



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

If you would like additional information about nutrition or dietary guidelines visit:
www.NutritionAustralia.org or
www.health.gov.au

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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
Energy	1840kJ (440Cal)	423kJ (101Cal)
Protein	27.4g	6.3g
Fat, Total	6.2g	1.4g
- Saturated	2.5g	0.6g
Carbohydrate	65.1g	15.0g
- Sugars	12.9g	3.0g
Dietary Fibre	5.4g	1.2g
Sodium	791mg	182mg
Iron	3.5mg (29%RDI)	0.8mg

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
Energy	1510kJ (362Cal)	403kJ (96Cal)
Protein	19.8g	5.3g
Fat, Total	9.4g	2.5g
- Saturated	1.0g	0.3g
Carbohydrate	44.2g	11.8g
- Sugars	10.7g	2.8g
Dietary Fibre	10.3g	2.8g
Sodium	594mg	158mg

CONTAINS: Wheat, Egg, Fish, Milk

Made in Australia

04 Corned Beef

Ingredients: Corned Beef (26%) (Beef, Water, Cure (Potato Starch, Sugar, Salt, Vegetable Fibre, Flavour, Fruit Extract, Preservative (250))), Water, Potato, Peas, Carrot, Cauliflower, Milk Powder, Leek, Cheese, Evaporated Milk, Corn Flour, Egg, Butter, Corn Starch, Dijon Mustard, Salt, Maltodextrin, Yeast Extract, Sugar, Onion Extract, Pepper, Spices, Herbs

Serving Size: 468g

	per serving	per 100g
Energy	1420kJ (338Cal)	303kJ (72Cal)
Protein	34.8g	7.4g
Fat, Total	6.2g	1.3g
- Saturated	3.3g	0.7g
Carbohydrate	30.7g	6.6g
- Sugars	10.4g	2.2g
Dietary Fibre	9.4g	2.0g
Sodium	1370mg	293mg
Iron	4.3mg (36%RDI)	0.9mg

CONTAINS: Egg, Milk

Made In Australia

08 Hearty Beef Casserole

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

Serving Size: 500g

	per serving	per 100g
Energy	1590kJ (381Cal)	319kJ (76Cal)
Protein	41.3g	8.3g
Fat, Total	9.7g	1.9g
- Saturated	4.5g	0.9g
Carbohydrate	27.9g	5.6g
- Sugars	8.4g	1.7g
Dietary Fibre	7.8g	1.6g
Sodium	851mg	170mg
Iron	5.1mg (42%RDI)	1.0mg

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
Energy	1620kJ (387Cal)	338kJ (81Cal)
Protein	37.2g	7.8g
Fat, Total	6.3g	1.3g
- Saturated	2.0g	0.4g
Carbohydrate	38.9g	8.1g
- Sugars	13.5g	2.8g
Dietary Fibre	12.9g	2.7g
Sodium	740mg	155mg
Iron	6.4mg (53%RDI)	1.3mg

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
Energy	1730kJ (413Cal)	342kJ (82Cal)
Protein	38.6g	7.6g
Fat, Total	6.5g	1.3g
- Saturated	1.6g	0.3g
Carbohydrate	44.2g	8.8g
- Sugars	9.5g	1.9g
Dietary Fibre	11.6g	2.3g
Sodium	882mg	175mg
Iron	4.0mg (33%RDI)	0.8mg

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)), Roasted 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
Energy	2000kJ (478Cal)	437kJ (104Cal)
Protein	28.1g	6.1g
Fat, Total	15.5g	3.4g
- Saturated	3.5g	0.8g
Carbohydrate	55.4g	12.1g
- Sugars	13.7g	3.0g
Dietary Fibre	6.3g	1.4g
Sodium	1370mg	300mg
Iron	3.0mg (25%RDI)	0.7mg

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

Made in Australia

29 Savoury Beef Rissoles

Ingredients: Potato, Beef Stock, Peas, Beef (13%), Carrot, 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: 435g

	per serving	per 100g
Energy	1440kJ (344Cal)	331kJ (79Cal)
Protein	29.4g	6.8g
Fat, Total	8.2g	1.9g
- Saturated	4.2g	1.0g
Carbohydrate	33.3g	7.7g
- Sugars	8.6g	2.0g
Dietary Fibre	11.1g	2.6g
Sodium	849mg	195mg
Iron	4.4mg (37%RDI)	1.0mg

CONTAINS: Wheat, Egg, Milk, Soybean

Made in Australia

31 Lasagne

Ingredients: Tomato, Cauliflower, Beef (17%), Carrot, Beans, Pasta (7%) (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: 427g

	per serving	per 100g
Energy	1520kJ (363Cal)	356kJ (85Cal)
Protein	30.9g	7.2g
Fat, Total	8.2g	1.9g
- Saturated	4.3g	1.0g
Carbohydrate	37.9g	8.9g
- Sugars	13.2g	3.1g
Dietary Fibre	6.4g	1.5g
Sodium	921mg	216mg
Iron	3.7mg (30%RDI)	0.9mg

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
Energy	2070kJ (494Cal)	476kJ (114Cal)
Protein	32.6g	7.5g
Fat, Total	12.8g	2.9g
- Saturated	4.7g	1.1g
Carbohydrate	59.7g	13.7g
- Sugars	8.2g	1.9g
Dietary Fibre	5.6g	1.3g
Sodium	1060mg	243mg
Iron	2.7mg (22%RDI)	0.6mg

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, Collagen Casing), 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
Energy	1780kJ (426Cal)	358kJ (86Cal)
Protein	31.1g	6.2g
Fat, Total	10.7g	2.2g
- Saturated	4.7g	0.9g
Carbohydrate	46.8g	9.4g
- Sugars	13.7g	2.8g
Dietary Fibre	8.6g	1.7g
Sodium	1210mg	242mg
Iron	4.0mg (33%RDI)	0.8mg

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
Energy	1950kJ (465Cal)	441kJ (105Cal)
Protein	29.6g	6.7g
Fat, Total	12.4g	2.8g
- Saturated	8.4g	1.9g
Carbohydrate	57.8g	13.1g
- Sugars	7.5g	1.7g
Dietary Fibre	3.3g	0.7g
Sodium	1250mg	283mg
Iron	1.3mg (11%RDI)	0.3mg

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, Chilli, Spices

Serving Size: 428g

	per serving	per 100g
Energy	1950kJ (465Cal)	455kJ (109Cal)
Protein	23.4g	5.5g
Fat, Total	10.9g	2.5g
- Saturated	5.6g	1.3g
Carbohydrate	61.0g	14.3g
- Sugars	11.4g	2.7g
Dietary Fibre	15.9g	3.7g
Sodium	1150mg	268mg
Iron	4.9mg (41%RDI)	1.1mg

CONTAINS: Wheat, Milk

Made In Australia

68 Fettucine Provincale

Ingredients: Pasta (35%), Tomato (29%), Mushroom, Roasted Capsicum (Vinegar, Salt, Sugar), 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
Energy	1850kJ (443Cal)	386kJ (92Cal)
Protein	19.8g	4.1g
Fat, Total	7.4g	1.5g
- Saturated	3.7g	0.8g
Carbohydrate	70.1g	14.6g
- Sugars	12.8g	2.7g
Dietary Fibre	6.7g	1.4g
Sodium	920mg	192mg
Iron	2.3mg (19%RDI)	0.5mg

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
Energy	1580kJ (377Cal)	304kJ (73Cal)
Protein	38.1g	7.3g
Fat, Total	6.7g	1.3g
- Saturated	3.5g	0.7g
Carbohydrate	37.0g	7.1g
- Sugars	15.7g	3.0g
Dietary Fibre	7.1g	1.4g
Sodium	1170mg	226mg
Iron	2.7mg (23%RDI)	0.5mg

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
Energy	1820kJ (434Cal)	449kJ (107Cal)
Protein	21.6g	5.3g
Fat, Total	11.1g	2.7g
- Saturated	5.9g	1.5g
Carbohydrate	56.0g	13.8g
- Sugars	14.6g	3.6g
Dietary Fibre	11.3g	2.8g
Sodium	920mg	227mg
Iron	2.4mg (20%RDI)	0.6mg

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
Energy	1770kJ (422Cal)	393kJ (94Cal)
Protein	31.1g	6.9g
Fat, Total	8.2g	1.8g
- Saturated	4.5g	1.0g
Carbohydrate	52.7g	11.7g
- Sugars	12.7g	2.8g
Dietary Fibre	6.3g	1.4g
Sodium	906mg	201mg
Iron	3.1mg (26%RDI)	0.7mg

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
Energy	1450kJ (347Cal)	337kJ (81Cal)
Protein	33.1g	7.7g
Fat, Total	5.9g	1.4g
- Saturated	2.2g	0.5g
Carbohydrate	34.5g	8.0g
- Sugars	8.2g	1.9g
Dietary Fibre	10.5g	2.5g
Sodium	1120mg	262mg
Iron	6.8mg (57%RDI)	1.6mg

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 Flour, Soy Protein, Olive Oil, Salt, Breadcrumbs, Chilli, Pepper, Yeast Extract, Sugar, Herbs, Sunflower Oil, Garlic

Serving Size: 407g

	per serving	per 100g
Energy	1790kJ (427Cal)	439kJ (105Cal)
Protein	31.9g	7.8g
Fat, Total	7.7g	1.9g
- Saturated	2.7g	0.7g
Carbohydrate	54.2g	13.3g
- Sugars	7.6g	1.9g
Dietary Fibre	5.2g	1.3g
Sodium	888mg	218mg
Iron	3.6mg (30%RDI)	0.9mg

CONTAINS: Wheat, Egg, Milk, Soybean

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
Energy	1880kJ (449Cal)	455kJ (109Cal)
Protein	37.8g	9.2g
Fat, Total	7.9g	1.9g
- Saturated	3.4g	0.8g
Carbohydrate	54.1g	13.1g
- Sugars	18.9g	4.6g
Dietary Fibre	4.2g	1.0g
Sodium	730mg	177mg
Iron	6.8mg (56%RDI)	1.6mg

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
Energy	1800kJ (431Cal)	449kJ (107Cal)
Protein	25.9g	6.5g
Fat, Total	12.4g	3.1g
- Saturated	4.3g	1.1g
Carbohydrate	51.7g	12.9g
- Sugars	11.8g	2.9g
Dietary Fibre	5.4g	1.4g
Sodium	1180mg	294mg
Iron	3.0mg (25%RDI)	0.7mg

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
Energy	1630kJ (389Cal)	362kJ (86Cal)
Protein	27.9g	6.2g
Fat, Total	12.5g	2.8g
- Saturated	4.4g	1.0g
Carbohydrate	34.8g	7.7g
- Sugars	13.9g	3.1g
Dietary Fibre	7.3g	1.6g
Sodium	1060mg	235mg
Iron	4.2mg (35%RDI)	0.9mg

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
Energy	1780kJ (426Cal)	445kJ (106Cal)
Protein	28.4g	7.1g
Fat, Total	9.4g	2.3g
- Saturated	2.8g	0.7g
Carbohydrate	54.4g	13.6g
- Sugars	23.6g	5.9g
Dietary Fibre	5.4g	1.3g
Sodium	979mg	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)), Herbs, Parmesan, Garlic, Ouzo, Olive Oil, Corn Starch, Chilli, Sugar, Salt, Pepper, Kiwifruit Extract

Serving Size: 403g

	per serving	per 100g
Energy	1830kJ (437Cal)	454kJ (108Cal)
Protein	33.4g	8.3g
Fat, Total	8.7g	2.2g
- Saturated	2.3g	0.6g
Carbohydrate	52.8g	13.1g
- Sugars	11.1g	2.8g
Dietary Fibre	4.7g	1.2g
Sodium	749mg	186mg
Iron	3.2mg (27%RDI)	0.8mg

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, 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
Energy	1600kJ (383Cal)	382kJ (91Cal)
Protein	34.9g	8.3g
Fat, Total	5.0g	1.2g
- Saturated	1.3g	0.3g
Carbohydrate	45.6g	10.9g
- Sugars	17.5g	4.2g
Dietary Fibre	6.1g	1.5g
Sodium	904mg	215mg
Iron	4.8mg (40%RDI)	1.2mg

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
Energy	1820kJ (434Cal)	472kJ (113Cal)
Protein	26.6g	6.9g
Fat, Total	12.2g	3.2g
- Saturated	1.4g	0.4g
Carbohydrate	47.8g	12.4g
- Sugars	10.2g	2.7g
Dietary Fibre	13.0g	3.4g
Sodium	582mg	151mg
Iron	2.8mg (23%RDI)	0.7mg

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
Energy	1590kJ (379Cal)	305kJ (73Cal)
Protein	37.5g	7.2g
Fat, Total	8.7g	1.7g
- Saturated	2.8g	0.5g
Carbohydrate	33.4g	6.4g
- Sugars	11.9g	2.3g
Dietary Fibre	7.9g	1.5g
Sodium	861mg	166mg
Iron	4.2mg (35%RDI)	0.8mg

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
Energy	1880kJ (449Cal)	410kJ (98Cal)
Protein	29.7g	6.5g
Fat, Total	8.9g	1.9g
- Saturated	2.9g	0.6g
Carbohydrate	59.8g	13.0g
- Sugars	8.5g	1.9g
Dietary Fibre	3.6g	0.8g
Sodium	783mg	171mg
Iron	1.8mg (15%RDI)	0.4mg

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
Energy	1630kJ (389Cal)	341kJ (81Cal)
Protein	34.5g	7.2g
Fat, Total	8.2g	1.7g
- Saturated	3.5g	0.7g
Carbohydrate	39.5g	8.3g
- Sugars	11.7g	2.5g
Dietary Fibre	9.3g	1.9g
Sodium	807mg	169mg
Iron	4.5mg (38%RDI)	0.9mg

CONTAINS: Barley, Egg, Fish, Milk

Made in Australia

181 Butter Chicken

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

Serving Size: 425g

	per serving	per 100g
Energy	1860kJ (444Cal)	437kJ (104Cal)
Protein	36.1g	8.5g
Fat, Total	7.0g	1.6g
- Saturated	2.9g	0.7g
Carbohydrate	56.3g	13.3g
- Sugars	8.7g	2.1g
Dietary Fibre	4.0g	0.9g
Sodium	718mg	169mg
Iron	2.5mg (21%RDI)	0.6mg

CONTAINS: Milk, Tree Nuts

Made In Australia

182 Meatloaf

Ingredients: Potato (21%), Beef (16%), Beef Stock, Cauliflower, Carrot, Beans, Peas, Corn, Onion, Breadcrumbs, Egg, Evaporated Milk, Corn Flour, Butter, Tomato Paste, Milk Powder, Salt, Garlic, Onion Extract, Yeast Extract, Sugar, Pepper, Spices, Herbs

Serving Size: 430g

	per serving	per 100g
Energy	1550kJ (371Cal)	361kJ (86Cal)
Protein	31.8g	7.4g
Fat, Total	8.0g	1.9g
- Saturated	3.3g	0.8g
Carbohydrate	38.7g	9.0g
- Sugars	9.7g	2.3g
Dietary Fibre	7.8g	1.8g
Sodium	785mg	183mg
Iron	4.3mg (35%RDI)	1.0mg

CONTAINS: Wheat, Egg, Milk

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
Energy	2030kJ (485Cal)	442kJ (106Cal)
Protein	32.9g	7.2g
Fat, Total	15.7g	3.4g
- Saturated	3.2g	0.7g
Carbohydrate	47.9g	10.4g
- Sugars	10.9g	2.4g
Dietary Fibre	11.6g	2.5g
Sodium	867mg	189mg
Iron	3.3mg (27%RDI)	0.7mg

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
Energy	1540kJ (367Cal)	341kJ (81Cal)
Protein	36.8g	8.2g
Fat, Total	6.4g	1.4g
- Saturated	2.8g	0.6g
Carbohydrate	37.5g	8.3g
- Sugars	8.3g	1.9g
Dietary Fibre	7.8g	1.7g
Sodium	725mg	161mg
Iron	2.9mg (24%RDI)	0.6mg

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
Energy	1690kJ (404Cal)	422kJ (101Cal)
Protein	27.2g	6.8g
Fat, Total	11.0g	2.8g
- Saturated	4.9g	1.2g
Carbohydrate	45.7g	11.4g
- Sugars	6.1g	1.5g
Dietary Fibre	5.6g	1.4g
Sodium	710mg	177mg
Iron	2.2mg (19%RDI)	0.6mg

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 Flour, Yeast Extract, Onion Extract, Onion Concentrate, Salt, Corn Starch, Sunflower Oil, Spices, Kiwifruit Extract, Pepper

Serving Size: 456g

	per serving	per 100g
Energy	1640kJ (391Cal)	359kJ (86Cal)
Protein	34.4g	7.6g
Fat, Total	2.1g	0.5g
- Saturated	0.4g	less than 0.1g
Carbohydrate	55.8g	12.2g
- Sugars	21.8g	4.8g
Dietary Fibre	5.7g	1.3g
Sodium	604mg	132mg
Iron	2.4mg (20%RDI)	0.5mg

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%), Egg, Corn Flour, Corn Starch, Sesame Oil, Garlic, Sunflower Oil, Ginger, Yeast Extract, Kiwifruit Extract, Pepper

Serving Size: 440g

	per serving	per 100g
Energy	1780kJ (425Cal)	404kJ (97Cal)
Protein	30.4g	6.9g
Fat, Total	11.0g	2.5g
- Saturated	2.2g	0.5g
Carbohydrate	47.7g	10.8g
- Sugars	9.9g	2.3g
Dietary Fibre	6.3g	1.4g
Sodium	1210mg	275mg
Iron	3.0mg (25%RDI)	0.7mg

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

Made in Australia

189 Chargrilled Steak & Mushroom Sauce

Ingredients: Beef (25%), Potato, Beans, Carrot, Beef Stock, Broccoli, Mushroom (6%), Cream, Onion, Corn Starch, Marinade (Contains Flavours), Salt, Port, Sunflower Oil, Spices, Sugar, Onion Extract, Yeast Extract, Pepper

Serving Size: 430g

	per serving	per 100g
Energy	1300kJ (312Cal)	303kJ (73Cal)
Protein	39.1g	9.1g
Fat, Total	4.9g	1.1g
- Saturated	2.5g	0.6g
Carbohydrate	24.5g	5.7g
- Sugars	6.9g	1.6g
Dietary Fibre	7.2g	1.7g
Sodium	822mg	191mg
Iron	5.1mg (43%RDI)	1.2mg

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
Energy	1770kJ (423Cal)	402kJ (96Cal)
Protein	28.2g	6.4g
Fat, Total	4.9g	1.1g
- Saturated	0.9g	0.2g
Carbohydrate	63.0g	14.3g
- Sugars	26.3g	6.0g
Dietary Fibre	5.0g	1.1g
Sodium	609mg	138mg
Iron	1.9mg (16%RDI)	0.4mg

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
Energy	1760kJ (420Cal)	386kJ (92Cal)
Protein	29.6g	6.5g
Fat, Total	9.6g	2.1g
- Saturated	3.4g	0.7g
Carbohydrate	47.5g	10.4g
- Sugars	12.4g	2.7g
Dietary Fibre	11.6g	2.6g
Sodium	804mg	177mg
Iron	4.2mg (35%RDI)	0.9mg

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
Energy	1690kJ (404Cal)	368kJ (88Cal)
Protein	34.1g	7.4g
Fat, Total	6.2g	1.3g
- Saturated	4.0g	0.9g
Carbohydrate	49.9g	10.9g
- Sugars	13.6g	3.0g
Dietary Fibre	5.4g	1.2g
Sodium	1110mg	240mg
Iron	2.8mg (23%RDI)	0.6mg

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
Energy	1640kJ (393Cal)	342kJ (82Cal)
Protein	41.8g	8.7g
Fat, Total	7.8g	1.6g
- Saturated	3.4g	0.7g
Carbohydrate	34.6g	7.2g
- Sugars	11.5g	2.4g
Dietary Fibre	7.3g	1.5g
Sodium	755mg	157mg
Iron	5.2mg (43%RDI)	1.1mg

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
Energy	1490kJ (355Cal)	386kJ (92Cal)
Protein	16.0g	4.2g
Fat, Total	7.5g	1.9g
- Saturated	4.7g	1.2g
Carbohydrate	51.2g	13.3g
- Sugars	14.1g	3.7g
Dietary Fibre	9.0g	2.3g
Sodium	805mg	209mg
Iron	2.3mg (19%RDI)	0.6mg

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
Energy	1770kJ (423Cal)	406kJ (97Cal)
Protein	30.1g	6.9g
Fat, Total	9.2g	2.1g
- Saturated	2.8g	0.6g
Carbohydrate	51.4g	11.8g
- Sugars	13.2g	3.0g
Dietary Fibre	6.2g	1.4g
Sodium	858mg	196mg
Iron	3.7mg (31%RDI)	0.8mg

CONTAINS: Wheat, Egg, Milk, Soybean

Made In Australia

199 Lamb Roast

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

Serving Size: 489g

	per serving	per 100g
Energy	1610kJ (384Cal)	329kJ (79Cal)
Protein	29.5g	6.0g
Fat, Total	10.6g	2.2g
- Saturated	4.6g	0.9g
Carbohydrate	38.6g	7.9g
- Sugars	9.3g	1.9g
Dietary Fibre	8.9g	1.8g
Sodium	806mg	165mg
Iron	4.9mg (40%RDI)	1.0mg

CONTAINS: Milk

Made In Australia

203 Chicken Tikka

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

Serving Size: 435g

	per serving	per 100g
Energy	1720kJ (410Cal)	394kJ (94Cal)
Protein	32.4g	7.5g
Fat, Total	12.3g	2.8g
- Saturated	3.1g	0.7g
Carbohydrate	38.4g	8.8g
- Sugars	10.9g	2.5g
Dietary Fibre	7.4g	1.7g
Sodium	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
Energy	1610kJ (385Cal)	316kJ (75Cal)
Protein	32.1g	6.3g
Fat, Total	9.4g	1.8g
- Saturated	4.1g	0.8g
Carbohydrate	37.7g	7.4g
- Sugars	14.4g	2.8g
Dietary Fibre	9.8g	1.9g
Sodium	912mg	179mg

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, 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
Energy	1750kJ (419Cal)	397kJ (95Cal)
Protein	34.4g	7.8g
Fat, Total	9.8g	2.2g
- Saturated	3.3g	0.7g
Carbohydrate	45.1g	10.2g
- Sugars	15.1g	3.4g
Dietary Fibre	6.3g	1.4g
Sodium	853mg	193mg

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
Energy	1630kJ (388Cal)	365kJ (87Cal)
Protein	33.2g	7.5g
Fat, Total	8.0g	1.8g
- Saturated	3.6g	0.8g
Carbohydrate	42.1g	9.5g
- Sugars	4.3g	1.0g
Dietary Fibre	6.4g	1.4g
Sodium	767mg	172mg

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, Herbs, Chilli, Lemon Juice, Lemon, Pepper, Kiwifruit Extract

Serving Size: 430g

	per serving	per 100g
Energy	1660kJ (396Cal)	386kJ (92Cal)
Protein	32.8g	7.6g
Fat, Total	6.5g	1.5g
- Saturated	2.8g	0.6g
Carbohydrate	47.8g	11.1g
- Sugars	6.0g	1.4g
Dietary Fibre	7.1g	1.7g
Sodium	742mg	173mg

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
Energy	1800kJ (430Cal)	439kJ (105Cal)
Protein	34.6g	8.4g
Fat, Total	9.7g	2.4g
- Saturated	2.7g	0.6g
Carbohydrate	46.0g	11.2g
- Sugars	12.1g	3.0g
Dietary Fibre	9.1g	2.2g
Sodium	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, Herbs, Pepper, Kiwifruit Extract

Serving Size: 415g

	per serving	per 100g
Energy	1720kJ (410Cal)	413kJ (99Cal)
Protein	27.7g	6.7g
Fat, Total	7.6g	1.8g
- Saturated	1.9g	0.5g
Carbohydrate	51.8g	12.5g
- Sugars	16.7g	4.0g
Dietary Fibre	10.3g	2.5g
Sodium	734mg	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
Energy	1700kJ (406Cal)	425kJ (101Cal)
Protein	24.9g	6.2g
Fat, Total	12.2g	3.0g
- Saturated	2.8g	0.7g
Carbohydrate	45.3g	11.3g
- Sugars	10.3g	2.6g
Dietary Fibre	7.6g	1.9g
Sodium	1170mg	293mg

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

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

CONTAINS: Egg, Fish

Caution: May Contain Bones. Made in Australia

6003 Roast Chicken & Parmesan Salad

Ingredients: Sweet Potato, Chicken (19%) (Chicken Breast, Natural Flavour, Roast Seasoning, Corn Flour, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spice), Cauliflower, Lentils (Salt), Tomato, 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, Olive Oil, Spices

Serving Size: 429g

	per serving	per 100g
Energy	1590kJ (381Cal)	372kJ (89Cal)
Protein	33.4g	7.8g
Fat, Total	10.5g	2.4g
- Saturated	2.1g	0.5g
Carbohydrate	32.7g	7.6g
- Sugars	11.0g	2.6g
Dietary Fibre	10.0g	2.3g
Sodium	889mg	207mg

CONTAINS: Egg, Milk, Tree Nuts

Made in Australia

6004 Roast Chicken & Pesto Pasta Salad

Ingredients: Pasta (23%), Chicken (20%) (Chicken Breast, Natural Flavour, Roast Seasoning, Corn Flour, Salt, Vinegar, Vegetable Gum (Carrageenan), Citrus Flour, Spice), Broccolini, Tomato, Pesto (8%) (Cannellini Beans, Herbs, Olive Oil, Sunflower Seeds, Parmesan, Salt, 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, Olive Oil

Serving Size: 395g

	per serving	per 100g
Energy	1530kJ (366Cal)	388kJ (93Cal)
Protein	29.5g	7.5g
Fat, Total	8.6g	2.2g
- Saturated	1.4g	0.3g
Carbohydrate	38.9g	9.9g
- Sugars	5.0g	1.3g
Dietary Fibre	7.9g	2.0g
Sodium	771mg	195mg

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, Barbeque Sauce (Fruit & Vegetables, Sugar, Vinegar, Lemon Juice, Salt, Thickener (Modified Starch), Yeast Extract, Flavour, Spices, Bourbon, Vegetable Gum (Xanthan)), Carrot, Onion, Celery, Salt, Sugar, Spices, Garlic Powder, Dijon Mustard

Serving Size: 375g

	per serving	per 100g
Energy	1590kJ (380Cal)	425kJ (101Cal)
Protein	27.3g	7.3g
Fat, Total	7.9g	2.1g
- Saturated	1.3g	0.4g
Carbohydrate	44.5g	11.9g
- Sugars	29.2g	7.8g
Dietary Fibre	8.2g	2.2g
Sodium	770mg	205mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

6006 Spiced Lamb Salad

Ingredients: Quinoa, Cauliflower, Lamb (15%) (Vegetables, Potato Starch, Salt, Sugar, Spices, Herbs), 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)), Zucchini, Cabbage, Chickpeas, Shallots, Currants, Spinach, Almonds, Olive Oil, Salt, Spices

Serving Size: 365g

	per serving	per 100g
Energy	1620kJ (386Cal)	443kJ (106Cal)
Protein	27.5g	7.6g
Fat, Total	13.0g	3.6g
- Saturated	2.8g	0.8g
Carbohydrate	34.2g	9.4g
- Sugars	15.6g	4.3g
Dietary Fibre	10.7g	2.9g
Sodium	528mg	145mg

CONTAINS: Milk, Tree Nuts

Made in Australia

6007 Smoked Salmon & Crispy Noodle Salad

Ingredients: Beans, Smoked Salmon (17%) (Salt, Natural Wood Smoke), Carrot, Cauliflower, Cabbage, Zucchini, Corn, 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, Cucumber, Daikon, Celery, Onion, Sunflower Oil, Spices

Serving Size: 345g

	per serving	per 100g
Energy	1680kJ (401Cal)	487kJ (116Cal)
Protein	24.8g	7.2g
Fat, Total	22.0g	6.4g
- Saturated	3.9g	1.1g
Carbohydrate	22.3g	6.5g
- Sugars	10.9g	3.2g
Dietary Fibre	8.4g	2.4g
Sodium	890mg	258mg

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, 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, Cucumber, Daikon, Celery, Onion, Sunflower Oil, Spices

Serving Size: 355g

	per serving	per 100g
Energy	1560kJ (374Cal)	441kJ (105Cal)
Protein	23.6g	6.6g
Fat, Total	18.9g	5.3g
- Saturated	3.4g	0.9g
Carbohydrate	23.3g	6.6g
- Sugars	10.9g	3.1g
Dietary Fibre	8.4g	2.4g
Sodium	617mg	174mg

CONTAINS: Wheat, Peanuts, Soybean, Sesame Seeds

Made in Australia

6010 Falafels with Quinoa Salad

Ingredients: Falafels (29%) (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: 375g

	per serving	per 100g
Energy	1580kJ (377Cal)	420kJ (100Cal)
Protein	20.0g	5.4g
Fat, Total	11.8g	3.2g
- Saturated	1.8g	0.5g
Carbohydrate	40.0g	10.7g
- Sugars	13.2g	3.5g
Dietary Fibre	14.4g	3.8g
Sodium	579mg	154mg

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
Energy	1610kJ (384Cal)	458kJ (109Cal)
Protein	15.2g	4.3g
Fat, Total	15.9g	4.5g
- Saturated	2.9g	0.8g
Carbohydrate	42.8g	12.2g
- Sugars	9.8g	2.8g
Dietary Fibre	4.8g	1.4g
Sodium	763mg	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
Energy	1550kJ (369Cal)	474kJ (113Cal)
Protein	11.8g	3.6g
Fat, Total	16.0g	4.9g
- Saturated	3.2g	1.0g
Carbohydrate	42.2g	12.9g
- Sugars	8.4g	2.6g
Dietary Fibre	4.8g	1.5g
Sodium	858mg	263mg

CONTAINS: Wheat, Milk, Tree Nuts

Caution: Olives May Contain Pits. Made in Australia

6013 Penne Pesto & Garden 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)), Baby Leaf Mix, Cucumber, Tomato, French Dressing (Contains Vegetable Gum (Xanthan)), Carrot, Cabbage

Serving Size: 321g

	per serving	per 100g
Energy	1310kJ (312Cal)	407kJ (97Cal)
Protein	9.2g	2.9g
Fat, Total	11.1g	3.5g
- Saturated	1.7g	0.5g
Carbohydrate	41.1g	12.8g
- Sugars	8.1g	2.5g
Dietary Fibre	5.1g	1.6g
Sodium	577mg	180mg

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
Energy	1930kJ (462Cal)	433kJ (103Cal)
Protein	35.2g	7.9g
Fat, Total	18.2g	4.1g
- Saturated	6.2g	1.4g
Carbohydrate	37.7g	8.4g
- Sugars	13.8g	3.1g
Dietary Fibre	3.6g	0.8g
Sodium	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
Energy	1870kJ (447Cal)	444kJ (106Cal)
Protein	31.8g	7.5g
Fat, Total	18.3g	4.3g
- Saturated	6.4g	1.5g
Carbohydrate	37.0g	8.8g
- Sugars	12.4g	3.0g
Dietary Fibre	3.6g	0.8g
Sodium	1350mg	320mg

CONTAINS: Wheat, Egg, Milk

Caution: Olives May Contain Pits. Made in Australia

6016 Lasagne & Garden 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), Baby Leaf Mix, Cucumber, Tomato, French Dressing (Contains Vegetable Gum (Xanthan)), Carrot, Cabbage

Serving Size: 417g

	per serving	per 100g
Energy	1630kJ (390Cal)	392kJ (94Cal)
Protein	29.2g	7.0g
Fat, Total	13.5g	3.2g
- Saturated	4.9g	1.2g
Carbohydrate	36.0g	8.6g
- Sugars	12.1g	2.9g
Dietary Fibre	3.8g	0.9g
Sodium	1070mg	256mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

6023 Meatlovers Pasta Bake & Caesar Salad

Ingredients: Meatlovers Pasta Bake (Tomato, Pasta (Durum Wheat), Capsicum, Onion, Mushroom, Beef, Chicken Stock, Ham (Contains Preservative (250))), Cheese, Cauliflower, Olives (Contains Food Acid (Citric)), Leek, Barbeque Sauce, Parmesan, Corn Starch, Cashews, Vinegar (Apple Juice Concentrate, Sugar, Caramelised Sugar), Yeast Extract, Sugar, Garlic, Herbs, Olive Oil, Spices, Garlic Extract, Onion Extract, Salt, Pepper, Garlic Powder, Dijon Mustard), 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: 395g

	per serving	per 100g
Energy	1650kJ (394Cal)	417kJ (100Cal)
Protein	27.3g	6.9g
Fat, Total	18.8g	4.8g
- Saturated	5.7g	1.4g
Carbohydrate	26.8g	6.8g
- Sugars	12.6g	3.2g
Dietary Fibre	4.6g	1.2g
Sodium	855mg	217mg

CONTAINS: Wheat, Egg, Milk, Tree Nuts

6024 Meatlovers Pasta Bake & Mediterranean Salad

Ingredients: Meatlovers Pasta Bake (Tomato, Pasta (Durum Wheat), Capsicum, Onion, Mushroom, Beef, Chicken Stock, Ham (Contains Preservative (250))), Cheese, Cauliflower, Olives (Contains Food Acid (Citric)), Leek, Barbeque Sauce, Parmesan, Corn Starch, Cashews, Vinegar (Apple Juice Concentrate, Sugar, Caramelised Sugar), Yeast Extract, Sugar, Garlic, Herbs, Olive Oil, Spices, Garlic Extract, Onion Extract, Salt, Pepper, Garlic Powder, Dijon Mustard), 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: 370g

	per serving	per 100g
Energy	1590kJ (379Cal)	429kJ (102Cal)
Protein	23.8g	6.4g
Fat, Total	18.9g	5.1g
- Saturated	5.9g	1.6g
Carbohydrate	26.1g	7.1g
- Sugars	11.2g	3.0g
Dietary Fibre	4.7g	1.3g
Sodium	950mg	257mg

Dinner Ingredient List

Caution: Olives May Contain Pits. Made in Australia

CONTAINS: Wheat, Egg, Milk, Tree Nuts

Caution: Olives May Contain Pits. Made in Australia

6025 Meatlovers Pasta Bake & Garden Salad

Ingredients: Meatlovers Pasta Bake (Tomato, Pasta (Durum Wheat), Capsicum, Onion, Mushroom, Beef, Chicken Stock, Ham (Contains Preservative (250)), Cheese, Cauliflower, Olives (Contains Food Acid (Citric)), Leek, Barbeque Sauce, Parmesan, Corn Starch, Cashews, Vinegar (Apple Juice Concentrate, Sugar, Caramelised Sugar), Yeast Extract, Sugar, Garlic, Herbs, Olive Oil, Spices, Garlic Extract, Onion Extract, Salt, Pepper, Garlic Powder, Dijon Mustard), Baby Leaf Mix, Cucumber, Tomato, French Dressing (Contains Vegetable Gum (Xanthan)), Carrot, Cabbage

Serving Size: 365g

	per serving	per 100g
Energy	1350kJ (322Cal)	369kJ (88Cal)
Protein	21.2g	5.8g
Fat, Total	14.1g	3.9g
- Saturated	4.4g	1.2g
Carbohydrate	25.1g	6.9g
- Sugars	10.9g	3.0g
Dietary Fibre	4.9g	1.3g
Sodium	670mg	183mg

CONTAINS: Wheat, Egg, Milk, Tree Nuts

Caution: Olives May Contain Pits. Made in Australia

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