Pits. Made in Australia

Muffin, Spinach & Fetta

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

Serving Size: 65g

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

CONTAINS: Wheat, Egg, Milk

Product of Australia

Muffin, Sweet Pumpkin Mini

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

Serving Size: 45g

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

CONTAINS: Wheat, Egg

Made in Australia

Oats, Creamy Almond & Vanilla

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

Serving Size: 30g

	per serving	per 100g
Energy	475kJ (114Cal)	1580kJ (378Cal)
Protein	2.9g	9.6g
Fat, Total	3.0g	10.1g
- Saturated	0.4g	1.4g
Carbohydrate	17.6g	58.5g
- Sugars	4.1g	13.8g
Dietary Fibre	2.0g	6.6g
Sodium	70mg	234mg
Iron	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
Energy	579kJ (138Cal)	1650kJ (395Cal)
Protein	3.9g	11.2g
Fat, Total	3.9g	11.0g
- Saturated	0.7g	2.0g
Carbohydrate	19.9g	57.0g
- Sugars	8.1g	23.0g
Dietary Fibre	3.9g	11.0g
Sodium	3mg	9mg
Iron	0.9mg (7%RDI)	2.5mg

CONTAINS: Barley, Oats, Tree Nuts

Orange

Ingredients: Orange

Serving Size: 190g

	per serving	per 100g
Energy	205kJ (49Cal)	108kJ (26Cal)
Protein	1.2g	0.6g
Fat, Total	0.1g	less than 0.1g
- Saturated	0.0g	0.0g
Carbohydrate	9.5g	5.0g
- Sugars	9.5g	5.0g
Dietary Fibre	2.4g	1.3g
Sodium	2mg	1mg
Iron	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
Energy	615kJ (147Cal)	820kJ (196Cal)
Protein	2.6g	3.5g
Fat, Total	1.5g	2.0g
- Saturated	0.2g	0.2g
Carbohydrate	30.3g	40.4g
- Sugars	19.0g	25.3g
Dietary Fibre	1.7g	2.3g
Sodium	68mg	90mg
Iron	0.6mg (5%RDI)	0.8mg

CONTAINS: Wheat, Barley, Egg

Made in Australia

Pea & Ham Soup

Ingredients: Pork Stock, Water, Peas (18%), Bacon (5%) (Contains Preservative (250)), Carrot, Celery, Onion, Corn Starch, Salt, Garlic, Sugar, Sunflower Oil, Pepper

Serving Size: 270g

	per serving	per 100g
Energy	658kJ (157Cal)	244kJ (58Cal)
Protein	16.1g	6.0g
Fat, Total	1.7g	0.6g
- Saturated	0.5g	0.2g
Carbohydrate	16.6g	6.1g
- Sugars	2.5g	0.9g
Dietary Fibre	5.1g	1.9g
Sodium	618mg	229mg
Iron	2.0mg (16%RDI)	0.7mg

Made in Australia

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
Energy	362kJ (86Cal)	233kJ (56Cal)
Protein	1.3g	0.9g
Fat, Total	0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	18.6g	12.0g
- Sugars	15.8g	10.2g
Dietary Fibre	2.4g	1.5g
Sodium	9mg	6mg
Iron	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
Energy	254kJ (61Cal)	181kJ (43Cal)
Protein	1.1g	0.8g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	0.0g	0.0g
Carbohydrate	12.5g	8.9g
- Sugars	12.4g	8.9g
Dietary Fibre	2.4g	1.7g
Sodium	8mg	5mg
Iron	0.5mg (4%RDI)	0.4mg

Made in Australia

Peaches, Diced

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

Serving Size: 100g

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

Made in Australia

Peanut Butter

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

Serving Size: 11g

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

CONTAINS: Peanuts

Product of Australia

Peanuts & Rice Crackers

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

Serving Size: 30g

	per serving	per 100g
Energy	549kJ (131Cal)	1830kJ (437Cal)
Protein	3.3g	11.0g
Fat, Total	3.7g	12.4g
- Saturated	0.7g	2.3g
Carbohydrate	20.6g	68.6g
- Sugars	0.8g	2.6g
Dietary Fibre	0.8g	2.5g
Sodium	125mg	417mg
Iron	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
Energy	654kJ (156Cal)	2610kJ (625Cal)
Protein	5.4g	21.6g
Fat, Total	13.4g	53.5g
- Saturated	1.8g	7.1g
Carbohydrate	3.1g	12.3g
- Sugars	1.2g	4.8g
Dietary Fibre	1.8g	7.3g
Sodium	43mg	171mg

CONTAINS: Peanuts, Tree Nuts

Packed in Australia from local and imported ingredients

Pear, Prune & Apple Combo

Ingredients: Apple (50%), Pear (29%) (Fruit Juice), Prune (21%) (Preservative (202))

Serving Size: 140g

	per serving	per 100g
Energy	414kJ (99Cal)	295kJ (71Cal)
Protein	1.1g	0.8g
Fat, Total	0.2g	0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	20.5g	14.7g
- Sugars	20.0g	14.3g
Dietary Fibre	4.8g	3.4g
Sodium	5mg	4mg

Product of Australia Caution: Prune May Contain Pit

Pears & Pecans in Maple Syrup

Ingredients: Pear, Maple Syrup, Pecan Nuts

Serving Size: 130g

	per serving	per 100g
Energy	522kJ (125Cal)	401kJ (96Cal)
Protein	0.7g	0.6g
Fat, Total	3.7g	2.9g
- Saturated	0.2g	0.2g
Carbohydrate	21.3g	16.4g
- Sugars	17.4g	13.4g
Dietary Fibre	2.2g	1.7g
Sodium	7mg	6mg

CONTAINS: Tree Nuts

Made in Australia

Penne Pesto Pasta

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

Serving Size: 196g

	per serving	per 100g
Energy	1010kJ (242Cal)	518kJ (124Cal)
Protein	8.2g	4.2g
Fat, Total	5.6g	2.9g
- Saturated	1.1g	0.5g
Carbohydrate	37.8g	19.3g
- Sugars	5.0g	2.5g
Dietary Fibre	3.3g	1.7g
Sodium	393mg	201mg
Iron	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
Energy	544kJ (130Cal)	825kJ (197Cal)
Protein	4.1g	6.2g
Fat, Total	1.6g	2.4g
- Saturated	0.4g	0.7g
Carbohydrate	23.7g	36.0g
- Sugars	8.4g	12.7g
Dietary Fibre	1.7g	2.6g
Sodium	221mg	335mg
Iron	0.7mg (5%RDI)	1.0mg

CONTAINS: Wheat, Barley, Egg

Product of Australia

Pine n' Melon

Ingredients: Rockmelon, Pineapple, Honeydew Melon

Serving Size: 120g

	per serving	per 100g
Energy	158kJ (38Cal)	131kJ (31Cal)
Protein	0.8g	0.7g
Fat, Total	0.2g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	7.4g	6.1g
- Sugars	7.4g	6.1g
Dietary Fibre	1.5g	1.3g
Sodium	20mg	17mg
Iron	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
Energy	615kJ (147Cal)	1020kJ (245Cal)
Protein	5.9g	9.9g
Fat, Total	1.3g	2.1g
- Saturated	0.2g	0.3g
Carbohydrate	25.7g	42.9g
- Sugars	1.9g	3.1g
Dietary Fibre	3.7g	6.2g
Sodium	100mg	167mg
Iron	1.2mg (10%RDI)	2.0mg

CONTAINS: Wheat

Made in Australia from Local & Imported Ingredients

Pizza Topping, BBQ Chicken & Ham

Ingredients: Capsicum, Chicken (23%) (Natural Flavour, Maize Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices), Mushroom, Onion, Barbeque Sauce (7%) (Fruit & Vegetables, Sugar, Vinegar, Lemon Juice, Salt, Thickener (Modified Starch), Yeast Extract, Flavour, Spices, Bourbon, Vegetable Gum (Xanthan)), Ham (Contains Preservative (250)), Semi Dried Tomatoes, Corn Starch

Serving Size: 130g

	per serving	per 100g
Energy	397kJ (95Cal)	306kJ (73Cal)
Protein	10.2g	7.8g
Fat, Total	1.2g	0.9g
- Saturated	0.5g	0.4g
Carbohydrate	9.2g	7.1g
- Sugars	6.7g	5.2g
Dietary Fibre	2.3g	1.7g
Sodium	344mg	265mg

CONTAINS: Wheat

Product of Australia

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
Energy	361kJ (86Cal)	249kJ (60Cal)
Protein	6.9g	4.7g
Fat, Total	1.4g	1.0g
- Saturated	0.5g	0.3g
Carbohydrate	9.4g	6.5g
- Sugars	7.3g	5.0g
Dietary Fibre	2.8g	1.9g
Sodium	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
Energy	350kJ (84Cal)	1750kJ (418Cal)
Protein	2.0g	10.2g
Fat, Total	2.0g	10.0g
- Saturated	0.3g	1.3g
Carbohydrate	13.4g	67.0g
- Sugars	0.4g	1.8g
Dietary Fibre	1.7g	8.6g
Sodium	52mg	260mg
Iron	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
Energy	396kJ (95Cal)	1980kJ (473Cal)
Protein	1.9g	9.7g
Fat, Total	3.5g	17.5g
- Saturated	0.4g	1.9g
Carbohydrate	13.8g	69.0g
- Sugars	0.7g	3.6g
Dietary Fibre	2.2g	11.0g
Sodium	44mg	220mg
Iron	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
Energy	1000kJ (239Cal)	388kJ (93Cal)
Protein	24.9g	9.7g
Fat, Total	6.0g	2.3g
- Saturated	2.8g	1.1g
Carbohydrate	18.9g	7.3g
- Sugars	8.0g	3.1g
Dietary Fibre	4.7g	1.8g
Sodium	413mg	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
Energy	526kJ (126Cal)	585kJ (140Cal)
Protein	8.8g	9.8g
Fat, Total	4.2g	4.7g
- Saturated	1.7g	1.9g
Carbohydrate	11.2g	12.5g
- Sugars	4.0g	4.4g
Dietary Fibre	3.4g	3.8g
Sodium	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
Energy	282kJ (67Cal)	104kJ (25Cal)
Protein	2.1g	0.8g
Fat, Total	1.7g	0.6g
- Saturated	1.0g	0.4g
Carbohydrate	8.9g	3.3g
- Sugars	7.9g	2.9g
Dietary Fibre	2.6g	1.0g
Sodium	775mg	287mg
Iron	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
Energy	70kJ (17Cal)	540kJ (129Cal)
Protein	0.2g	1.6g
Fat, Total	less than 0.1g	0.1g
- Saturated	less than 0.1g	0.1g
Carbohydrate	3.6g	28.0g
- Sugars	3.4g	26.4g
Dietary Fibre	0.2g	1.2g
Sodium	52mg	400mg
Iron	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
Energy	133kJ (32Cal)	476kJ (114Cal)
Protein	0.3g	1.0g
Fat, Total	0.7g	2.6g
- Saturated	less than 0.1g	0.3g
Carbohydrate	5.9g	21.1g
- Sugars	5.0g	17.9g
Dietary Fibre	0.2g	0.7g
Sodium	143mg	512mg
Iron	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
Energy	338kJ (81Cal)	1690kJ (404Cal)
Protein	2.1g	10.3g
Fat, Total	1.0g	4.8g
- Saturated	0.2g	1.2g
Carbohydrate	15.2g	75.9g
- Sugars	0.1g	0.7g
Dietary Fibre	1.2g	6.0g
Sodium	42mg	212mg
Iron	less than 0.1mg	0.2mg

CONTAINS: Wheat, Oats, Soybean, Sesame Seeds

Packed in Australia from Imported Ingredients

Rice Porridge

Ingredients: Rice (38%), Evaporated Milk (Vegetable Gum (Carrageenan)), Water, Maple Syrup, Chia Seed, Corn Starch, Spices, Lemon Juice

Serving Size: 80g

	per serving	per 100g
Energy	471kJ (113Cal)	589kJ (141Cal)
Protein	3.6g	4.4g
Fat, Total	2.0g	2.5g
- Saturated	0.4g	0.6g
Carbohydrate	19.1g	23.9g
- Sugars	5.4g	6.8g
Dietary Fibre	1.5g	1.9g
Sodium	24mg	30mg

CONTAINS: Milk

Made in Australia

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
Energy	898kJ (214Cal)	321kJ (77Cal)
Protein	24.3g	8.7g
Fat, Total	2.4g	0.9g
- Saturated	0.9g	0.3g
Carbohydrate	20.9g	7.5g
- Sugars	6.2g	2.2g
Dietary Fibre	5.6g	2.0g
Sodium	455mg	162mg

CONTAINS: Wheat, Milk

Made in Australia

Roast Chicken & Sweet Potato

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

Serving Size: 100g

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

Product of 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
Energy	1020kJ (243Cal)	398kJ (95Cal)
Protein	22.1g	8.7g
Fat, Total	2.6g	1.0g
- Saturated	1.1g	0.4g
Carbohydrate	30.7g	12.0g
- Sugars	5.6g	2.2g
Dietary Fibre	2.7g	1.1g
Sodium	305mg	119mg

CONTAINS: Wheat, Milk

Made in Australia

Roast Lamb

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

Serving Size: 280g

	per serving	per 100g
Energy	1010kJ (242Cal)	362kJ (87Cal)
Protein	22.2g	7.9g
Fat, Total	6.6g	2.3g
- Saturated	3.2g	1.1g
Carbohydrate	20.9g	7.5g
- Sugars	6.1g	2.2g
Dietary Fibre	5.6g	2.0g
Sodium	555mg	198mg
Iron	2.9mg (24%RDI)	1.0mg

Made in Australia

Roasted Maple Walnuts & Cashews

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

Serving Size: 20g

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

CONTAINS: Tree Nuts

Made in Australia from Local & Imported Ingredients

Salad Quinoa & Cranberry Slaw

Ingredients: Cabbage, Carrot, Water, Celery, Spinach, Chickpeas, Capsicum, Dried Cranberries (5%), Almonds, Onion, Quinoa (3.5%), Herbs, Salt

Serving Size: 203g

	per serving	per 100g
Energy	781kJ (186Cal)	385kJ (92Cal)
Protein	7.7g	3.8g
Fat, Total	5.8g	2.9g
- Saturated	0.5g	0.2g
Carbohydrate	22.2g	11.0g
- Sugars	11.9g	5.9g
Dietary Fibre	8.7g	4.3g
Sodium	135mg	67mg

CONTAINS: Tree Nuts

Made in Australia

Salad, Caesar Wrap

Ingredients: Tomato, Lettuce, Carrot

Serving Size: 75g

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

Product of Australia

Salad, Greek Style

Ingredients: Tomato, Cucumber, Carrot, Water, Baby Leaf Mix, Capsicum, Olives (Salt, Food Acid (Citric)), Quinoa, Onion

Serving Size: 180g

	per serving	per 100g
Energy	406kJ (97Cal)	226kJ (54Cal)
Protein	2.7g	1.5g
Fat, Total	4.8g	2.7g
- Saturated	0.6g	0.3g
Carbohydrate	9.3g	5.2g
- Sugars	3.8g	2.1g
Dietary Fibre	3.3g	1.9g
Sodium	238mg	132mg

Caution: Olives May Contain Pits

Salmon in Springwater

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

Serving Size: 58g

	per serving	per 100g
Energy	177kJ (42Cal)	305kJ (73Cal)
Protein	8.5g	14.6g
Fat, Total	0.8g	1.3g
- Saturated	0.2g	0.4g
Carbohydrate	0.3g	0.5g
- Sugars	0.3g	0.5g
Dietary Fibre	0.0g	0.0g
Sodium	183mg	315mg
Iron	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
Energy	84kJ (20Cal)	298kJ (71Cal)
Protein	0.6g	2.0g
Fat, Total	0.2g	0.8g
- Saturated	less than 0.1g	0.1g
Carbohydrate	3.5g	12.6g
- Sugars	2.8g	10.0g
Dietary Fibre	0.5g	1.9g
Sodium	179mg	639mg
Iron	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: 14g

	per serving	per 100g
Energy	64kJ (15Cal)	458kJ (109Cal)
Protein	0.1g	1.0g
Fat, Total	0.1g	1.0g
- Saturated	less than 0.1g	0.5g
Carbohydrate	3.5g	25.0g
- Sugars	2.9g	21.0g
Dietary Fibre	0.3g	1.9g
Sodium	47mg	333mg
Iron	less than 0.1mg	0.7mg

Made in Australia

Savoury Beer Nuts

Ingredients: Yellow Pea Noodles (Chickpea, Yellow Pea, Rice, Potato Flour, Tapioca Flour, Sunflower Oil, Salt, Chilli, Turmeric, Spices), Seasoned Green Peas (Green Peas, Sunflower Oil, Salt, Chilli, Spices, Citric Acid), Beer Nuts (25%) (Peanuts, Salt), Puffed Sorghum

Serving Size: 20g

	per serving	per 100g
Energy	455kJ (109Cal)	2280kJ (543Cal)
Protein	3.8g	19.2g
Fat, Total	5.9g	29.4g
- Saturated	0.7g	3.7g
Carbohydrate	8.8g	44.0g
- Sugars	0.5g	2.7g
Dietary Fibre	2.8g	14.1g
Sodium	82mg	410mg

CONTAINS: Peanuts

Made in Australia

Seasonal Fruit

Ingredients: Chosen For You From A Selection Of Seasonal Fruit

Serving Size: 137g

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

Seasoned Chicken with Mushroom Risotto

Ingredients: Chicken (26%), Sweet Potato, Corn, 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
Energy	1040kJ (248Cal)	465kJ (111Cal)
Protein	22.9g	10.3g
Fat, Total	6.4g	2.9g
- Saturated	1.6g	0.7g
Carbohydrate	22.4g	10.0g
- Sugars	6.0g	2.7g
Dietary Fibre	4.3g	1.9g
Sodium	561mg	252mg
Iron	1.7mg (14%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
Energy	945kJ (226Cal)	337kJ (81Cal)
Protein	22.2g	7.9g
Fat, Total	5.2g	1.9g
- Saturated	2.5g	0.9g
Carbohydrate	20.7g	7.4g
- Sugars	5.0g	1.8g
Dietary Fibre	3.5g	1.3g
Sodium	613mg	219mg
Iron	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
Energy	356kJ (85Cal)	508kJ (121Cal)
Protein	16.2g	23.1g
Fat, Total	1.7g	2.4g
- Saturated	0.6g	0.9g
Carbohydrate	1.1g	1.5g
- Sugars	0.0g	0.0g
Dietary Fibre	0.0g	0.0g
Sodium	165mg	236mg
Iron	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
Energy	333kJ (79Cal)	475kJ (113Cal)
Protein	15.4g	22.0g
Fat, Total	1.4g	2.0g
- Saturated	0.5g	0.7g
Carbohydrate	1.1g	1.6g
- Sugars	0.1g	0.2g
Dietary Fibre	0.0g	0.0g
Sodium	217mg	310mg
Iron	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
Energy	263kJ (63Cal)	877kJ (209Cal)
Protein	0.5g	1.5g
Fat, Total	5.4g	17.9g
- Saturated	1.2g	3.9g
Carbohydrate	2.9g	9.8g
- Sugars	0.3g	1.0g
Dietary Fibre	0.8g	2.8g
Sodium	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
Energy	566kJ (135Cal)	226kJ (54Cal)
Protein	4.7g	1.9g
Fat, Total	3.7g	1.5g
- Saturated	2.4g	0.9g
Carbohydrate	19.4g	7.8g
- Sugars	15.7g	6.3g
Dietary Fibre	2.6g	1.0g
Sodium	955mg	382mg
Iron	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
Energy	1100kJ (263Cal)	427kJ (102Cal)
Protein	19.2g	7.5g
Fat, Total	4.4g	1.7g
- Saturated	1.8g	0.7g
Carbohydrate	34.8g	13.5g
- Sugars	7.4g	2.9g
Dietary Fibre	3.0g	1.2g
Sodium	445mg	173mg
Iron	2.4mg (20%RDI)	0.9mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Spaghetti Carbonara

Ingredients: Pasta (32%), Chicken Stock, Onion, Mushroom, Cauliflower, Bacon (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Parmesan, Cream, Yeast, Butter, Pumpkin, Olive Oil, Corn Starch, Garlic, Dijon Mustard, Salt, Herbs, Pepper

Serving Size: 249g

	per serving	per 100g
Energy	1040kJ (249Cal)	418kJ (100Cal)
Protein	17.1g	6.9g
Fat, Total	6.7g	2.7g
- Saturated	2.9g	1.2g
Carbohydrate	28.2g	11.3g
- Sugars	3.8g	1.5g
Dietary Fibre	3.6g	1.4g
Sodium	446mg	179mg
Iron	1.5mg (12%RDI)	0.6mg

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

Made in Australia

Sweet Chicken Curry

Ingredients: Rice, Chicken (18%), Carrot, Chicken Stock, Beans, Onion, Pumpkin, Daikon, Honey, Flour, Spices, Tomato Sauce, Corn Starch, Sunflower Oil, Salt, Yeast Extract, Ginger, Garlic, Worcestershire Sauce, Soy Sauce

Serving Size: 256g

	per serving	per 100g
Energy	1080kJ (257Cal)	420kJ (100Cal)
Protein	16.2g	6.3g
Fat, Total	6.3g	2.5g
- Saturated	1.6g	0.6g
Carbohydrate	31.3g	12.2g
- Sugars	7.0g	2.7g
Dietary Fibre	4.2g	1.6g
Sodium	469mg	183mg
Iron	1.9mg (16%RDI)	0.7mg

CONTAINS: Wheat, Barley, Fish, Soybean

Made In Australia. Caution: May Contain Pieces of Bone

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

Made in Australia

Tamari Flecks

Ingredients: Capsicum, Zucchini, Sunflower Seeds, Pumpkin Seeds, Almonds, Tamari (8%) (Soy Beans, Water, Salt)

Serving Size: 15g

	per serving	per 100g
Energy	368kJ (88Cal)	2450kJ (586Cal)
Protein	3.5g	23.6g
Fat, Total	7.3g	48.8g
- Saturated	0.7g	4.6g
Carbohydrate	1.4g	9.2g
- Sugars	0.7g	4.9g
Dietary Fibre	1.7g	11.0g
Sodium	136mg	909mg

CONTAINS: Soybean, Tree Nuts

Made in Australia from Local & Imported Ingredients

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
Energy	1050kJ (252Cal)	421kJ (101Cal)
Protein	17.7g	7.1g
Fat, Total	9.6g	3.9g
- Saturated	2.6g	1.0g
Carbohydrate	21.5g	8.6g
- Sugars	2.5g	1.0g
Dietary Fibre	4.0g	1.6g
Sodium	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
Energy	373kJ (89Cal)	414kJ (99Cal)
Protein	10.5g	11.6g
Fat, Total	2.2g	2.5g
- Saturated	0.7g	0.8g
Carbohydrate	5.4g	6.0g
- Sugars	2.3g	2.5g
Dietary Fibre	2.8g	3.1g
Sodium	195mg	217mg
Iron	1.6mg (13%RDI)	1.7mg

Made in Australia

Tomato

Ingredients: Tomato

Serving Size: 90g

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

Product of Australia

Tomato & Spinach Pot

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

Serving Size: 70g

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

Tropical Beer Nuts

Ingredients: Beer Nuts (60%) (Peanuts, Salt), Pineapple (Pineapple, Sugar), Golden Raisins (Golden Raisins, Sunflower Oil)

Serving Size: 25g

	per serving	per 100g
Energy	533kJ (127Cal)	2130kJ (510Cal)
Protein	3.9g	15.6g
Fat, Total	7.9g	31.4g
- Saturated	1.2g	4.8g
Carbohydrate	9.2g	36.8g
- Sugars	7.7g	30.6g
Dietary Fibre	2.5g	10.1g
Sodium	60mg	241mg

CONTAINS: Peanuts

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

Made in Australia

Tuna Chunks in Springwater

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

Serving Size: 65g

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

CONTAINS: Fish

Made in Thailand

Tuna Mornay Pasta Bake

Ingredients: Cauliflower, Water, Pasta (14%) (Semolina, Flour), Tuna (14%), Onion, Broccolini, Corn, Peas, Milk Powder, Cheese, Breadcrumbs (Contains Colours (Turmeric, Paprika)), Yeast, Corn Starch, Salt, Parmesan, Lemon, Olive Oil, Herbs, Spices

Serving Size: 353g

	per serving	per 100g
Energy	1010kJ (242Cal)	287kJ (69Cal)
Protein	21.4g	6.1g
Fat, Total	3.2g	0.9g
- Saturated	1.3g	0.4g
Carbohydrate	21.7g	6.2g
- Sugars	8.7g	2.5g
Dietary Fibre	6.0g	1.7g
Sodium	613mg	174mg

CONTAINS: Wheat, Egg, Fish, Milk

Turkey, Cranberry & Walnut Salad

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

Serving Size: 190g

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

CONTAINS: Tree Nuts

Made in Australia

Vanilla Pears with Orange Syrup

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

Serving Size: 110g

	per serving	per 100g
Energy	261kJ (62Cal)	237kJ (57Cal)
Protein	0.6g	0.6g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	13.8g	12.6g
- Sugars	13.2g	12.0g
Dietary Fibre	1.8g	1.6g
Sodium	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
Energy	41kJ (10Cal)	811kJ (194Cal)
Protein	1.3g	25.6g
Fat, Total	less than 0.1g	1.0g
- Saturated	less than 0.1g	1.0g
Carbohydrate	1.0g	19.5g
- Sugars	less than 0.1g	1.7g
Dietary Fibre	0.0g	0.0g
Sodium	169mg	3380mg
Iron	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
Energy	647kJ (155Cal)	1240kJ (297Cal)
Protein	5.3g	10.2g
Fat, Total	4.6g	8.8g
- Saturated	0.5g	0.9g
Carbohydrate	20.4g	39.3g
- Sugars	1.3g	2.5g
Dietary Fibre	5.0g	9.6g
Sodium	182mg	350mg
Iron	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 & Pieces (15%) (Food Acid (Citric, Ascorbic))

Serving Size: 100g

	per serving	per 100g
Energy	356kJ (85Cal)	356kJ (85Cal)
Protein	6.4g	6.4g
Fat, Total	2.4g	2.4g
- Saturated	1.8g	1.8g
Carbohydrate	9.2g	9.2g
- Sugars	7.9g	7.9g
Dietary Fibre	0.1g	0.1g
Sodium	35mg	35mg
Iron	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
Energy	362kJ (87Cal)	362kJ (87Cal)
Protein	6.2g	6.2g
Fat, Total	2.5g	2.5g
- Saturated	1.8g	1.8g
Carbohydrate	9.6g	9.6g
- Sugars	7.6g	7.6g
Dietary Fibre	0.1g	0.1g
Sodium	36mg	36mg
Iron	0.2mg (2%RDI)	0.2mg

CONTAINS: Milk

Yoghurt 100g Peach

Ingredients: Yoghurt (Milk, Milk Solids, Sugar, Pectin, Cultures), Peach Puree & Pieces (15%) (Water, Sugar, Corn Starch, Flavour, Acidity Regulator (331, 330))

Serving Size: 100g

	per serving	per 100g
Energy	403kJ (96Cal)	403kJ (96Cal)
Protein	6.0g	6.0g
Fat, Total	1.9g	1.9g
- Saturated	1.2g	1.2g
Carbohydrate	13.0g	13.0g
- Sugars	12.8g	12.8g
Dietary Fibre	1.2g	1.2g
Sodium	57mg	57mg
Iron	0.2mg (2%RDI)	0.2mg

CONTAINS: Milk

Made in Australia

Yoghurt 100g Vanilla

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

Serving Size: 100g

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

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
Energy	195kJ (47Cal)	390kJ (93Cal)
Protein	3.7g	7.4g
Fat, Total	1.4g	2.8g
- Saturated	1.1g	2.1g
Carbohydrate	4.7g	9.4g
- Sugars	3.7g	7.3g
Dietary Fibre	less than 0.1g	0.1g
Sodium	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
Energy	188kJ (45Cal)	377kJ (90Cal)
Protein	3.7g	7.4g
Fat, Total	1.4g	2.8g
- Saturated	1.1g	2.1g
Carbohydrate	4.3g	8.6g
- Sugars	3.6g	7.1g
Dietary Fibre	less than 0.1g	0.1g
Sodium	20mg	39mg

CONTAINS: Milk

Made in Australia

Yoghurt Sprinkle

Ingredients: Almonds, Coconut Chips, Chia Seeds, Honey, Pepitas, Coconut Oil, Maple Syrup, Cinnamon, Sesame Seeds, Linseeds

Serving Size: 15g

	per serving	per 100g
Energy	349kJ (83Cal)	2320kJ (555Cal)
Protein	2.3g	15.0g
Fat, Total	7.0g	46.6g
- Saturated	2.1g	14.3g
Carbohydrate	2.0g	13.6g
- Sugars	1.8g	12.0g
Dietary Fibre	2.1g	14.2g
Sodium	2mg	12mg

CONTAINS: Tree Nuts, Sesame Seeds

