



## Dinner Ingredient List

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

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

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

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

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

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

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

For more information about food labelling requirements visit the web site:  
[www.foodstandards.gov.au](http://www.foodstandards.gov.au)

If you would like additional information about nutrition or dietary guidelines visit:  
[www.NutritionAustralia.org](http://www.NutritionAustralia.org) or  
[www.health.gov.au](http://www.health.gov.au)

# Dinner Ingredient List

## Table Of Contents

Table Of Contents .....	1
01 Spaghetti Bolognese .....	3
02 Crumbed fish .....	3
04 Corned Beef .....	3
08 Hearty Beef Casserole .....	3
14 Roast Beef .....	4
18 Roast Chicken .....	4
27 Chicken & Almonds .....	4
29 Savoury Beef Rissoles .....	4
31 Lasagne .....	5
49 Chicken Dijon .....	5
50 Sausages & Onion Gravy .....	5
54 Homestyle Macaroni .....	5
57 Tortilla Stack .....	6
68 Fettucine Provincale .....	6
70 Fishermans Pie .....	6
72 Tortellini .....	6
73 Beef Stroganoff .....	7
82 Beef Korma .....	7
86 Rigatoni .....	7
89 Christmas Meal .....	7
113 Roghan Josh .....	8
117 Chicken Enchilada .....	8
119 Curried Beef Sausage .....	8
125 Honey Soy Chicken .....	8
134 Spaghetti Marinara .....	9
160 Malay Beef Curry .....	9
161 Crumbed Chicken Breast with Wedges .....	9
167 Beef with Red Wine and Mushrooms .....	9
173 Tasmanian Salmon Pasta .....	10
180 Shepherds Pie .....	10
181 Butter Chicken .....	10
183 Chicken Parmigiana .....	10
184 Roast Chicken Breast in Mushroom Sauce .....	11
185 Spaghetti Carbonara .....	11
186 Apricot Chicken .....	11
187 Chicken and Cashews .....	11
188 Chargrilled Steak with Pepper Sauce .....	12
189 Chargrilled Steak & Mushroom Sauce .....	12
192 Chicken in Sweet & Sour Sauce .....	12
193 Meat Pie .....	12
194 Thai Red Chicken Curry .....	13
195 Slow Cooked Lamb Shanks .....	13
196 Creamy Tomato Tortelloni .....	13
198 Italian Spaghetti & Meatballs .....	13
199 Lamb Roast .....	14
203 Chicken Tikka .....	14
205 Traditional English Sausages with Mash .....	14
206 Everyday Christmas Dinner .....	14
207 Creamy Chicken Pasta with Broccolini .....	15
208 Spanish Chicken & Rice .....	15
209 Slow Cooked Honey & Cinnamon Lamb .....	15
210 Balti Chicken Curry .....	15
211 Oriental Pork Noodles .....	16

## Dinner Ingredient List

212 Sicilian Penne .....	16
213 Dahl Curry with Rice .....	16
214 Creamy Peppercorn Chicken .....	16
6001 Naked Burrito with Pulled Pork .....	17
6002 Hot Smoked Salmon Salad .....	17
6003 Roast Chicken & Parmesan Salad .....	17
6004 Roast Chicken & Pesto Pasta Salad .....	17
6005 BBQ Beef & Sweet Potato Slaw .....	18
6006 Spiced Lamb Salad .....	18
6007 Smoked Salmon & Crispy Noodle Salad .....	18
6008 Chicken & Crispy Noodle Salad .....	18
6010 Falafels with Quinoa Salad .....	20
6011 Penne Pesto & Caesar Salad .....	20
6012 Penne Pesto & Mediterranean Salad .....	20
6014 Lasagne & Caesar Salad .....	20
6015 Lasagne & Mediterranean Salad .....	22
6026 Mexican Chicken Stack & Caesar Salad .....	22
6027 Mexican Chicken Stack & Mediterranean Salad .....	22
6028 Mexican Chicken Stack & Garden Salad .....	22
6029 Crumbed Fish & Caesar Salad .....	24
6030 Crumbed Fish & Mediterranean Salad .....	24
6031 Tortilla Stack & Caesar Salad .....	24
6032 Tortilla Stack & Mediterranean Salad .....	24
6500 Honey Mustard Chicken .....	26
6502 Thai Yellow Chicken Curry .....	26
6503 Lamb Spinach & Pine Nut Salad .....	26
6504 Steak Diane .....	26

## 01 Spaghetti Bolognese

**Ingredients:** Tomato, Pasta (37%), Beef (14%), Onion, Tomato Paste, Parmesan, Garlic, Corn Starch, Sugar, Salt, Onion Extract, Yeast Extract, Herbs, Olive Oil, Pepper

**Serving Size:** 435g

	per serving	per 100g
<b>Energy</b>	1840kJ (440Cal)	423kJ (101Cal)
<b>Protein</b>	27.4g	6.3g
<b>Fat, Total</b>	6.2g	1.4g
<b>- Saturated</b>	2.5g	0.6g
<b>Carbohydrate</b>	65.1g	15.0g
<b>- Sugars</b>	12.9g	3.0g
<b>Dietary Fibre</b>	5.4g	1.2g
<b>Sodium</b>	791mg	182mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 02 Crumbed fish

**Ingredients:** Crumbed Fish (26%) (Fish (70%), Crumb (8%) (Flour, Gluten, Sugar, Salt, Yeast, Vegetable Oil, Colours (Turmeric, Paprika)), Vegetable Oil, Flour, Water, Gluten, Wheat Starch, Dried Vegetables, Corn Starch, Wheat Fibre, Salt, Egg, Flavour), Potatoes, Carrot, Beans, Corn, Seasoning, Sunflower Oil

**Serving Size:** 376g

	per serving	per 100g
<b>Energy</b>	1530kJ (367Cal)	408kJ (98Cal)
<b>Protein</b>	20.0g	5.3g
<b>Fat, Total</b>	9.4g	2.5g
<b>- Saturated</b>	1.0g	0.3g
<b>Carbohydrate</b>	44.9g	11.9g
<b>- Sugars</b>	11.8g	3.1g
<b>Dietary Fibre</b>	11.2g	3.0g
<b>Sodium</b>	591mg	157mg

**CONTAINS:** Wheat, Egg, Fish, Milk

Made in Australia

## 04 Corned Beef

**Ingredients:** Corned Beef (25%) (Beef, Water, Cure (Potato Starch, Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250))), Water, Potato, Peas, Carrot, Cauliflower, Leek, Milk Powder, Cheese, Corn Starch, Evaporated Milk, Egg, Butter, Dijon Mustard, Maltodextrin, Salt, Yeast Extract, Sugar, Onion Extract, Pepper, Spices, Herbs

**Serving Size:** 488g

	per serving	per 100g
<b>Energy</b>	1510kJ (361Cal)	310kJ (74Cal)
<b>Protein</b>	36.0g	7.4g
<b>Fat, Total</b>	6.6g	1.4g
<b>- Saturated</b>	3.6g	0.7g
<b>Carbohydrate</b>	33.9g	6.9g
<b>- Sugars</b>	12.0g	2.5g
<b>Dietary Fibre</b>	10.2g	2.1g
<b>Sodium</b>	1430mg	293mg

**CONTAINS:** Egg, Milk

Made In Australia

## 08 Hearty Beef Casserole

**Ingredients:** Beef (30%), Potato, Beans, Beef Stock, Carrot, Onion, Celery, Peas, Corn Starch, Tomato Paste, Evaporated Milk, Egg, Butter, Salt, Garlic, Sugar, Yeast Extract, Pepper, Olive Oil, Herbs

**Serving Size:** 500g

	per serving	per 100g
<b>Energy</b>	1480kJ (354Cal)	296kJ (71Cal)
<b>Protein</b>	42.6g	8.5g
<b>Fat, Total</b>	6.0g	1.2g
<b>- Saturated</b>	2.4g	0.5g
<b>Carbohydrate</b>	28.0g	5.6g
<b>- Sugars</b>	8.4g	1.7g
<b>Dietary Fibre</b>	7.9g	1.6g
<b>Sodium</b>	848mg	170mg

**CONTAINS:** Egg, Milk

Made in Australia

## 14 Roast Beef

**Ingredients:** Peas, Beef (14%), Potato, Beef Stock, Carrot, Sweet Potato, Cauliflower, Water, Onion, Corn Flour, Tomato Paste, Milk Powder, Sugar, Sunflower Oil, Spices, Cheese, Corn Starch, Salt, Yeast Extract, Onion Extract, Garlic Extract, Olive Oil, Pepper, Herbs

**Serving Size:** 479g

	per serving	per 100g
<b>Energy</b>	1620kJ (387Cal)	338kJ (81Cal)
<b>Protein</b>	37.2g	7.8g
<b>Fat, Total</b>	6.3g	1.3g
<b>- Saturated</b>	2.0g	0.4g
<b>Carbohydrate</b>	38.9g	8.1g
<b>- Sugars</b>	13.5g	2.8g
<b>Dietary Fibre</b>	12.9g	2.7g
<b>Sodium</b>	740mg	155mg

**CONTAINS:** Milk

Made in Australia

## 18 Roast Chicken

**Ingredients:** Chicken (19%), Potato, Chicken Stock, Carrot, Peas, Cauliflower, Water, Onion, Breadcrumbs, Corn Starch, Flour, Port, Milk Powder, Spices, Red Wine, Sunflower Oil, Cheese, Salt, Olive Oil, Onion Extract, Yeast Extract, Sugar, Butter, Garlic Extract, Herbs, Burnt Sugar, Pepper, Kiwifruit Extract

**Serving Size:** 505g

	per serving	per 100g
<b>Energy</b>	1730kJ (413Cal)	342kJ (82Cal)
<b>Protein</b>	38.6g	7.6g
<b>Fat, Total</b>	6.5g	1.3g
<b>- Saturated</b>	1.6g	0.3g
<b>Carbohydrate</b>	44.2g	8.8g
<b>- Sugars</b>	9.5g	1.9g
<b>Dietary Fibre</b>	11.6g	2.3g
<b>Sodium</b>	882mg	175mg

**CONTAINS:** Wheat, Milk

Made in Australia

## 27 Chicken & Almonds

**Ingredients:** Rice, Chicken (14%), Water, Carrot, Onion, Bamboo Shoots, Baby Corn, Celery, Oyster Sauce (Contains Modified Corn Starch (1442)), Capsicum, Peas, Sherry, Almonds (1.5%), Egg, Corn Starch, Sesame Oil, Garlic, Sugar, Lite Salt, Ginger, Burnt Sugar, Sweet Chilli Sauce

**Serving Size:** 458g

	per serving	per 100g
<b>Energy</b>	2000kJ (478Cal)	437kJ (104Cal)
<b>Protein</b>	28.1g	6.1g
<b>Fat, Total</b>	15.4g	3.4g
<b>- Saturated</b>	3.5g	0.8g
<b>Carbohydrate</b>	55.0g	12.0g
<b>- Sugars</b>	13.7g	3.0g
<b>Dietary Fibre</b>	6.4g	1.4g
<b>Sodium</b>	1350mg	295mg

**CONTAINS:** Egg, Fish, Milk, Tree Nuts, Sesame Seeds

Made in Australia

## 29 Savoury Beef Rissoles

**Ingredients:** Potato, Peas, Carrot, Beef Stock, Beef (12%), Cauliflower, Onion, Textured Vegetable Protein, Evaporated Milk, Butter, Corn Flour, Wheat Binder, Egg, Tomato Paste, Salt, Onion Extract, Sugar, Yeast Extract, Pepper, Garlic, Herbs

**Serving Size:** 468g

	per serving	per 100g
<b>Energy</b>	1510kJ (361Cal)	323kJ (77Cal)
<b>Protein</b>	30.5g	6.5g
<b>Fat, Total</b>	8.2g	1.8g
<b>- Saturated</b>	4.2g	0.9g
<b>Carbohydrate</b>	35.4g	7.6g
<b>- Sugars</b>	10.2g	2.2g
<b>Dietary Fibre</b>	13.5g	2.9g
<b>Sodium</b>	848mg	181mg

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

Made in Australia

## 31 Lasagne

**Ingredients:** Tomato, Beans, Cauliflower, Beef (16%), Carrot, Pasta (6%) (Flour, Egg), Water, Cheese, Onion, Milk Powder, Corn Starch, Breadcrumbs, Tomato Paste, Salt, Garlic, Sugar, Onion Extract, Yeast Extract, Herbs, Spices, Olive Oil, Pepper

**Serving Size:** 473g

	per serving	per 100g
<b>Energy</b>	1590kJ (379Cal)	335kJ (80Cal)
<b>Protein</b>	31.6g	6.7g
<b>Fat, Total</b>	8.3g	1.8g
<b>- Saturated</b>	4.3g	0.9g
<b>Carbohydrate</b>	39.9g	8.4g
<b>- Sugars</b>	15.0g	3.2g
<b>Dietary Fibre</b>	8.5g	1.8g
<b>Sodium</b>	925mg	196mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 49 Chicken Dijon

**Ingredients:** Rice, Water, Chicken (12%), Broccoli, Carrot, Cauliflower, Cheese, Dijon Mustard (3.5%), Wild Rice, Milk Powder, Mustard, Corn Starch, Capsicum, Garlic, Salt, Lemon Juice, Yeast Extract, Spices

**Serving Size:** 435g

	per serving	per 100g
<b>Energy</b>	2070kJ (496Cal)	477kJ (114Cal)
<b>Protein</b>	33.3g	7.7g
<b>Fat, Total</b>	12.7g	2.9g
<b>- Saturated</b>	4.8g	1.1g
<b>Carbohydrate</b>	59.9g	13.8g
<b>- Sugars</b>	8.0g	1.8g
<b>Dietary Fibre</b>	5.5g	1.3g
<b>Sodium</b>	1250mg	287mg

**CONTAINS:** Milk

Made in Australia

## 50 Sausages & Onion Gravy

**Ingredients:** Sausages (20%) (Beef, Water, Sausage Meal (Maize, Flour, Salt, Soy Protein, Sugar, Spice, Garlic, Yeast Extract), Honey), Potato, Beef Stock, Sweet Potato, Cauliflower, Water, Peas, Beans, Carrot, Corn, Onion (4%), Corn Flour, Butter, Evaporated Milk, Egg, Onion Extract, Salt, Sugar, Sunflower Oil, Yeast Extract, Spices, Pepper, Herbs

**Serving Size:** 498g

	per serving	per 100g
<b>Energy</b>	1780kJ (426Cal)	358kJ (86Cal)
<b>Protein</b>	31.1g	6.2g
<b>Fat, Total</b>	10.7g	2.2g
<b>- Saturated</b>	4.7g	0.9g
<b>Carbohydrate</b>	46.8g	9.4g
<b>- Sugars</b>	13.7g	2.8g
<b>Dietary Fibre</b>	8.6g	1.7g
<b>Sodium</b>	1210mg	242mg

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

Made In Australia

## 54 Homestyle Macaroni

**Ingredients:** Water, Pasta (29%) (Semolina, Flour), Tomato, Parmesan, Evaporated Milk, Cheese, Milk Powder, Onion, Modified Starch (1442), Breadcrumbs, Salt, Almonds, Dijon Mustard, Yeast Extract, Onion Extract, Pepper, Herbs

**Serving Size:** 441g

	per serving	per 100g
<b>Energy</b>	1950kJ (465Cal)	441kJ (105Cal)
<b>Protein</b>	29.6g	6.7g
<b>Fat, Total</b>	12.4g	2.8g
<b>- Saturated</b>	8.4g	1.9g
<b>Carbohydrate</b>	57.8g	13.1g
<b>- Sugars</b>	7.5g	1.7g
<b>Dietary Fibre</b>	3.3g	0.7g
<b>Sodium</b>	1250mg	283mg

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

Made in Australia

## 57 Tortilla Stack

**Ingredients:** Salsa (Tomato, Onion, Capsicum, Vinegar, Water, Sugar, Iodised Salt, Citrus Fibre, Herbs, Spices, Garlic, Chilli), Lavash Bread (14%) (Flour, Water, Iodised Salt, Vinegar, Vegetable Gum (Guar), Food Acid (262), Preservative (282)), Tomato, Water, Refried Beans (Pinto Beans, Water, Vegetable Oil, Onion, Salt), Capsicum, Onion, Kidney Beans, Sour Cream (Cream, Milk, Culture), Chickpeas, Tomato Paste, Parmesan, Shallots, Olive Oil, Salt, Spices, Chilli, Garlic, Pepper

**Serving Size:** 428g

	per serving	per 100g
<b>Energy</b>	1830kJ (437Cal)	427kJ (102Cal)
<b>Protein</b>	21.6g	5.1g
<b>Fat, Total</b>	10.7g	2.5g
<b>- Saturated</b>	5.7g	1.3g
<b>Carbohydrate</b>	57.0g	13.3g
<b>- Sugars</b>	10.7g	2.5g
<b>Dietary Fibre</b>	14.1g	3.3g
<b>Sodium</b>	1160mg	271mg

**CONTAINS:** Wheat, Milk

Made In Australia

## 68 Fettucine Provincale

**Ingredients:** Pasta (35%), Tomato (29%), Mushroom, Capsicum, Onion, Capsicum, Wine, Parmesan, Carrot, Garlic, Celery, Sugar, Tomato Paste, Corn Starch, Salt, Olive Oil, Onion Extract, Herbs, Yeast Extract, Herbs, Pepper

**Serving Size:** 480g

	per serving	per 100g
<b>Energy</b>	1860kJ (443Cal)	386kJ (92Cal)
<b>Protein</b>	19.9g	4.1g
<b>Fat, Total</b>	7.4g	1.5g
<b>- Saturated</b>	3.7g	0.8g
<b>Carbohydrate</b>	70.1g	14.6g
<b>- Sugars</b>	13.0g	2.7g
<b>Dietary Fibre</b>	6.8g	1.4g
<b>Sodium</b>	827mg	172mg

**CONTAINS:** Wheat, Milk

Made in Australia

## 70 Fishermans Pie

**Ingredients:** Water, Fish (17%), Potato, Cauliflower, Celery, Corn, Leek, Broccoli, Evaporated Milk, Milk Powder, Parmesan, Cheese, Corn Starch, Egg, Crab Extract, Yeast Extract, Salt, Butter, Dijon Mustard, Onion Extract, Pepper, Herbs, Sunflower Oil

**Serving Size:** 520g

	per serving	per 100g
<b>Energy</b>	1580kJ (377Cal)	304kJ (73Cal)
<b>Protein</b>	38.3g	7.4g
<b>Fat, Total</b>	6.7g	1.3g
<b>- Saturated</b>	3.5g	0.7g
<b>Carbohydrate</b>	37.2g	7.2g
<b>- Sugars</b>	15.8g	3.1g
<b>Dietary Fibre</b>	6.8g	1.3g
<b>Sodium</b>	1170mg	226mg

**CONTAINS:** Crustacea, Egg, Fish, Milk

Made In Australia

## 72 Tortellini

**Ingredients:** Tortelloni (27%) (Flour, Ricotta, Egg, Water, Spinach, Vegetable Fibre, Potato, Cheese, Salt, Flavour), Milk, Corn, Broccoli, Cauliflower, Onion, Leek, Parmesan, Wine, Spinach, Corn Starch, Cheese Powder, Evaporated Milk, Salt, Garlic, Yeast Extract, Olive Oil, Onion Extract, Pepper, Spices

**Serving Size:** 405g

	per serving	per 100g
<b>Energy</b>	1820kJ (434Cal)	449kJ (107Cal)
<b>Protein</b>	21.6g	5.3g
<b>Fat, Total</b>	11.1g	2.7g
<b>- Saturated</b>	5.9g	1.5g
<b>Carbohydrate</b>	56.0g	13.8g
<b>- Sugars</b>	14.6g	3.6g
<b>Dietary Fibre</b>	11.3g	2.8g
<b>Sodium</b>	920mg	227mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 73 Beef Stroganoff

**Ingredients:** Pasta (24%), Beef Stock, Beef (13%), Tomato Paste, Cauliflower, Capsicum, Mushroom, Onion, Cream, Evaporated Milk, Chicken Seasoning (Contains Flavour Enhancers (627, 631)), Corn Flour, Sugar, Salt, Garlic, Flavour, Spices, Beef Seasoning (Contains Flavour Enhancers (627, 631), Colour (150a)), Raising Agent (500), Tapioca Dextrin, Modified Starch (1422), Herbs

**Serving Size:** 450g

	per serving	per 100g
<b>Energy</b>	1770kJ (423Cal)	393kJ (94Cal)
<b>Protein</b>	31.2g	6.9g
<b>Fat, Total</b>	8.2g	1.8g
<b>- Saturated</b>	4.5g	1.0g
<b>Carbohydrate</b>	52.7g	11.7g
<b>- Sugars</b>	12.8g	2.8g
<b>Dietary Fibre</b>	6.3g	1.4g
<b>Sodium</b>	906mg	201mg

**CONTAINS:** Wheat, Milk, Soybean

Made in Australia

## 82 Beef Korma

**Ingredients:** Water, Peas, Rice, Cauliflower, Beef (14%), Tomato, Onion, Corn Starch, Garlic, Spices, Ginger, Salt, Chilli, Mirepoix Flavour, Ghee, Pepper, Olive Oil, Herbs

**Serving Size:** 430g

	per serving	per 100g
<b>Energy</b>	1510kJ (361Cal)	351kJ (84Cal)
<b>Protein</b>	33.3g	7.8g
<b>Fat, Total</b>	6.0g	1.4g
<b>- Saturated</b>	2.2g	0.5g
<b>Carbohydrate</b>	37.6g	8.8g
<b>- Sugars</b>	8.2g	1.9g
<b>Dietary Fibre</b>	10.5g	2.4g
<b>Sodium</b>	1130mg	262mg

Made in Australia

## 86 Rigatoni

**Ingredients:** Tomato, Pasta (27%), Beef (13%), Water, Onion, Capsicum, Bacon (Contains Preservative (250)), Spinach, Chicken Stock, Eggplant, Tomato Paste, Parmesan, Egg, Corn Starch, Soy Protein, Olive Oil, Salt, Breadcrumbs, Chilli, Pepper, Yeast Extract, Sugar, Herbs, Sunflower Oil, Garlic

**Serving Size:** 407g

	per serving	per 100g
<b>Energy</b>	1790kJ (427Cal)	439kJ (105Cal)
<b>Protein</b>	31.9g	7.8g
<b>Fat, Total</b>	7.7g	1.9g
<b>- Saturated</b>	2.7g	0.7g
<b>Carbohydrate</b>	54.2g	13.3g
<b>- Sugars</b>	7.6g	1.9g
<b>Dietary Fibre</b>	5.2g	1.3g
<b>Sodium</b>	888mg	218mg

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

Made In Australia

## 89 Christmas Meal

**Ingredients:** Vegetables (Potato, Carrot, Peas, Beans, Cauliflower, Sweet Potato, Onion), Ham (11%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Beef Stock, Turkey (9%), Cranberry Sauce, Pear, Breadcrumbs (Contains Colours (Turmeric, Paprika)), Corn Starch, Chicken Stock, Butter, Parmesan, Milk Powder, Cheese, Sunflower Oil, Onion Extract, Olive Oil, Salt, Yeast Extract, Spices, Sugar, Pepper, Herbs, Kiwifruit Extract

**Serving Size:** 633g

	per serving	per 100g
<b>Energy</b>	2420kJ (577Cal)	382kJ (91Cal)
<b>Protein</b>	50.0g	7.9g
<b>Fat, Total</b>	12.0g	1.9g
<b>- Saturated</b>	4.5g	0.7g
<b>Carbohydrate</b>	61.1g	9.7g
<b>- Sugars</b>	23.3g	3.7g
<b>Dietary Fibre</b>	12.5g	2.0g
<b>Sodium</b>	1640mg	259mg

**CONTAINS:** Wheat, Milk

Made In Australia



## 113 Roghan Josh

**Ingredients:** Rice, Lamb (24%), Onion, Tomato, Chicken Stock, Yoghurt, Cucumber, Spices, Corn Starch, Coriander, Garlic, Vinegar, Lemon Juice, Ginger, Herbs, Salt, Olive Oil, Pepper, Chilli

**Serving Size:** 413g

	per serving	per 100g
<b>Energy</b>	1880kJ (449Cal)	455kJ (109Cal)
<b>Protein</b>	37.8g	9.2g
<b>Fat, Total</b>	7.9g	1.9g
<b>- Saturated</b>	3.4g	0.8g
<b>Carbohydrate</b>	54.1g	13.1g
<b>- Sugars</b>	18.9g	4.6g
<b>Dietary Fibre</b>	4.2g	1.0g
<b>Sodium</b>	730mg	177mg

**CONTAINS:** Milk

Made in Australia

## 117 Chicken Enchilada

**Ingredients:** Chicken Stock, Lavash Bread (15%) (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Water, Capsicum, Onion, Chicken (9%), Tomato Paste, Olives (Contains Food Acid (Citric)), Parmesan, Yoghurt, Corn Starch, Milk Powder, Shallots, Cheese, Garlic, Salt, Chilli, Olive Oil, Sugar, Yeast Extract, Spices, Onion Extract, Herbs, Pepper

**Serving Size:** 402g

	per serving	per 100g
<b>Energy</b>	1800kJ (431Cal)	449kJ (107Cal)
<b>Protein</b>	25.9g	6.5g
<b>Fat, Total</b>	12.4g	3.1g
<b>- Saturated</b>	4.5g	1.1g
<b>Carbohydrate</b>	51.6g	12.8g
<b>- Sugars</b>	11.7g	2.9g
<b>Dietary Fibre</b>	5.4g	1.4g
<b>Sodium</b>	1180mg	294mg

**CONTAINS:** Wheat, Milk

Made in Australia. Caution: Olives may contain pits

## 119 Curried Beef Sausage

**Ingredients:** Potato, Sausages (20%) (Beef, Water, Sausage Meal (Maize, Flour, Salt, Soy Protein, Sugar, Spice, Garlic, Yeast Extract), Honey), Beans, Carrot, Onion, Chicken Stock, Sweet Potato, Cream, Evaporated Milk, Milk Powder, Corn Starch, Egg, Butter, Spices, Sugar, Maltodextrin, Olive Oil, Salt, Sunflower Oil, Yeast Extract, Pepper, Herbs, Onion Extract

**Serving Size:** 450g

	per serving	per 100g
<b>Energy</b>	1630kJ (390Cal)	363kJ (87Cal)
<b>Protein</b>	27.9g	6.2g
<b>Fat, Total</b>	12.5g	2.8g
<b>- Saturated</b>	4.4g	1.0g
<b>Carbohydrate</b>	35.1g	7.8g
<b>- Sugars</b>	13.7g	3.1g
<b>Dietary Fibre</b>	7.5g	1.7g
<b>Sodium</b>	1060mg	235mg

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

Made in Australia

## 125 Honey Soy Chicken

**Ingredients:** Chicken (21%), Rice, Capsicum, Broccolini, Carrot, Chicken Stock, Baby Corn (Salt), Cauliflower, Honey (3%), Sweet Soy Sauce (2%), Soy Sauce (1.5%), Oyster Sauce (Contains Modified Corn Starch (1442)), Corn Flour, Garlic, Sesame Seeds, Yeast Extract, Pepper

**Serving Size:** 401g

	per serving	per 100g
<b>Energy</b>	1790kJ (427Cal)	446kJ (106Cal)
<b>Protein</b>	28.4g	7.1g
<b>Fat, Total</b>	9.4g	2.3g
<b>- Saturated</b>	2.8g	0.7g
<b>Carbohydrate</b>	54.6g	13.6g
<b>- Sugars</b>	23.7g	5.9g
<b>Dietary Fibre</b>	5.1g	1.3g
<b>Sodium</b>	978mg	244mg

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

Made in Australia

## 134 Spaghetti Marinara

**Ingredients:** Pasta (32%), Tomato, Prawns (11%), Salmon (7%), Squid (6%), Onion, Tomato Paste, Roasted Capsicum, Oyster Sauce (Contains Preservative (202)), Parmesan, Garlic, Ouzo, Olive Oil, Herbs, Corn Starch, Chilli, Sugar, Salt, Pepper, Kiwifruit Extract

**Serving Size:** 401g

	per serving	per 100g
<b>Energy</b>	1850kJ (442Cal)	461kJ (110Cal)
<b>Protein</b>	34.3g	8.6g
<b>Fat, Total</b>	8.9g	2.2g
<b>- Saturated</b>	2.4g	0.6g
<b>Carbohydrate</b>	52.8g	13.2g
<b>- Sugars</b>	11.1g	2.8g
<b>Dietary Fibre</b>	4.6g	1.2g
<b>Sodium</b>	780mg	195mg

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

Made in Australia

## 160 Malay Beef Curry

**Ingredients:** Beef (26%), Rice, Onion, Cauliflower, Pumpkin, Choy Sum, Beef Stock, Coconut Flavoured Evaporated Milk (Contains Flavour, Vegetable Gum (Carrageenan)), Garlic, Sugar, Curry Paste, Corn Starch, Coriander, Spices, Fish Sauce, Ginger, Salt, Sunflower Oil, Lemongrass, Kaffir Lime Leaves

**Serving Size:** 420g

	per serving	per 100g
<b>Energy</b>	1590kJ (379Cal)	378kJ (90Cal)
<b>Protein</b>	34.9g	8.3g
<b>Fat, Total</b>	4.5g	1.1g
<b>- Saturated</b>	1.2g	0.3g
<b>Carbohydrate</b>	45.6g	10.9g
<b>- Sugars</b>	17.5g	4.2g
<b>Dietary Fibre</b>	6.2g	1.5g
<b>Sodium</b>	902mg	215mg

**CONTAINS:** Fish, Milk

Made in Australia

## 161 Crumbed Chicken Breast with Wedges

**Ingredients:** Crumbed Chicken (29%) (Chicken Breast, Crumbs (Colours (Turmeric, Paprika)), Vegetable Oil, Flour, Water, Gluten, Wheat Starch, Corn Starch, Salt, Dried Vegetables, Wheat Fibre, Egg Albumen, Flavour), Potatoes (19%), Corn, Beans, Carrot, Roasted Capsicum, Tomato, Onion, Seasoning, Semi Dried Tomatoes, Sugar, Garlic, Sunflower Oil, Balsamic Vinegar, Olive Oil, Salt, Pepper

**Serving Size:** 385g

	per serving	per 100g
<b>Energy</b>	1820kJ (434Cal)	472kJ (113Cal)
<b>Protein</b>	26.6g	6.9g
<b>Fat, Total</b>	12.2g	3.2g
<b>- Saturated</b>	1.4g	0.4g
<b>Carbohydrate</b>	47.8g	12.4g
<b>- Sugars</b>	10.2g	2.7g
<b>Dietary Fibre</b>	13.0g	3.4g
<b>Sodium</b>	582mg	151mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 167 Beef with Red Wine and Mushrooms

**Ingredients:** Potato, Beef (18%), Carrot, Mushroom (11%), Onion, Beans, Beef Stock, Bacon (Contains Preservative (250)), Red Wine (3%), Corn Starch, Evaporated Milk, Sugar, Egg, Garlic, Tomato Paste, Sunflower Oil, Butter, Salt, Herbs, Pepper

**Serving Size:** 520g

	per serving	per 100g
<b>Energy</b>	1590kJ (379Cal)	305kJ (73Cal)
<b>Protein</b>	37.5g	7.2g
<b>Fat, Total</b>	8.7g	1.7g
<b>- Saturated</b>	2.8g	0.5g
<b>Carbohydrate</b>	33.4g	6.4g
<b>- Sugars</b>	11.9g	2.3g
<b>Dietary Fibre</b>	7.9g	1.5g
<b>Sodium</b>	861mg	166mg

**CONTAINS:** Egg, Fish, Milk

Made in Australia

## 173 Tasmanian Salmon Pasta

**Ingredients:** Water, Pasta (33%), Salmon (11%), Broccoli, Tomato, Milk Powder, Evaporated Milk, Onion, Parmesan, Modified Starch (1442), Carrot, Cheese, Maltodextrin, Salt, Dijon Mustard, Crab Extract, Onion Extract, Yeast Extract, Pepper, Herbs

**Serving Size:** 459g

	per serving	per 100g
<b>Energy</b>	1880kJ (449Cal)	409kJ (98Cal)
<b>Protein</b>	29.7g	6.5g
<b>Fat, Total</b>	8.9g	1.9g
<b>- Saturated</b>	2.9g	0.6g
<b>Carbohydrate</b>	59.8g	13.0g
<b>- Sugars</b>	8.5g	1.9g
<b>Dietary Fibre</b>	3.6g	0.8g
<b>Sodium</b>	783mg	171mg

**CONTAINS:** Wheat, Crustacea, Fish, Milk

Made in Australia. Caution: May Contain Bones

## 180 Shepherds Pie

**Ingredients:** Beef (17%), Potato (16%), Carrot, Beef Stock, Sweet Potato, Cauliflower, Onion, Celery, Water, Peas, Beans, Corn Starch, Evaporated Milk, Tomato Paste, Egg, Milk Powder, Port, Cheese, Salt, Butter, Garlic, Worcestershire Sauce, Yeast Extract, Olive Oil, Sunflower Oil, Spices, Mushroom, Herbs, Pepper, Onion Extract

**Serving Size:** 478g

	per serving	per 100g
<b>Energy</b>	1630kJ (390Cal)	341kJ (82Cal)
<b>Protein</b>	34.4g	7.2g
<b>Fat, Total</b>	8.2g	1.7g
<b>- Saturated</b>	3.5g	0.7g
<b>Carbohydrate</b>	39.6g	8.3g
<b>- Sugars</b>	11.6g	2.4g
<b>Dietary Fibre</b>	9.3g	2.0g
<b>Sodium</b>	807mg	169mg

**CONTAINS:** Barley, Egg, Fish, Milk

Made in Australia

## 181 Butter Chicken

**Ingredients:** Rice, Chicken (22%), Tomato, Onion, Zucchini, Eggplant, Cream, Yoghurt, Tomato Paste, Corn Starch, Spices, Salt, Sugar, Garlic, Ginger, Sunflower Oil, Lime Juice, Almonds, Yeast Extract, Kiwifruit Extract, Pepper, Red Rice Powder, Chilli

**Serving Size:** 425g

	per serving	per 100g
<b>Energy</b>	1850kJ (441Cal)	434kJ (104Cal)
<b>Protein</b>	35.8g	8.4g
<b>Fat, Total</b>	6.9g	1.6g
<b>- Saturated</b>	2.9g	0.7g
<b>Carbohydrate</b>	56.0g	13.2g
<b>- Sugars</b>	8.6g	2.0g
<b>Dietary Fibre</b>	3.7g	0.9g
<b>Sodium</b>	717mg	169mg

**CONTAINS:** Milk, Tree Nuts

Made In Australia

## 183 Chicken Parmigiana

**Ingredients:** Crumbed Chicken (24%) (Chicken Breast, Crumbs (Colours (Turmeric, Paprika)), Vegetable Oil, Flour, Water, Gluten, Wheat Starch, Corn Starch, Salt, Dried Vegetables, Wheat Fibre, Egg Albumen, Flavour), Potato, Cauliflower, Tomato, Water, Beans, Carrot, Corn, Ham (Contains Preservative (250)), Onion, Tomato Jam, Parmesan, Milk Powder, Corn Starch, Cheese, Sugar, Olive Oil, Sunflower Oil, Garlic, Salt, Egg Powder, Spices, Herbs, Lemon Juice, Yeast Extract, Onion Extract, Pepper

**Serving Size:** 459g

	per serving	per 100g
<b>Energy</b>	2000kJ (479Cal)	437kJ (104Cal)
<b>Protein</b>	32.6g	7.1g
<b>Fat, Total</b>	15.1g	3.3g
<b>- Saturated</b>	3.1g	0.7g
<b>Carbohydrate</b>	47.8g	10.4g
<b>- Sugars</b>	10.9g	2.4g
<b>Dietary Fibre</b>	11.7g	2.6g
<b>Sodium</b>	912mg	199mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 184 Roast Chicken Breast in Mushroom Sauce

**Ingredients:** Potato, Chicken (21%), Beef Stock, Carrot, Beans, Corn, Mushroom (7%), Cream, Onion, Corn Starch, Salt, Sunflower Oil, Port, Spices, Sugar, Onion Extract, Yeast Extract, Pepper, Kiwifruit Extract

**Serving Size:** 451g

	per serving	per 100g
<b>Energy</b>	1540kJ (367Cal)	341kJ (81Cal)
<b>Protein</b>	36.8g	8.2g
<b>Fat, Total</b>	6.4g	1.4g
<b>- Saturated</b>	2.8g	0.6g
<b>Carbohydrate</b>	37.5g	8.3g
<b>- Sugars</b>	8.3g	1.9g
<b>Dietary Fibre</b>	7.8g	1.7g
<b>Sodium</b>	725mg	161mg

**CONTAINS:** Milk

Made in Australia

## 185 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:** 401g

	per serving	per 100g
<b>Energy</b>	1690kJ (404Cal)	422kJ (101Cal)
<b>Protein</b>	27.2g	6.8g
<b>Fat, Total</b>	11.0g	2.8g
<b>- Saturated</b>	4.9g	1.2g
<b>Carbohydrate</b>	45.7g	11.4g
<b>- Sugars</b>	6.1g	1.5g
<b>Dietary Fibre</b>	5.6g	1.4g
<b>Sodium</b>	717mg	179mg

**CONTAINS:** Wheat, Egg, Milk

Made In Australia

## 186 Apricot Chicken

**Ingredients:** Chicken (21%), Rice, Cauliflower, Water, Beans, Carrot, Onion, Apricot (5%), Sugar, Chicken Stock, Corn Starch, Yeast Extract, Onion Extract, Onion Concentrate, Salt, Sunflower Oil, Spices, Kiwifruit Extract, Pepper

**Serving Size:** 456g

	per serving	per 100g
<b>Energy</b>	1640kJ (391Cal)	359kJ (86Cal)
<b>Protein</b>	34.4g	7.6g
<b>Fat, Total</b>	2.1g	0.5g
<b>- Saturated</b>	0.4g	less than 0.1g
<b>Carbohydrate</b>	55.8g	12.2g
<b>- Sugars</b>	21.8g	4.8g
<b>Dietary Fibre</b>	5.7g	1.3g
<b>Sodium</b>	604mg	132mg

Made in Australia

## 187 Chicken and Cashews

**Ingredients:** Rice, Chicken (16%), Broccoli, Chicken Stock, Carrot, Capsicum, Oyster Sauce (Contains Modified Corn Starch (1442)), Onion, Celery, Chinese Cooking Wine, Bamboo Shoots, Cashews (2.5%), Corn Starch, Egg, Sesame Oil, Garlic, Sunflower Oil, Ginger, Yeast Extract, Kiwifruit Extract, Pepper

**Serving Size:** 440g

	per serving	per 100g
<b>Energy</b>	1760kJ (420Cal)	400kJ (96Cal)
<b>Protein</b>	30.4g	6.9g
<b>Fat, Total</b>	10.8g	2.5g
<b>- Saturated</b>	2.2g	0.5g
<b>Carbohydrate</b>	46.8g	10.6g
<b>- Sugars</b>	9.8g	2.2g
<b>Dietary Fibre</b>	6.5g	1.5g
<b>Sodium</b>	1220mg	276mg

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

Made in Australia

## 188 Chargrilled Steak with Pepper Sauce

**Ingredients:** Steak (Marinade (Contains Flavours)), Potato, Cauliflower, Beef Stock, Peas, Beans, Carrot, Corn, Water, Sweet Potato, Pumpkin, Corn Starch, Red Wine, Flour, Egg, Evaporated Milk, Tomato Paste, Cream, Brandy, Green Peppercorns, Sunflower Oil, Butter, Salt, Sugar, Yeast Extract, Pepper

**Serving Size:** 448g

	per serving	per 100g
<b>Energy</b>	1530kJ (365Cal)	341kJ (82Cal)
<b>Protein</b>	41.9g	9.3g
<b>Fat, Total</b>	5.8g	1.3g
<b>- Saturated</b>	1.9g	0.4g
<b>Carbohydrate</b>	31.7g	7.1g
<b>- Sugars</b>	10.6g	2.4g
<b>Dietary Fibre</b>	8.3g	1.9g
<b>Sodium</b>	784mg	175mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 189 Chargrilled Steak & Mushroom Sauce

**Ingredients:** Steak (Marinade (Contains Flavours)), Potato, Beans, Carrot, Beef Stock, Broccoli, Mushroom (6%), Cream, Onion, Corn Starch, Salt, Port, Sunflower Oil, Spices, Sugar, Onion Extract, Yeast Extract, Pepper

**Serving Size:** 430g

	per serving	per 100g
<b>Energy</b>	1310kJ (313Cal)	305kJ (73Cal)
<b>Protein</b>	39.1g	9.1g
<b>Fat, Total</b>	4.9g	1.1g
<b>- Saturated</b>	2.5g	0.6g
<b>Carbohydrate</b>	24.8g	5.8g
<b>- Sugars</b>	6.7g	1.6g
<b>Dietary Fibre</b>	7.4g	1.7g
<b>Sodium</b>	822mg	191mg

**CONTAINS:** Milk

Made in Australia

## 192 Chicken in Sweet & Sour Sauce

**Ingredients:** Capsicum, Chicken (18%), Rice, Chicken Stock, Carrot, Onion, Pineapple (Pineapple, Pineapple Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), Tomato Sauce, Vinegar, Sugar, Egg, Corn Flour, Corn Starch, Ginger, Garlic, Oyster Sauce (Contains Modified Corn Starch (1442)), Sesame Oil, Chinese Cooking Wine, Light Soy Sauce, Yeast Extract, Sunflower Oil, Salt, Red Rice Powder, Kiwifruit Extract, Pepper

**Serving Size:** 440g

	per serving	per 100g
<b>Energy</b>	1770kJ (423Cal)	402kJ (96Cal)
<b>Protein</b>	28.2g	6.4g
<b>Fat, Total</b>	4.9g	1.1g
<b>- Saturated</b>	0.9g	0.2g
<b>Carbohydrate</b>	63.0g	14.3g
<b>- Sugars</b>	26.3g	6.0g
<b>Dietary Fibre</b>	5.0g	1.1g
<b>Sodium</b>	609mg	138mg

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

Made in Australia

## 193 Meat Pie

**Ingredients:** Potato, Carrot, Beef (13%), Peas, Beans, Beef Stock, Onion, Pastry (Flour, Vegetable Oil, Salt, Milk, Dextrose, Sugar, Raising Agents (450, 500)), Celery, Tomato, Sweet Potato, Pumpkin, Corn Starch, Tomato Sauce, Egg, Evaporated Milk, Tomato Jam, Tomato Paste, Port, Salt, Butter, Garlic, Worcestershire Sauce, Olive Oil, Yeast Extract, Sugar, Mushroom, Pepper, Herbs

**Serving Size:** 455g

	per serving	per 100g
<b>Energy</b>	1740kJ (416Cal)	383kJ (92Cal)
<b>Protein</b>	29.5g	6.5g
<b>Fat, Total</b>	9.6g	2.1g
<b>- Saturated</b>	3.4g	0.7g
<b>Carbohydrate</b>	46.9g	10.3g
<b>- Sugars</b>	12.3g	2.7g
<b>Dietary Fibre</b>	11.5g	2.5g
<b>Sodium</b>	804mg	177mg

**CONTAINS:** Wheat, Barley, Egg, Fish, Milk

Made In Australia

## 194 Thai Red Chicken Curry

**Ingredients:** Chicken (22%), Rice, Water, Capsicum, Carrot, Bamboo Shoots, Beans, Coconut Cream, Zucchini, Cauliflower, Spinach, Onion, Sugar, Fish Sauce, Lime Juice, Corn Flour, Tomato Paste, Garlic, Salt, Lemongrass, Spices, Sunflower Oil, Galangal, Kaffir Lime Leaves, Shrimp Paste, Chilli, Kiwifruit Extract, Pepper

**Serving Size:** 460g

	per serving	per 100g
<b>Energy</b>	1690kJ (403Cal)	367kJ (88Cal)
<b>Protein</b>	34.1g	7.4g
<b>Fat, Total</b>	6.2g	1.3g
<b>- Saturated</b>	4.0g	0.9g
<b>Carbohydrate</b>	49.9g	10.8g
<b>- Sugars</b>	13.5g	2.9g
<b>Dietary Fibre</b>	5.4g	1.2g
<b>Sodium</b>	1110mg	240mg

**CONTAINS:** Crustacea, Fish

Made In Australia

## 195 Slow Cooked Lamb Shanks

**Ingredients:** Potato, Lamb (16%), Water, Beans, Carrot, Sweet Potato, Onion, Celery, Red Wine, Tomato, Tomato Jam, Leek, Evaporated Milk, Corn Starch, Egg, Butter, Salt, Sugar, Herbs, Garlic, Olive Oil, Yeast Extract, Sunflower Oil, Spices, Pepper, Onion Extract, Lemon

**Serving Size:** 480g

	per serving	per 100g
<b>Energy</b>	1650kJ (394Cal)	343kJ (82Cal)
<b>Protein</b>	41.8g	8.7g
<b>Fat, Total</b>	7.8g	1.6g
<b>- Saturated</b>	3.4g	0.7g
<b>Carbohydrate</b>	34.8g	7.3g
<b>- Sugars</b>	11.3g	2.4g
<b>Dietary Fibre</b>	7.4g	1.5g
<b>Sodium</b>	755mg	157mg

**CONTAINS:** Egg, Milk

Made In Australia

## 196 Creamy Tomato Tortelloni

**Ingredients:** Tortelloni (29%) (Flour, Ricotta, Egg, Water, Spinach, Vegetable Fibre, Potato, Cheese, Salt, Flavour), Tomato (25%), Water, Mushroom, Tomato Paste (6%), Onion, Capsicum, Evaporated Milk, Parmesan, Cream, Corn Starch, Onion Extract, Salt, Yeast Extract, Garlic Extract, Herbs, Pepper

**Serving Size:** 385g

	per serving	per 100g
<b>Energy</b>	1490kJ (355Cal)	386kJ (92Cal)
<b>Protein</b>	16.0g	4.1g
<b>Fat, Total</b>	7.5g	1.9g
<b>- Saturated</b>	4.7g	1.2g
<b>Carbohydrate</b>	51.2g	13.3g
<b>- Sugars</b>	14.0g	3.7g
<b>Dietary Fibre</b>	9.0g	2.3g
<b>Sodium</b>	805mg	209mg

**CONTAINS:** Wheat, Egg, Milk

Made In Australia

## 198 Italian Spaghetti & Meatballs

**Ingredients:** Pasta (27%), Zucchini, Tomato, Beef (12%), Capsicum, Onion, Tomato Jam, Eggplant, Parmesan, Egg, Sugar, Olive Oil, Soy Protein, Garlic, Salt, Breadcrumbs, Corn Flour, Yeast Extract, Pepper, Herbs, Sunflower Oil, Chilli, Garlic

**Serving Size:** 437g

	per serving	per 100g
<b>Energy</b>	1770kJ (423Cal)	406kJ (97Cal)
<b>Protein</b>	30.1g	6.9g
<b>Fat, Total</b>	9.2g	2.1g
<b>- Saturated</b>	2.8g	0.6g
<b>Carbohydrate</b>	51.4g	11.8g
<b>- Sugars</b>	13.2g	3.0g
<b>Dietary Fibre</b>	6.2g	1.4g
<b>Sodium</b>	858mg	196mg

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

Made In Australia

## 199 Lamb Roast

**Ingredients:** Water, Potato, Lamb (15%), Peas, Carrot, Sweet Potato, Cauliflower, Beef Stock, Corn Starch, Marinade, Milk Powder, Cheese, Sunflower Oil, Yeast Extract, Onion Extract, Salt, Spices, Sugar, Pepper

**Serving Size:** 489g

	per serving	per 100g
<b>Energy</b>	1640kJ (391Cal)	335kJ (80Cal)
<b>Protein</b>	30.6g	6.3g
<b>Fat, Total</b>	10.6g	2.2g
<b>- Saturated</b>	4.5g	0.9g
<b>Carbohydrate</b>	39.1g	8.0g
<b>- Sugars</b>	9.6g	2.0g
<b>Dietary Fibre</b>	9.4g	1.9g
<b>Sodium</b>	970mg	198mg

**CONTAINS:** Milk

Made In Australia

## 203 Chicken Tikka

**Ingredients:** Tomato, Chicken (15%), Rice, Cauliflower, Chicken Stock, Zucchini, Yoghurt (Milk, Cultures), Onion, Chickpeas, Almonds, Cream, Sunflower Oil, Ginger, Salt, Tomato Paste, Corn Starch, Spices, Garlic, Yeast Extract, Vinegar, Chilli, Honey, Sugar, Kiwifruit Extract, Red Rice Powder, Pepper

**Serving Size:** 435g

	per serving	per 100g
<b>Energy</b>	1720kJ (411Cal)	395kJ (95Cal)
<b>Protein</b>	32.3g	7.4g
<b>Fat, Total</b>	12.5g	2.9g
<b>- Saturated</b>	3.1g	0.7g
<b>Carbohydrate</b>	38.3g	8.8g
<b>- Sugars</b>	10.8g	2.5g
<b>Dietary Fibre</b>	7.4g	1.7g
<b>Sodium</b>	1010mg	233mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## 205 Traditional English Sausages with Mash

**Ingredients:** Sausages (22%) (Pork (39.5%), Beef (39.5%)), Water, Maize Flour, Pork Protein, Salt, Spices, Herbs, Spice Extract, Herb Extract, Collagen Casing), Beef Stock, Carrot, Corn, Broccolini, Potato, Sweet Potato, Cabbage, Tomato, Corn Starch, Butter, Tomato Jam, Port, Egg, Evaporated Milk, Red Wine, Sugar, Onion Extract, Salt, Garlic Extract, Yeast, Burnt Sugar, Pepper

**Serving Size:** 510g

	per serving	per 100g
<b>Energy</b>	1680kJ (402Cal)	330kJ (79Cal)
<b>Protein</b>	36.0g	7.1g
<b>Fat, Total</b>	9.4g	1.8g
<b>- Saturated</b>	4.1g	0.8g
<b>Carbohydrate</b>	37.9g	7.4g
<b>- Sugars</b>	14.6g	2.9g
<b>Dietary Fibre</b>	10.1g	2.0g
<b>Sodium</b>	990mg	194mg

**CONTAINS:** Egg, Milk, Soybean

Made in Australia

## 206 Everyday Christmas Dinner

**Ingredients:** Potato, Turkey (13%), Beef Stock, Beans, Sweet Potato, Cauliflower, Carrot, Ham (6%) (Pork, Water, Starch (Potato, Tapioca), Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250)), Water, Cranberry Sauce, Breadcrumbs (Contains Colours (Turmeric, Paprika)), Chicken Stock, Corn Starch, Onion, Butter, Olive Oil, Onion Extract, Sunflower Oil, Yeast Extract, Spices, Salt, Sugar, Pepper, Herbs, Kiwifruit Extract

**Serving Size:** 442g

	per serving	per 100g
<b>Energy</b>	1700kJ (406Cal)	384kJ (92Cal)
<b>Protein</b>	33.8g	7.7g
<b>Fat, Total</b>	8.7g	2.0g
<b>- Saturated</b>	2.8g	0.6g
<b>Carbohydrate</b>	45.0g	10.2g
<b>- Sugars</b>	14.8g	3.4g
<b>Dietary Fibre</b>	6.3g	1.4g
<b>Sodium</b>	928mg	210mg

**CONTAINS:** Wheat, Milk

Made in Australia

## 207 Creamy Chicken Pasta with Broccolini

**Ingredients:** Pasta (27%), Chicken Stock, Broccolini (13%), Chicken (13%), Onion, Cauliflower, Zucchini, Parmesan, Cream, Yeast, Corn Starch, Salt, Olive Oil, Yoghurt, Garlic, Dijon Mustard, Kiwifruit Extract, Pepper

**Serving Size:** 445g

	per serving	per 100g
<b>Energy</b>	1620kJ (388Cal)	365kJ (87Cal)
<b>Protein</b>	33.1g	7.5g
<b>Fat, Total</b>	8.0g	1.8g
<b>- Saturated</b>	3.6g	0.8g
<b>Carbohydrate</b>	42.1g	9.5g
<b>- Sugars</b>	4.3g	1.0g
<b>Dietary Fibre</b>	6.4g	1.4g
<b>Sodium</b>	774mg	174mg

**CONTAINS:** Wheat, Egg, Milk

Made In Australia

## 208 Spanish Chicken & Rice

**Ingredients:** Rice (22%), Tomato, Chicken (16%), Chicken Stock, Capsicum, Corn, Peas, Chickpeas, Onion, Bacon (Contains Preservative (250)), Mushroom, Cauliflower, Cream, Corn Starch, Yeast, Salt, Parmesan, Spices, Garlic, Olive Oil, Chilli, Lemon Juice, Herbs, Lemon, Pepper, Kiwifruit Extract, Coriander

**Serving Size:** 430g

	per serving	per 100g
<b>Energy</b>	1670kJ (399Cal)	389kJ (93Cal)
<b>Protein</b>	33.3g	7.7g
<b>Fat, Total</b>	6.6g	1.5g
<b>- Saturated</b>	2.8g	0.7g
<b>Carbohydrate</b>	47.9g	11.1g
<b>- Sugars</b>	6.0g	1.4g
<b>Dietary Fibre</b>	7.1g	1.7g
<b>Sodium</b>	755mg	176mg

**CONTAINS:** Egg, Milk

Made in Australia

## 209 Slow Cooked Honey & Cinnamon Lamb

**Ingredients:** Water, Lamb (14%), Cous Cous, Carrot, Sweet Potato, Quinoa, Zucchini, Onion, Spinach, Roasted Capsicum, Chickpeas, Pumpkin, Tomato, Almonds, Honey (1%), Sultanas, Corn Starch, Salt, Yeast, Olive Oil, Spices, Pepper, Chilli

**Serving Size:** 410g

	per serving	per 100g
<b>Energy</b>	1800kJ (431Cal)	440kJ (105Cal)
<b>Protein</b>	34.6g	8.4g
<b>Fat, Total</b>	9.7g	2.4g
<b>- Saturated</b>	2.7g	0.6g
<b>Carbohydrate</b>	46.0g	11.2g
<b>- Sugars</b>	12.1g	3.0g
<b>Dietary Fibre</b>	9.3g	2.3g
<b>Sodium</b>	843mg	206mg

**CONTAINS:** Wheat, Tree Nuts

Made in Australia

## 210 Balti Chicken Curry

**Ingredients:** Rice, Chicken (14%), Chicken Stock, Carrot, Tomato, Broccolini, Onion, Pumpkin, Celery, Chickpeas, Sultanas, Almonds, Shallots, Cream, Tomato Paste, Lemon Juice, Corn Starch, Garlic, Ginger, Sugar, Salt, Yoghurt, Olive Oil, Chilli, Yeast, Spices, Coriander, Pepper, Kiwifruit Extract, Herbs

**Serving Size:** 415g

	per serving	per 100g
<b>Energy</b>	1730kJ (412Cal)	416kJ (99Cal)
<b>Protein</b>	27.8g	6.7g
<b>Fat, Total</b>	7.6g	1.8g
<b>- Saturated</b>	1.9g	0.5g
<b>Carbohydrate</b>	52.2g	12.6g
<b>- Sugars</b>	17.4g	4.2g
<b>Dietary Fibre</b>	10.8g	2.6g
<b>Sodium</b>	733mg	177mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia



## 211 Oriental Pork Noodles

**Ingredients:** Hokkien Noodles (23%) (Flour, Water, Vegetable Oil, Salt, Mineral Salt (501)), Pork (16%), Cabbage, Celery, Broccolini, Onion, Carrot, Choy Sum, Peas, Oyster Sauce (Contains Modified Corn Starch (1442)), Soybeans, Chicken Stock, Ginger, Sesame Oil, Honey, Soy Sauce, Garlic, Chilli, Corn Starch, Salt, Coriander, Spices

**Serving Size:** 400g

	per serving	per 100g
<b>Energy</b>	1750kJ (417Cal)	436kJ (104Cal)
<b>Protein</b>	25.8g	6.5g
<b>Fat, Total</b>	12.7g	3.2g
<b>- Saturated</b>	3.0g	0.7g
<b>Carbohydrate</b>	46.0g	11.5g
<b>- Sugars</b>	11.0g	2.8g
<b>Dietary Fibre</b>	7.9g	2.0g
<b>Sodium</b>	1220mg	306mg

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

## 212 Sicilian Penne

**Ingredients:** Tomato, Pasta (34%), Chicken Pepperoni (Chicken, Water, Potato Starch, Salt, Spice, Flavour, Dextrose, Hydrolysed Vegetable Protein, Fermented Rice, Herbs, Vegetable Powder), Onion, Tomato Paste, Parmesan, Garlic, Corn Starch, Sugar, Onion Extract, Salt, Herbs, Yeast Extract, Olive Oil, Pepper

**Serving Size:** 385g

	per serving	per 100g
<b>Energy</b>	1780kJ (424Cal)	461kJ (110Cal)
<b>Protein</b>	22.6g	5.9g
<b>Fat, Total</b>	7.4g	1.9g
<b>- Saturated</b>	2.5g	0.6g
<b>Carbohydrate</b>	63.1g	16.4g
<b>- Sugars</b>	11.0g	2.9g
<b>Dietary Fibre</b>	6.3g	1.6g
<b>Sodium</b>	955mg	248mg

**CONTAINS:** Wheat, Egg, Milk

## 213 Dahl Curry with Rice

**Ingredients:** Rice (24%), Cauliflower, Tomato, Vegetable Stock (Onions, Carrots, Celery, Tomatoes, Leeks, Garlic, Herbs, Pepper), Broccolini, Potatoes, Lentils, Chinese Cabbage, Onion, Carrot, Celery, Leek, Chickpeas, Cream, Almonds, Curry Paste, Garlic, Salt, Ginger, Yeast, Corn Starch, Lime Juice, Olive Oil, Sugar, Coriander, Spices, Sunflower Oil

**Serving Size:** 415g

	per serving	per 100g
<b>Energy</b>	1780kJ (426Cal)	430kJ (103Cal)
<b>Protein</b>	16.2g	3.9g
<b>Fat, Total</b>	8.6g	2.1g
<b>- Saturated</b>	2.5g	0.6g
<b>Carbohydrate</b>	64.2g	15.5g
<b>- Sugars</b>	8.4g	2.0g
<b>Dietary Fibre</b>	12.6g	3.0g
<b>Sodium</b>	861mg	207mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## 214 Creamy Peppercorn Chicken

**Ingredients:** Chicken (23%) (Marinade (Contains Flavours)), Potato, Cauliflower, Corn, Carrot, Broccolini, Chicken Stock, Onion, Cream, Green Peppercorns (1%), Corn Starch, Parmesan, Salt, Sunflower Oil, Yeast, Spices, Olive Oil, Garlic, Dijon Mustard, Onion Extract, Yeast Extract, Pepper

**Serving Size:** 428g

	per serving	per 100g
<b>Energy</b>	1590kJ (380Cal)	371kJ (89Cal)
<b>Protein</b>	38.0g	8.9g
<b>Fat, Total</b>	7.9g	1.8g
<b>- Saturated</b>	3.4g	0.8g
<b>Carbohydrate</b>	35.7g	8.3g
<b>- Sugars</b>	8.7g	2.0g
<b>Dietary Fibre</b>	8.6g	2.0g
<b>Sodium</b>	956mg	223mg

**CONTAINS:** Egg, Milk, Soybean

## 6001 Naked Burrito with Pulled Pork

**Ingredients:** Tomato, Pulled Pork (22%) (Water, Sugar, Salt, Garlic, Pepper, Herbs & Spices), Brown Rice & Quinoa Mix (Sunflower Oil), Sweet Potato, Chickpeas, Kidney Beans, Capsicum, Cucumber, Onion, Corn Chips, Shallots, Roasted Capsicum, Pomegranate Molasses, Coriander, Golden Syrup, Yeast Extract, Corn Starch, Garlic, Salt, Corn Flour, Spices, Chilli, Pepper

**Serving Size:** 450g

	per serving	per 100g
<b>Energy</b>	1510kJ (361Cal)	336kJ (80Cal)
<b>Protein</b>	29.1g	6.5g
<b>Fat, Total</b>	6.5g	1.4g
<b>- Saturated</b>	1.5g	0.3g
<b>Carbohydrate</b>	41.7g	9.3g
<b>- Sugars</b>	12.4g	2.8g
<b>Dietary Fibre</b>	8.8g	2.0g
<b>Sodium</b>	713mg	158mg

Made in Australia

## 6002 Hot Smoked Salmon Salad

**Ingredients:** Pumpkin, Carrot, Cauliflower, Quinoa, Smoked Salmon (12%) (Salt, Natural Wood Smoke), Celery, Chilli & Lime Mayonnaise (Vegetable Oil, Lime Juice, Egg, Vinegar, Chilli, Water, Salt, Sugar, Mustard, Natural Flavour, Herbs, Spices, Spice Extract, Food Acid (Citric), Lime Oil, Colour (Lutein)), Spinach, Olive Oil, Herbs, Spices

**Serving Size:** 415g

	per serving	per 100g
<b>Energy</b>	1630kJ (390Cal)	393kJ (94Cal)
<b>Protein</b>	20.4g	4.9g
<b>Fat, Total</b>	21.1g	5.1g
<b>- Saturated</b>	2.3g	0.6g
<b>Carbohydrate</b>	24.7g	6.0g
<b>- Sugars</b>	12.3g	3.0g
<b>Dietary Fibre</b>	9.3g	2.2g
<b>Sodium</b>	545mg	131mg

**CONTAINS:** Egg, Fish

Caution: May Contain Bones. Made in Australia

## 6003 Roast Chicken & Parmesan Salad

**Ingredients:** Sweet Potato, Roast Chicken (19%) (Seasoning, Natural Flavour, Potato Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices), Cauliflower, Tomato, Lentils, Beans, Tomato Vinaigrette (Water, Vinegar, Sunflower Oil, Lemon Juice, Tomato Paste, Sugar, Salt, Herbs & Spices, Onion Powder, Garlic Powder, Vegetable Gum (Xanthan), Garlic), Cabbage, Zucchini, Herb Parmesan Crumb (3.5%), Kale, Salt, Olive Oil, Spices

**Serving Size:** 429g

	per serving	per 100g
<b>Energy</b>	1470kJ (350Cal)	342kJ (82Cal)
<b>Protein</b>	30.5g	7.1g
<b>Fat, Total</b>	10.4g	2.4g
<b>- Saturated</b>	2.3g	0.5g
<b>Carbohydrate</b>	29.1g	6.8g
<b>- Sugars</b>	11.0g	2.6g
<b>Dietary Fibre</b>	8.2g	1.9g
<b>Sodium</b>	949mg	221mg

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

Made in Australia

## 6004 Roast Chicken & Pesto Pasta Salad

**Ingredients:** Pasta (23%), Roast Chicken (20%) (Seasoning, Natural Flavour, Potato Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices), Broccolini, Tomato, Pesto (8%) (Cannellini Beans, Herbs, Olive Oil, Sunflower Seeds, Cheese, Pepper), Tomato Vinaigrette (Water, Vinegar, Sunflower Oil, Lemon Juice, Tomato Paste, Sugar, Salt, Herbs & Spices, Onion Powder, Garlic Powder, Vegetable Gum (Xanthan), Garlic), Carrot, Zucchini

**Serving Size:** 395g

	per serving	per 100g
<b>Energy</b>	1480kJ (353Cal)	374kJ (89Cal)
<b>Protein</b>	27.9g	7.1g
<b>Fat, Total</b>	8.3g	2.1g
<b>- Saturated</b>	1.4g	0.4g
<b>Carbohydrate</b>	37.6g	9.5g
<b>- Sugars</b>	4.6g	1.2g
<b>Dietary Fibre</b>	6.8g	1.7g
<b>Sodium</b>	560mg	142mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 6005 BBQ Beef & Sweet Potato Slaw

**Ingredients:** Sweet Potato (29%), Beef (18%), Cabbage, Beans, Honey Mustard Dressing (Vinegar, Water, Vegetable Oil, Honey, Glucose, Sugar, Spices, Mustard, Salt, Egg, Thickener (407, 415), Buttermilk Powder, Garlic, Herbs, Betacarotene), Corn (Sugar, Salt), Barbeque Sauce (Fruit & Vegetables, Sugar, Vinegar, Lemon Juice, Salt, Modified Starch (1442), Yeast Extract, Flavour, Bourbon, Spices, Vegetable Gum (Xanthan)), Carrot, Onion, Celery, Salt, Sugar, Spices, Garlic Powder, Dijon Mustard

**Serving Size:** 375g

	per serving	per 100g
<b>Energy</b>	1570kJ (374Cal)	418kJ (100Cal)
<b>Protein</b>	27.2g	7.3g
<b>Fat, Total</b>	7.6g	2.0g
<b>- Saturated</b>	1.3g	0.3g
<b>Carbohydrate</b>	44.0g	11.7g
<b>- Sugars</b>	28.8g	7.7g
<b>Dietary Fibre</b>	8.3g	2.2g
<b>Sodium</b>	853mg	228mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia

## 6006 Spiced Lamb Salad

**Ingredients:** Lamb (15%) (Vegetables, Potato Starch, Salt, Sugar, Spices, Herbs), Cauliflower, Water, Carrot, Spiced Yoghurt Dressing (Yoghurt, Water, Lemon Juice, Herbs, Spices, Sunflower Oil, Salt, Milk, Garlic, Sugar, Corn Starch, Food Acid (Citric), Vegetable Gum (Pectin, Xanthan, Guar)), Cabbage, Zucchini, Chickpeas, Quinoa, Spinach, Shallots, Currants, Almonds, Olive Oil, Salt, Spices

**Serving Size:** 365g

	per serving	per 100g
<b>Energy</b>	1480kJ (353Cal)	405kJ (97Cal)
<b>Protein</b>	26.3g	7.2g
<b>Fat, Total</b>	12.4g	3.4g
<b>- Saturated</b>	2.8g	0.8g
<b>Carbohydrate</b>	28.5g	7.8g
<b>- Sugars</b>	15.1g	4.1g
<b>Dietary Fibre</b>	11.0g	3.0g
<b>Sodium</b>	518mg	142mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## 6007 Smoked Salmon & Crispy Noodle Salad

**Ingredients:** Smoked Salmon (17%) (Salt, Natural Wood Smoke), Beans, Carrot, Cauliflower, Cabbage, Zucchini, Corn (Sugar, Salt), Crispy Noodle Mix (Crispy Noodles (Flour, Vegetable Oil, Water, Salt, Raising Agents (450, 500), Colour (160b)), Peanuts, Sesame Seeds), Sweet Soy & Sesame Dressing (Contains Food Acids (260, 262)), Chinese Cabbage, Daikon, Onion, Celery, Olive Oil, Spices

**Serving Size:** 345g

	per serving	per 100g
<b>Energy</b>	1610kJ (385Cal)	467kJ (112Cal)
<b>Protein</b>	23.0g	6.7g
<b>Fat, Total</b>	21.8g	6.3g
<b>- Saturated</b>	3.8g	1.1g
<b>Carbohydrate</b>	20.9g	6.1g
<b>- Sugars</b>	9.5g	2.8g
<b>Dietary Fibre</b>	7.3g	2.1g
<b>Sodium</b>	1020mg	294mg

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

Caution: May Contain Bones. Made in Australia

## 6008 Chicken & Crispy Noodle Salad

**Ingredients:** Chicken (20%) (Natural Flavour, Maize Starch, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spices), Beans, Carrot, Cauliflower, Cabbage, Zucchini, Corn (Sugar, Salt), Crispy Noodle Mix (Crispy Noodles (Flour, Vegetable Oil, Water, Salt, Raising Agents (450, 500), Colour (160b)), Peanuts, Sesame Seeds), Sweet Soy & Sesame Dressing (Contains Food Acids (260, 262)), Chinese Cabbage, Daikon, Onion, Celery, Olive Oil, Spices

**Serving Size:** 355g

	per serving	per 100g
<b>Energy</b>	1490kJ (356Cal)	420kJ (100Cal)
<b>Protein</b>	23.4g	6.6g
<b>Fat, Total</b>	17.9g	5.0g
<b>- Saturated</b>	3.2g	0.9g
<b>Carbohydrate</b>	21.9g	6.2g
<b>- Sugars</b>	9.5g	2.7g
<b>Dietary Fibre</b>	7.3g	2.1g
<b>Sodium</b>	695mg	196mg

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

Made in Australia



## 6010 Falafels with Quinoa Salad

**Ingredients:** Falafels (24%) (Cauliflower, Chickpeas, Onion, Besan Flour, Spinach, Sweet Potato, Spices, Olive Oil, Garlic, Ginger, Raising Agent (500), Yeast Extract, Salt, Pepper, Chilli), Yoghurt Dressing (Yoghurt (Milk, Skim Milk Powder, Live Cultures), Cucumber, Water, Lime Juice, Garlic, Sunflower Oil, Mint, Milk Solids, Sugar, Salt, Food Acid (Citric), Vegetable Gum (Pectin, Xanthan, Guar), Spices, Corn Starch), Beans, Carrot, Cauliflower, Lentils, Tomato, Cabbage, Kale, Quinoa (2%), Almonds, Pepitas, Currants, Salt, Olive Oil, Spices

**Serving Size:** 350g

	per serving	per 100g
<b>Energy</b>	1570kJ (376Cal)	449kJ (107Cal)
<b>Protein</b>	20.0g	5.7g
<b>Fat, Total</b>	11.8g	3.4g
<b>- Saturated</b>	1.8g	0.5g
<b>Carbohydrate</b>	39.9g	11.4g
<b>- Sugars</b>	13.2g	3.8g
<b>Dietary Fibre</b>	14.3g	4.1g
<b>Sodium</b>	576mg	165mg

**CONTAINS:** Milk, Tree Nuts

Made in Australia

## 6011 Penne Pesto & Caesar Salad

**Ingredients:** Penne Pesto Pasta (Pasta (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)), Salad With Caesar Dressing (Tomato, Egg, Lettuce, Caesar Dressing (Vinegar, Water, Vegetable Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic))

**Serving Size:** 351g

	per serving	per 100g
<b>Energy</b>	1610kJ (386Cal)	460kJ (110Cal)
<b>Protein</b>	15.3g	4.4g
<b>Fat, Total</b>	15.9g	4.5g
<b>- Saturated</b>	2.9g	0.8g
<b>Carbohydrate</b>	43.0g	12.3g
<b>- Sugars</b>	10.0g	2.9g
<b>Dietary Fibre</b>	4.8g	1.4g
<b>Sodium</b>	762mg	217mg

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

Caution: Olives May Contain Pits. Made in Australia

## 6012 Penne Pesto & Mediterranean Salad

**Ingredients:** Penne Pesto Pasta (Pasta (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)), Mediterranean Salad (Baby Leaf Mix, Tomato, Roasted Capsicum (Vinegar, Salt, Sugar), Olives (Contains Food Acid (Citric)), Italian Dressing (Contains Vegetable Gum (Xanthan)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509)), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion)

**Serving Size:** 326g

	per serving	per 100g
<b>Energy</b>	1550kJ (369Cal)	474kJ (113Cal)
<b>Protein</b>	11.8g	3.6g
<b>Fat, Total</b>	16.0g	4.9g
<b>- Saturated</b>	3.2g	1.0g
<b>Carbohydrate</b>	42.2g	12.9g
<b>- Sugars</b>	8.4g	2.6g
<b>Dietary Fibre</b>	4.8g	1.5g
<b>Sodium</b>	858mg	263mg

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

Caution: Olives May Contain Pits. Made in Australia

## 6014 Lasagne & Caesar Salad

**Ingredients:** Beef Lasagne (Tomato, Beef, Water, Pasta (Flour, Egg), Cheese, Onion, Milk Powder, Corn Starch, Breadcrumbs, Tomato Paste, Salt, Garlic, Sugar, Onion Extract, Yeast Extract, Herbs, Spices, Olive Oil, Pepper), Salad With Caesar Dressing (Tomato, Egg, Lettuce, Caesar Dressing (Vinegar, Water, Vegetable Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic))

**Serving Size:** 447g

	per serving	per 100g
<b>Energy</b>	1940kJ (464Cal)	434kJ (104Cal)
<b>Protein</b>	35.3g	7.9g
<b>Fat, Total</b>	18.2g	4.1g
<b>- Saturated</b>	6.2g	1.4g
<b>Carbohydrate</b>	37.9g	8.5g
<b>- Sugars</b>	14.1g	3.2g
<b>Dietary Fibre</b>	3.6g	0.8g
<b>Sodium</b>	1250mg	281mg

**CONTAINS:** Wheat, Egg, Milk

Made in Australia



## 6015 Lasagne & Mediterranean Salad

**Ingredients:** Beef Lasagne (Tomato, Beef, Water, Pasta (Flour, Egg), Cheese, Onion, Milk Powder, Corn Starch, Breadcrumbs, Tomato Paste, Salt, Garlic, Sugar, Onion Extract, Yeast Extract, Herbs, Spices, Olive Oil, Pepper), Mediterranean Salad (Baby Leaf Mix, Tomato, Roasted Capsicum, Olives (Contains Food Acid (Citric)), Italian Dressing (Contains Vegetable Gum (Xanthan)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509))), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion)

**Serving Size:** 422g

	per serving	per 100g
<b>Energy</b>	1870kJ (447Cal)	444kJ (106Cal)
<b>Protein</b>	31.8g	7.5g
<b>Fat, Total</b>	18.3g	4.3g
<b>- Saturated</b>	6.4g	1.5g
<b>Carbohydrate</b>	37.0g	8.8g
<b>- Sugars</b>	12.4g	3.0g
<b>Dietary Fibre</b>	3.6g	0.8g
<b>Sodium</b>	1350mg	320mg

**CONTAINS:** Wheat, Egg, Milk

Caution: Olives May Contain Pits. Made in Australia

## 6026 Mexican Chicken Stack & Caesar Salad

**Ingredients:** Salad With Caesar Dressing (Tomato, Egg, Lettuce, Caesar Dressing (Vinegar, Water, Vegetable Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic)), Tomato, Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Chicken, 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:** 410g

	per serving	per 100g
<b>Energy</b>	1710kJ (408Cal)	417kJ (100Cal)
<b>Protein</b>	23.4g	5.7g
<b>Fat, Total</b>	14.9g	3.6g
<b>- Saturated</b>	4.1g	1.0g
<b>Carbohydrate</b>	41.3g	10.1g
<b>- Sugars</b>	14.2g	3.5g
<b>Dietary Fibre</b>	7.8g	1.9g
<b>Sodium</b>	801mg	195mg

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

Caution: Olives May Contain Pits. Made in Australia

## 6027 Mexican Chicken Stack & Mediterranean Salad

**Ingredients:** Mediterranean Salad (Baby Leaf Mix, Tomato, Roasted Capsicum (Vinegar, Salt, Sugar), Olives (Contains Food Acid (Citric)), Italian Dressing (Contains Vegetable Gum (Xanthan)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509))), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion, Tomato, Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Chicken, 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:** 385g

	per serving	per 100g
<b>Energy</b>	1640kJ (392Cal)	426kJ (102Cal)
<b>Protein</b>	19.9g	5.2g
<b>Fat, Total</b>	15.0g	3.9g
<b>- Saturated</b>	4.4g	1.1g
<b>Carbohydrate</b>	40.4g	10.5g
<b>- Sugars</b>	12.6g	3.3g
<b>Dietary Fibre</b>	7.8g	2.0g
<b>Sodium</b>	896mg	233mg

**CONTAINS:** Wheat, Milk, Soybean

## 6028 Mexican Chicken Stack & Garden Salad

**Ingredients:** Tomato, Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Carrot, Baby Leaf Mix, Cucumber, Chicken, Capsicum, Black Eye Beans, French Dressing (Contains Vegetable Gum (Xanthan)), Corn, Onion, Cabbage, 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:** 380g

	per serving	per 100g
<b>Energy</b>	1400kJ (335Cal)	369kJ (88Cal)
<b>Protein</b>	17.3g	4.6g
<b>Fat, Total</b>	10.1g	2.7g
<b>- Saturated</b>	2.9g	0.8g
<b>Carbohydrate</b>	39.4g	10.4g
<b>- Sugars</b>	12.3g	3.2g
<b>Dietary Fibre</b>	8.0g	2.1g
<b>Sodium</b>	616mg	162mg

**CONTAINS:** Wheat, Milk, Soybean

Caution: Olives May Contain Pits. Made in Australia

## Dinner Ingredient List

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Caution: Olives May Contain Pits. Made in Australia

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## 6029 Crumbed Fish & Caesar Salad

**Ingredients:** Crumbed Fish (Crumbed Fish (Fish (70%), Crumb (8%)) (Flour, Gluten, Sugar, Salt, Yeast, Vegetable Oil, Colours (Turmeric, Paprika)), Vegetable Oil, Flour, Water, Gluten, Wheat Starch, Dried Vegetables, Corn Starch, Wheat Fibre, Salt, Egg, Flavour), Sweet Potato, Potato, Sunflower Oil, Spices, Herbs, Onion Extract, Salt, Yeast Extract, Pepper), Salad With Caesar Dressing (Tomato, Egg, Lettuce, Caesar Dressing (Vinegar, Water, Vegetable Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic))

**Serving Size:** 353g

	per serving	per 100g
<b>Energy</b>	1690kJ (404Cal)	479kJ (114Cal)
<b>Protein</b>	23.1g	6.5g
<b>Fat, Total</b>	18.1g	5.1g
<b>- Saturated</b>	2.7g	0.7g
<b>Carbohydrate</b>	35.3g	10.0g
<b>- Sugars</b>	10.9g	3.1g
<b>Dietary Fibre</b>	6.0g	1.7g
<b>Sodium</b>	747mg	212mg

**CONTAINS:** Wheat, Egg, Fish, Milk

## 6030 Crumbed Fish & Mediterranean Salad

**Ingredients:** Crumbed Fish (Crumbed Fish (Fish (70%), Crumb (8%)) (Flour, Gluten, Sugar, Salt, Yeast, Vegetable Oil, Colours (Turmeric, Paprika)), Vegetable Oil, Flour, Water, Gluten, Wheat Starch, Dried Vegetables, Corn Starch, Wheat Fibre, Salt, Egg, Flavour), Sweet Potato, Potato, Sunflower Oil, Spices, Herbs, Onion Extract, Salt, Yeast Extract, Pepper), Mediterranean Salad (Baby Leaf Mix, Tomato, Roasted Capsicum (Vinegar, Salt, Sugar), Olives (Contains Food Acid (Citric)), Italian Dressing (Contains Vegetable Gum (Xanthan)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509))), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion)

**Serving Size:** 328g

	per serving	per 100g
<b>Energy</b>	1620kJ (388Cal)	494kJ (118Cal)
<b>Protein</b>	19.5g	6.0g
<b>Fat, Total</b>	18.2g	5.5g
<b>- Saturated</b>	2.9g	0.9g
<b>Carbohydrate</b>	34.5g	10.5g
<b>- Sugars</b>	9.3g	2.8g
<b>Dietary Fibre</b>	6.0g	1.8g
<b>Sodium</b>	843mg	257mg

**CONTAINS:** Wheat, Egg, Fish, Milk

## 6031 Tortilla Stack & Caesar Salad

**Ingredients:** Tortilla Stack (Salsa (Tomato, Onion, Capsicum, Vinegar, Water, Sugar, Iodised Salt, Citrus Fibre, Herbs, Spices, Garlic, Chilli), Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Tomato, Water, Refried Beans, Capsicum, Onion, Kidney Beans, Sour Cream (Cream, Milk, Culture), Chickpeas, Tomato Paste, Parmesan, Shallots, Olive Oil, Salt, Spices, Chilli, Garlic, Pepper), Salad With Caesar Dressing (Tomato, Egg, Lettuce, Caesar Dressing (Vinegar, Water, Vegetable Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic))

**Serving Size:** 374g

	per serving	per 100g
<b>Energy</b>	1700kJ (405Cal)	454kJ (108Cal)
<b>Protein</b>	19.8g	5.3g
<b>Fat, Total</b>	15.8g	4.2g
<b>- Saturated</b>	4.8g	1.3g
<b>Carbohydrate</b>	41.7g	11.2g
<b>- Sugars</b>	10.8g	2.9g
<b>Dietary Fibre</b>	9.6g	2.6g
<b>Sodium</b>	968mg	259mg

**CONTAINS:** Wheat, Egg, Milk

## 6032 Tortilla Stack & Mediterranean Salad

**Ingredients:** Tortilla Stack (Salsa (Tomato, Onion, Capsicum, Vinegar, Water, Sugar, Iodised Salt, Citrus Fibre, Herbs, Spices, Garlic, Chilli), Lavash Bread (Flour, Water, Iodised Salt, Milk, Vinegar, Preservatives (282, 202)), Tomato, Water, Refried Beans, Capsicum, Onion, Kidney Beans, Sour Cream (Cream, Milk, Culture), Chickpeas, Tomato Paste, Parmesan, Shallots, Olive Oil, Salt, Spices, Chilli, Garlic, Pepper), Mediterranean Salad (Baby Leaf Mix, Tomato, Roasted Capsicum (Vinegar, Salt, Sugar), Olives (Contains Food Acid (Citric)), Italian Dressing (Contains Vegetable Gum (Xanthan)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509))), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion)

**Serving Size:** 349g

	per serving	per 100g
<b>Energy</b>	1630kJ (389Cal)	467kJ (111Cal)
<b>Protein</b>	16.2g	4.7g
<b>Fat, Total</b>	15.9g	4.6g
<b>- Saturated</b>	5.0g	1.4g
<b>Carbohydrate</b>	40.8g	11.7g
<b>- Sugars</b>	9.2g	2.6g
<b>Dietary Fibre</b>	9.6g	2.8g
<b>Sodium</b>	1060mg	305mg

Dinner Ingredient List

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**CONTAINS:** Wheat, Milk

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## 6500 Honey Mustard Chicken

**Ingredients:** Chicken (24%) (Marinade (Contains Flavours)), Sweet Potato, Potatoes, Broccolini, Beans, Cauliflower, Carrot, Chicken Stock, Onion, Cream, Parmesan, Honey (0.5%), Mustard (0.5%), Olive Oil, Yeast, Salt, Corn Starch, Garlic, Dijon Mustard, Herbs, Pepper, Spices

**Serving Size:** 420g

	per serving	per 100g
<b>Energy</b>	1570kJ (375Cal)	374kJ (89Cal)
<b>Protein</b>	38.5g	9.2g
<b>Fat, Total</b>	9.2g	2.2g
<b>- Saturated</b>	4.1g	1.0g
<b>Carbohydrate</b>	30.0g	7.2g
<b>- Sugars</b>	10.8g	2.6g
<b>Dietary Fibre</b>	8.2g	2.0g
<b>Sodium</b>	866mg	206mg

**CONTAINS:** Egg, Milk

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## 6502 Thai Yellow Chicken Curry

**Ingredients:** Hokkien Noodles (Flour, Water, Vegetable Oil, Salt, Mineral Salt (501)), Chicken Stock, Chicken (13%) (Marinade (Contains Flavours)), Cauliflower, Broccolini, Choy Sum, Onion, Carrot, Cabbage, Coconut Flavoured Evaporated Milk (Contains Flavour, Vegetable Gum (Carrageenan)), Coconut Cream, Maple Syrup, Lime Juice, Curry Paste, Yeast, Corn Starch, Lemongrass, Ginger, Salt, Fish Sauce, Coriander, Olive Oil, Garlic, Chilli, Kaffir Lime Leaves, Pepper, Spices

**Serving Size:** 475g

	per serving	per 100g
<b>Energy</b>	1550kJ (371Cal)	327kJ (78Cal)
<b>Protein</b>	27.9g	5.9g
<b>Fat, Total</b>	8.3g	1.7g
<b>- Saturated</b>	4.0g	0.8g
<b>Carbohydrate</b>	41.4g	8.7g
<b>- Sugars</b>	13.5g	2.8g
<b>Dietary Fibre</b>	8.6g	1.8g
<b>Sodium</b>	1310mg	277mg

**CONTAINS:** Wheat, Fish, Milk

## 6503 Lamb Spinach & Pine Nut Salad

**Ingredients:** Lamb (18%), Pumpkin, Roasted Capsicum (Vinegar, Salt, Sugar), Tomato, Spinach (9%), Olives (Salt, Food Acid (Citric)), Semi Dried Tomatoes, Greek Dressing (Water, Lemon, Olive Oil, Vinegar, Sugar, Salt, Garlic, Herbs, Vegetable Gum (Xanthan)), Pine Nuts (3%), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509)), Food Acid (Acetic), Culture, Enzyme (Rennet)), Quinoa, Onion, Lemon, Marinade (Contains Flavours), Olive Oil, Coriander, Onion Extract, Garlic Powder, Spices, Pepper, Herbs

**Serving Size:** 351g

	per serving	per 100g
<b>Energy</b>	1560kJ (372Cal)	445kJ (106Cal)
<b>Protein</b>	25.6g	7.3g
<b>Fat, Total</b>	21.5g	6.1g
<b>- Saturated</b>	4.4g	1.3g
<b>Carbohydrate</b>	15.5g	4.4g
<b>- Sugars</b>	10.4g	3.0g
<b>Dietary Fibre</b>	7.2g	2.1g
<b>Sodium</b>	950mg	271mg

**CONTAINS:** Milk, Tree Nuts

## 6504 Steak Diane

**Ingredients:** Steak (24%) (Marinade (Contains Flavours)), Potatoes, Beans, Zucchini, Sweet Potato, Corn, Beef Stock, Onion, Mushroom, Cream, Brandy, Corn Starch, Worcestershire Sauce, Yeast, Olive Oil, Garlic, Dijon Mustard, Flavour, Salt, Butter, Herbs, Pepper, Spices

**Serving Size:** 418g

	per serving	per 100g
<b>Energy</b>	1590kJ (381Cal)	381kJ (91Cal)
<b>Protein</b>	38.2g	9.1g
<b>Fat, Total</b>	9.3g	2.2g
<b>- Saturated</b>	4.2g	1.0g
<b>Carbohydrate</b>	31.7g	7.6g
<b>- Sugars</b>	9.7g	2.3g
<b>Dietary Fibre</b>	8.2g	2.0g
<b>Sodium</b>	878mg	210mg

**CONTAINS:** Wheat, Barley, Fish, Milk

