



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

Dinner Ingredient List

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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 |

CONTAINS: Wheat, Egg, Milk

02 Crumbed fish

Ingredients: Crumbed Fish (25%) (Fish (70%), Crumb (8%) (Flour, Gluten, Sugar, Salt, Yeast, Canola Oil, Colours (Turmeric, Paprika)), Canola Oil, Flour, Water, Gluten, Wheat Starch, Dried Vegetables, Corn Starch, Wheat Fibre, Salt, Egg, Flavour), Potatoes, Carrot, Beans, Corn, Seasoning, Sunflower Oil

Serving Size: 386g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1550kJ (370Cal) | 401kJ (96Cal) |
| Protein | 20.1g | 5.2g |
| Fat, Total | 9.4g | 2.5g |
| - Saturated | 1.0g | 0.3g |
| Carbohydrate | 45.4g | 11.8g |
| - Sugars | 12.3g | 3.2g |
| Dietary Fibre | 11.6g | 3.0g |
| Sodium | 595mg | 154mg |

CONTAINS: Wheat, Egg, Fish, Milk

CAUTION: MAY CONTAIN SMALL BONES

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

CONTAINS: Egg, Milk

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

CONTAINS: Egg, Milk

10 Sweet & Sour Chicken

Ingredients: Chicken (20%) (Marinade (Contains Flavours)), Capsicum, Rice, Chicken Stock, Carrot, Onion, Pineapple (Pineapple, Pineapple Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), Tomato Sauce, Vinegar, Sugar, Corn Starch, Ginger, Garlic, Oyster Sauce (Contains Modified Corn Starch (1442)), Sesame Oil, Light Soy Sauce, Yeast Extract, Salt, Red Rice Powder, Sunflower Oil

Serving Size: 440g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1700kJ (405Cal) | 385kJ (92Cal) |
| Protein | 30.6g | 7.0g |
| Fat, Total | 4.6g | 1.1g |
| - Saturated | 1.0g | 0.2g |
| Carbohydrate | 57.0g | 12.9g |
| - Sugars | 26.7g | 6.1g |
| Dietary Fibre | 4.9g | 1.1g |
| Sodium | 764mg | 174mg |

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

14 Roast Beef

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

Serving Size: 479g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1580kJ (378Cal) | 331kJ (79Cal) |
| Protein | 37.2g | 7.8g |
| Fat, Total | 5.6g | 1.2g |
| - Saturated | 1.9g | 0.4g |
| Carbohydrate | 38.5g | 8.0g |
| - Sugars | 13.1g | 2.7g |
| Dietary Fibre | 12.6g | 2.6g |
| Sodium | 736mg | 154mg |

CONTAINS: Milk

18 Roast Chicken

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

Serving Size: 505g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1690kJ (404Cal) | 335kJ (80Cal) |
| Protein | 38.5g | 7.6g |
| Fat, Total | 5.8g | 1.2g |
| - Saturated | 1.5g | 0.3g |
| Carbohydrate | 43.8g | 8.7g |
| - Sugars | 9.1g | 1.8g |
| Dietary Fibre | 11.3g | 2.2g |
| Sodium | 877mg | 174mg |

CONTAINS: Wheat, Milk

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 |
|----------------------|--------------------|-------------------|
| Energy | 1960kJ (468Cal) | 428kJ (102Cal) |
| Protein | 26.7g | 5.8g |
| Fat, Total | 14.8g | 3.2g |
| - Saturated | 3.3g | 0.7g |
| Carbohydrate | 55.0g | 12.0g |
| - Sugars | 13.7g | 3.0g |
| Dietary Fibre | 6.4g | 1.4g |
| Sodium | 1350mg | 294mg |

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

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

CONTAINS: Wheat, Egg, Milk, Soybean

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

CONTAINS: Wheat, Egg, Milk

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 (496Cal) | 477kJ (114Cal) |
| Protein | 33.3g | 7.7g |
| Fat, Total | 12.7g | 2.9g |
| - Saturated | 4.8g | 1.1g |
| Carbohydrate | 59.9g | 13.8g |
| - Sugars | 8.0g | 1.8g |
| Dietary Fibre | 5.5g | 1.3g |
| Sodium | 1250mg | 287mg |

CONTAINS: Milk

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 |
|----------------------|--------------------|------------------|
| 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 |

CONTAINS: Wheat, Egg, Milk, Soybean

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 |

CONTAINS: Wheat, Milk, Tree Nuts

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

CONTAINS: Wheat, Milk

68 Fettucine Provincale

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

Serving Size: 480g

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

CONTAINS: Wheat, Milk

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 | 38.3g | 7.4g |
| Fat, Total | 6.7g | 1.3g |
| - Saturated | 3.5g | 0.7g |
| Carbohydrate | 37.2g | 7.2g |
| - Sugars | 15.8g | 3.1g |
| Dietary Fibre | 6.8g | 1.3g |
| Sodium | 1170mg | 226mg |

CONTAINS: Crustacea, Egg, Fish, Milk

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 |

CONTAINS: Wheat, Egg, Milk

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 Starch, 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 (423Cal) | 393kJ (94Cal) |
| Protein | 31.2g | 6.9g |
| Fat, Total | 8.2g | 1.8g |
| - Saturated | 4.5g | 1.0g |
| Carbohydrate | 52.7g | 11.7g |
| - Sugars | 12.8g | 2.8g |
| Dietary Fibre | 6.3g | 1.4g |
| Sodium | 906mg | 201mg |

CONTAINS: Wheat, Milk, Soybean

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 | 1510kJ (361Cal) | 351kJ (84Cal) |
| Protein | 33.3g | 7.8g |
| Fat, Total | 6.0g | 1.4g |
| - Saturated | 2.2g | 0.5g |
| Carbohydrate | 37.6g | 8.8g |
| - Sugars | 8.2g | 1.9g |
| Dietary Fibre | 10.5g | 2.4g |
| Sodium | 1130mg | 262mg |

86 Rigatoni

Ingredients: Tomato, Pasta (27%), Water, Beef (10%), Onion, Pork (5%), Capsicum, Bacon (Contains Preservative (250)), Spinach, Tomato Paste, Chicken Stock, Parmesan, Wheat Binder, Corn Starch, Olive Oil, Salt, Chilli, Pepper, Garlic, Onion Extract, Yeast Extract

Serving Size: 407g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1770kJ (423Cal) | 435kJ (104Cal) |
| Protein | 29.7g | 7.3g |
| Fat, Total | 8.6g | 2.1g |
| - Saturated | 3.2g | 0.8g |
| Carbohydrate | 53.4g | 13.1g |
| - Sugars | 9.5g | 2.3g |
| Dietary Fibre | 5.2g | 1.3g |
| Sodium | 767mg | 188mg |

CONTAINS: Wheat, Egg, Milk

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 |

CONTAINS: Milk

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 | 4.5g | 1.1g |
| Carbohydrate | 51.6g | 12.8g |
| - Sugars | 11.7g | 2.9g |
| Dietary Fibre | 5.4g | 1.4g |
| Sodium | 1180mg | 294mg |

CONTAINS: Wheat, Milk

Caution: May contain small pieces of bone. 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: 460g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1580kJ (378Cal) | 344kJ (82Cal) |
| Protein | 23.8g | 5.2g |
| Fat, Total | 10.3g | 2.2g |
| - Saturated | 4.3g | 0.9g |
| Carbohydrate | 43.5g | 9.5g |
| - Sugars | 15.8g | 3.4g |
| Dietary Fibre | 7.7g | 1.7g |
| Sodium | 1020mg | 221mg |

CONTAINS: Wheat, Egg, Milk, Soybean

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 Starch, Garlic, Sesame Seeds, Yeast Extract, Pepper

Serving Size: 401g

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

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

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 |
|----------------------|--------------------|-------------------|
| Energy | 1850kJ (442Cal) | 461kJ (110Cal) |
| Protein | 34.3g | 8.6g |
| Fat, Total | 8.9g | 2.2g |
| - Saturated | 2.4g | 0.6g |
| Carbohydrate | 52.9g | 13.2g |
| - Sugars | 11.2g | 2.8g |
| Dietary Fibre | 4.6g | 1.2g |
| Sodium | 763mg | 190mg |

CONTAINS: Wheat, Crustacea, Egg, Fish, Milk

Caution: May Contain Small Bones

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

CONTAINS: Fish, Milk

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, Roasted Capsicum, 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 | 47.9g | 12.4g |
| - Sugars | 10.2g | 2.7g |
| Dietary Fibre | 13.0g | 3.4g |
| Sodium | 577mg | 150mg |

CONTAINS: Wheat, Egg, Milk

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 |

CONTAINS: Egg, Fish, Milk

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) | 409kJ (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 |

CONTAINS: Wheat, Crustacea, Fish, Milk

Caution: May Contain Small 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 (390Cal) | 341kJ (82Cal) |
| Protein | 34.4g | 7.2g |
| Fat, Total | 8.2g | 1.7g |
| - Saturated | 3.5g | 0.7g |
| Carbohydrate | 39.6g | 8.3g |
| - Sugars | 11.6g | 2.4g |
| Dietary Fibre | 9.3g | 2.0g |
| Sodium | 807mg | 169mg |

CONTAINS: Barley, Egg, Fish, Milk

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

CONTAINS: Milk, Tree Nuts

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 | 2000kJ (479Cal) | 437kJ (104Cal) |
| Protein | 32.6g | 7.1g |
| Fat, Total | 15.1g | 3.3g |
| - Saturated | 3.1g | 0.7g |
| Carbohydrate | 47.8g | 10.4g |
| - Sugars | 10.9g | 2.4g |
| Dietary Fibre | 11.7g | 2.6g |
| Sodium | 912mg | 199mg |

CONTAINS: Wheat, Egg, Milk

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 |

CONTAINS: Milk

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 | 717mg | 179mg |

CONTAINS: Wheat, Egg, Milk

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 |
|----------------------|--------------------|-------------------|
| 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 |

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

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

188 Chargrilled Steak with Pepper Sauce

Ingredients: Steak (24%) (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: 458g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1550kJ (371Cal) | 339kJ (81Cal) |
| Protein | 42.1g | 9.2g |
| Fat, Total | 5.9g | 1.3g |
| - Saturated | 2.0g | 0.4g |
| Carbohydrate | 32.4g | 7.1g |
| - Sugars | 11.0g | 2.4g |
| Dietary Fibre | 8.8g | 1.9g |
| Sodium | 786mg | 172mg |

CONTAINS: Wheat, Egg, Milk

189 Chargrilled Steak & Mushroom Sauce

Ingredients: Steak (26%) (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 |
|----------------------|--------------------|------------------|
| Energy | 1310kJ (313Cal) | 305kJ (73Cal) |
| Protein | 39.1g | 9.1g |
| Fat, Total | 4.9g | 1.1g |
| - Saturated | 2.5g | 0.6g |
| Carbohydrate | 24.8g | 5.8g |
| - Sugars | 6.7g | 1.6g |
| Dietary Fibre | 7.4g | 1.7g |
| Sodium | 822mg | 191mg |

CONTAINS: Milk

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, Corn Starch, Sugar, Egg, 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 |

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

193 Meat Pie

Ingredients: Potato, Carrot, Beef (13%), Peas, Beans, Beef Stock, Onion, Pastry (Flour, Canola Oil, Coconut 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 | 1740kJ (416Cal) | 383kJ (92Cal) |
| Protein | 29.5g | 6.5g |
| Fat, Total | 9.6g | 2.1g |
| - Saturated | 3.4g | 0.7g |
| Carbohydrate | 46.9g | 10.3g |
| - Sugars | 12.3g | 2.7g |
| Dietary Fibre | 11.5g | 2.5g |
| Sodium | 804mg | 177mg |

CONTAINS: Wheat, Barley, Egg, Fish, Milk

194 Thai Red Chicken Curry

Ingredients: Chicken (22%), Rice, Water, Capsicum, Carrot, Bamboo Shoots, Beans, Coconut Cream, Zucchini, Cauliflower, Onion, Spinach, Sugar, Fish Sauce, Lime Juice, Corn Starch, 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 | 1700kJ (407Cal) | 371kJ (89Cal) |
| Protein | 34.2g | 7.4g |
| Fat, Total | 6.4g | 1.4g |
| - Saturated | 4.1g | 0.9g |
| Carbohydrate | 50.3g | 10.9g |
| - Sugars | 13.9g | 3.0g |
| Dietary Fibre | 5.4g | 1.2g |
| Sodium | 1140mg | 248mg |

CONTAINS: Crustacea, Fish

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: 490g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1660kJ (396Cal) | 338kJ (81Cal) |
| Protein | 41.9g | 8.5g |
| Fat, Total | 7.9g | 1.6g |
| - Saturated | 3.4g | 0.7g |
| Carbohydrate | 35.2g | 7.2g |
| - Sugars | 11.6g | 2.4g |
| Dietary Fibre | 7.7g | 1.6g |
| Sodium | 757mg | 155mg |

CONTAINS: Egg, Milk

Caution: May Contain Pieces of Bone

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 | 4.1g |
| Fat, Total | 7.5g | 1.9g |
| - Saturated | 4.7g | 1.2g |
| Carbohydrate | 51.2g | 13.3g |
| - Sugars | 14.0g | 3.7g |
| Dietary Fibre | 9.0g | 2.3g |
| Sodium | 805mg | 209mg |

CONTAINS: Wheat, Egg, Milk

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

Serving Size: 437g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1780kJ (424Cal) | 407kJ (97Cal) |
| Protein | 30.1g | 6.9g |
| Fat, Total | 9.3g | 2.1g |
| - Saturated | 2.8g | 0.6g |
| Carbohydrate | 51.5g | 11.8g |
| - Sugars | 13.3g | 3.0g |
| Dietary Fibre | 6.3g | 1.5g |
| Sodium | 864mg | 198mg |

CONTAINS: Wheat, Egg, Milk, Soybean

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

CONTAINS: Milk

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 |
|----------------------|--------------------|------------------|
| Energy | 1730kJ (413Cal) | 398kJ (95Cal) |
| Protein | 32.1g | 7.4g |
| Fat, Total | 13.2g | 3.0g |
| - Saturated | 3.1g | 0.7g |
| Carbohydrate | 37.5g | 8.6g |
| - Sugars | 10.8g | 2.5g |
| Dietary Fibre | 7.4g | 1.7g |
| Sodium | 1010mg | 233mg |

CONTAINS: Milk, Tree Nuts

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 |
|----------------------|--------------------|------------------|
| Energy | 1630kJ (390Cal) | 369kJ (88Cal) |
| Protein | 33.8g | 7.7g |
| Fat, Total | 6.9g | 1.6g |
| - Saturated | 2.4g | 0.5g |
| Carbohydrate | 45.0g | 10.2g |
| - Sugars | 14.8g | 3.4g |
| Dietary Fibre | 6.3g | 1.4g |
| Sodium | 928mg | 210mg |

CONTAINS: Wheat, Milk

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 | 1620kJ (388Cal) | 365kJ (87Cal) |
| Protein | 33.1g | 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 | 774mg | 174mg |

CONTAINS: Wheat, Egg, Milk

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 | 1810kJ (433Cal) | 442kJ (106Cal) |
| Protein | 34.4g | 8.4g |
| Fat, Total | 10.2g | 2.5g |
| - Saturated | 2.7g | 0.6g |
| Carbohydrate | 45.9g | 11.2g |
| - Sugars | 12.2g | 3.0g |
| Dietary Fibre | 9.3g | 2.3g |
| Sodium | 800mg | 195mg |

CONTAINS: Wheat, Tree Nuts

211 Oriental Pork Noodles

Ingredients: Hokkien Noodles (23%) (Flour, Water, Canola 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 | 1750kJ (417Cal) | 437kJ (104Cal) |
| Protein | 25.8g | 6.5g |
| Fat, Total | 12.7g | 3.2g |
| - Saturated | 3.0g | 0.7g |
| Carbohydrate | 46.0g | 11.5g |
| - Sugars | 11.0g | 2.8g |
| Dietary Fibre | 7.9g | 2.0g |
| Sodium | 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 |
|----------------------|--------------------|-------------------|
| Energy | 1780kJ (426Cal) | 463kJ (111Cal) |
| Protein | 22.7g | 5.9g |
| Fat, Total | 7.4g | 1.9g |
| - Saturated | 2.5g | 0.6g |
| Carbohydrate | 63.4g | 16.5g |
| - Sugars | 11.2g | 2.9g |
| Dietary Fibre | 6.3g | 1.7g |
| Sodium | 964mg | 250mg |

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 |
|----------------------|--------------------|-------------------|
| Energy | 1790kJ (427Cal) | 431kJ (103Cal) |
| Protein | 16.1g | 3.9g |
| Fat, Total | 9.0g | 2.2g |
| - Saturated | 2.5g | 0.6g |
| Carbohydrate | 63.7g | 15.4g |
| - Sugars | 8.4g | 2.0g |
| Dietary Fibre | 12.7g | 3.1g |
| Sodium | 861mg | 207mg |

CONTAINS: Milk, Tree Nuts

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 |
|----------------------|--------------------|------------------|
| Energy | 1510kJ (362Cal) | 354kJ (85Cal) |
| Protein | 32.8g | 7.7g |
| Fat, Total | 8.0g | 1.9g |
| - Saturated | 3.4g | 0.8g |
| Carbohydrate | 36.1g | 8.5g |
| - Sugars | 9.0g | 2.1g |
| Dietary Fibre | 8.6g | 2.0g |
| Sodium | 1070mg | 249mg |

CONTAINS: Egg, Milk, Soybean

216 Sweet & Sour Pork

Ingredients: Capsicum, Rice, Pork (17%) (Marinade (Contains Flavours)), Chicken Stock, Carrot, Onion, Pineapple (Pineapple, Pineapple Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)), Tomato Sauce, Vinegar, Sugar, Corn Starch, Ginger, Garlic, Oyster Sauce (Contains Modified Corn Starch (1442)), Sesame Oil, Light Soy Sauce, Yeast Extract, Salt, Red Rice Powder, Sunflower Oil

Serving Size: 420g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1680kJ (400Cal) | 399kJ (95Cal) |
| Protein | 24.4g | 5.8g |
| Fat, Total | 5.9g | 1.4g |
| - Saturated | 1.8g | 0.4g |
| Carbohydrate | 59.0g | 14.1g |
| - Sugars | 26.3g | 6.3g |
| Dietary Fibre | 5.1g | 1.2g |
| Sodium | 727mg | 173mg |

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

218 Flame Grilled Meatballs with Mushroom Gravy

Ingredients: Potato, Beef (15%), Mushroom (8%), Carrot, Zucchini, Broccolini, Beef Stock, Pork (8%), Onion, Milk, Brandy, Evaporated Milk, Wheat Binder, Corn Starch, Egg, Tomato Paste, Worcestershire Sauce, Butter, Yeast, Garlic, Salt, Olive Oil, Dijon Mustard, Mushroom Extract, Onion Extract, Pepper, Yeast Extract, Herbs

Serving Size: 425g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1510kJ (360Cal) | 355kJ (85Cal) |
| Protein | 37.6g | 8.8g |
| Fat, Total | 10.4g | 2.5g |
| - Saturated | 4.1g | 1.0g |
| Carbohydrate | 25.0g | 5.9g |
| - Sugars | 7.5g | 1.8g |
| Dietary Fibre | 7.7g | 1.8g |
| Sodium | 861mg | 203mg |

CONTAINS: Wheat, Barley, Egg, Fish, Milk

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

Made in Australia

6002 Hot Smoked Salmon Salad

Ingredients: Pumpkin, Smoked Salmon (14%) (Salt, Natural Wood Smoke), Cauliflower, Quinoa, Chilli & Lime Mayonnaise (Sunflower Oil, Water, Egg, Vinegar, Lime Juice, Chilli, Salt, Mustard, Sugar, Dijon Mustard, Flavours, Spices, Spice Extract, Vegetable Gum (Xanthan, Guar), Food Acid (Citric), Lime Oil, Colour (Lutein)), Carrot, Celery, Beans, Spinach, Olive Oil, Herbs, Spices

Serving Size: 365g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1680kJ (402Cal) | 461kJ (110Cal) |
| Protein | 19.6g | 5.4g |
| Fat, Total | 25.5g | 7.0g |
| - Saturated | 3.6g | 1.0g |
| Carbohydrate | 19.7g | 5.4g |
| - Sugars | 10.4g | 2.8g |
| Dietary Fibre | 7.5g | 2.0g |
| Sodium | 588mg | 161mg |

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 |
|----------------------|--------------------|------------------|
| Energy | 1470kJ (350Cal) | 342kJ (82Cal) |
| Protein | 30.5g | 7.1g |
| Fat, Total | 10.4g | 2.4g |
| - Saturated | 2.3g | 0.5g |
| Carbohydrate | 29.1g | 6.8g |
| - Sugars | 11.0g | 2.6g |
| Dietary Fibre | 8.2g | 1.9g |
| Sodium | 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 |
|----------------------|--------------------|------------------|
| Energy | 1480kJ (353Cal) | 374kJ (89Cal) |
| Protein | 27.9g | 7.1g |
| Fat, Total | 8.3g | 2.1g |
| - Saturated | 1.4g | 0.4g |
| Carbohydrate | 37.6g | 9.5g |
| - Sugars | 4.6g | 1.2g |
| Dietary Fibre | 6.8g | 1.7g |
| Sodium | 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, Canola 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 |
|----------------------|--------------------|-------------------|
| Energy | 1570kJ (374Cal) | 418kJ (100Cal) |
| Protein | 27.2g | 7.3g |
| Fat, Total | 7.6g | 2.0g |
| - Saturated | 1.3g | 0.3g |
| Carbohydrate | 44.0g | 11.7g |
| - Sugars | 28.8g | 7.7g |
| Dietary Fibre | 8.3g | 2.2g |
| Sodium | 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 |
|----------------------|--------------------|------------------|
| Energy | 1480kJ (353Cal) | 405kJ (97Cal) |
| Protein | 26.3g | 7.2g |
| Fat, Total | 12.4g | 3.4g |
| - Saturated | 2.8g | 0.8g |
| Carbohydrate | 28.5g | 7.8g |
| - Sugars | 15.1g | 4.1g |
| Dietary Fibre | 11.0g | 3.0g |
| Sodium | 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 |
|----------------------|--------------------|-------------------|
| Energy | 1610kJ (385Cal) | 467kJ (112Cal) |
| Protein | 23.0g | 6.7g |
| Fat, Total | 21.8g | 6.3g |
| - Saturated | 3.8g | 1.1g |
| Carbohydrate | 20.9g | 6.1g |
| - Sugars | 9.5g | 2.8g |
| Dietary Fibre | 7.3g | 2.1g |
| Sodium | 1020mg | 294mg |

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

Caution: May Contain Bones. 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 |
|----------------------|--------------------|-------------------|
| Energy | 1570kJ (376Cal) | 449kJ (107Cal) |
| Protein | 20.0g | 5.7g |
| Fat, Total | 11.8g | 3.4g |
| - Saturated | 1.8g | 0.5g |
| Carbohydrate | 39.9g | 11.4g |
| - Sugars | 13.2g | 3.8g |
| Dietary Fibre | 14.3g | 4.1g |
| Sodium | 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, Lettuce, Egg, Caesar Dressing (Vinegar, Water, Canola Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic))

Serving Size: 361g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1620kJ (388Cal) | 449kJ (107Cal) |
| Protein | 15.5g | 4.3g |
| Fat, Total | 15.9g | 4.4g |
| - Saturated | 2.9g | 0.8g |
| Carbohydrate | 43.2g | 12.0g |
| - Sugars | 10.2g | 2.8g |
| Dietary Fibre | 5.1g | 1.4g |
| Sodium | 764mg | 212mg |

CONTAINS: Wheat, Egg, Milk, Tree Nuts

Caution: Olives May Contain Pits. Made in Australia

6014 Lasagne & Caesar Salad

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

Serving Size: 440g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 2000kJ (477Cal) | 454kJ (108Cal) |
| Protein | 36.3g | 8.2g |
| Fat, Total | 18.7g | 4.3g |
| - Saturated | 6.5g | 1.5g |
| Carbohydrate | 39.0g | 8.9g |
| - Sugars | 14.3g | 3.3g |
| Dietary Fibre | 3.8g | 0.9g |
| Sodium | 1270mg | 289mg |

CONTAINS: Wheat, Egg, Milk

6026 Mexican Chicken Stack & Caesar Salad

Ingredients: Salad With Caesar Dressing (Tomato, Lettuce, Egg, Caesar Dressing (Vinegar, Water, Canola 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: 420g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1720kJ (410Cal) | 409kJ (98Cal) |
| Protein | 23.6g | 5.6g |
| Fat, Total | 14.9g | 3.6g |
| - Saturated | 4.1g | 1.0g |
| Carbohydrate | 41.5g | 9.9g |
| - Sugars | 14.4g | 3.4g |
| Dietary Fibre | 8.0g | 1.9g |
| Sodium | 802mg | 191mg |

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 |
|----------------------|--------------------|-------------------|
| Energy | 1640kJ (392Cal) | 426kJ (102Cal) |
| Protein | 19.9g | 5.2g |
| Fat, Total | 15.0g | 3.9g |
| - Saturated | 4.4g | 1.1g |
| Carbohydrate | 40.4g | 10.5g |
| - Sugars | 12.6g | 3.3g |
| Dietary Fibre | 7.8g | 2.0g |
| Sodium | 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 |
|----------------------|--------------------|------------------|
| Energy | 1400kJ (335Cal) | 369kJ (88Cal) |
| Protein | 17.3g | 4.6g |
| Fat, Total | 10.1g | 2.7g |
| - Saturated | 2.9g | 0.8g |
| Carbohydrate | 39.4g | 10.4g |
| - Sugars | 12.3g | 3.2g |
| Dietary Fibre | 8.0g | 2.1g |
| Sodium | 616mg | 162mg |

CONTAINS: Wheat, Milk, Soybean

Caution: Olives May Contain Pits. Made in Australia

Dinner Ingredient List

Caution: Olives May Contain Pits. Made in Australia

6029 Crumbed Fish & Caesar Salad

Ingredients: Crumbed Fish (Crumbed Fish (Fish (70%), Crumb (8%) (Flour, Gluten, Sugar, Salt, Yeast, Canola Oil, Colours (Turmeric, Paprika)), Canola 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, Lettuce, Egg, Caesar Dressing (Vinegar, Water, Canola Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic))

Serving Size: 363g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1700kJ (406Cal) | 468kJ (112Cal) |
| Protein | 23.2g | 6.4g |
| Fat, Total | 18.1g | 5.0g |
| - Saturated | 2.7g | 0.7g |
| Carbohydrate | 35.5g | 9.8g |
| - Sugars | 11.1g | 3.1g |
| Dietary Fibre | 6.2g | 1.7g |
| Sodium | 749mg | 206mg |

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, Lettuce, Egg, Caesar Dressing (Vinegar, Water, Canola Oil, Sugar, Parmesan Cheese Powder, Worcestershire Sauce, Salt, Spices, Thickeners (405, Xanthan), Garlic))

Serving Size: 384g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1700kJ (407Cal) | 444kJ (106Cal) |
| Protein | 19.9g | 5.2g |
| Fat, Total | 15.9g | 4.1g |
| - Saturated | 4.8g | 1.2g |
| Carbohydrate | 41.9g | 10.9g |
| - Sugars | 11.0g | 2.9g |
| Dietary Fibre | 9.9g | 2.6g |
| Sodium | 970mg | 253mg |

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

6033 Lasagne & Greek Salad

Ingredients: Salad Combo Greek #4941_01 (Cucumber, Tomato, Lettuce, Capsicum, Greek Vinaigrette (Water, Sunflower Oil, Lemon Juice, Olive Oil, Vinegar, Honey, Garlic, Herbs, Spices, Salt, Vegetable Gum (Xanthan), Onion Powder, Flavour), Olives (Contains Food Acid (Citric)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509)), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion, Tomato, Beef, Water, Pasta (Flour, Egg), Cheese, Onion, Milk Powder, Corn Starch, Breadcrumbs, Tomato Paste, Salt, Garlic, Sugar, Onion Extract, Yeast Extract, Herbs, Olive Oil, Spices, Pepper)

Serving Size: 435g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1920kJ (458Cal) | 440kJ (105Cal) |
| Protein | 32.7g | 7.5g |
| Fat, Total | 18.8g | 4.3g |
| - Saturated | 6.8g | 1.6g |
| Carbohydrate | 37.5g | 8.6g |
| - Sugars | 12.4g | 2.9g |
| Dietary Fibre | 3.8g | 0.9g |
| Sodium | 1250mg | 288mg |

CONTAINS: Wheat, Egg, Milk

CONTAINS: Wheat, Milk

6034 Crumbed Fish & Greek Salad

Ingredients: Crumbed Fish (Crumbed Fish (Fish (70%), Crumb (8%) (Flour, Gluten, Sugar, Salt, Yeast, Canola Oil, Colours (Turmeric, Paprika)), Canola 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 Combo Greek #4941_01 (Cucumber, Tomato, Lettuce, Capsicum, Greek Vinaigrette (Water, Sunflower Oil, Lemon Juice, Olive Oil, Vinegar, Honey, Garlic, Herbs, Spices, Salt, Vegetable Gum (Xanthan), Onion Powder, Flavour), Olives (Contains Food Acid (Citric)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509)), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion)

Serving Size: 358g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1620kJ (386Cal) | 452kJ (108Cal) |
| Protein | 19.7g | 5.5g |
| Fat, Total | 18.1g | 5.1g |
| - Saturated | 3.0g | 0.8g |
| Carbohydrate | 34.0g | 9.5g |
| - Sugars | 9.2g | 2.6g |
| Dietary Fibre | 6.2g | 1.7g |
| Sodium | 730mg | 204mg |

CONTAINS: Wheat, Egg, Fish, Milk

6035 Penne Pesto & Greek 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 Combo Greek #4941_01 (Cucumber, Tomato, Lettuce, Capsicum, Greek Vinaigrette (Water, Sunflower Oil, Lemon Juice, Olive Oil, Vinegar, Honey, Garlic, Herbs, Spices, Salt, Vegetable Gum (Xanthan), Onion Powder, Flavour), Olives (Contains Food Acid (Citric)), Fetta Cheese (Milk, Brine (Salt, Mineral Salt (509)), Food Acid (Acetic), Culture, Enzyme (Rennet)), Onion)

Serving Size: 356g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1540kJ (368Cal) | 433kJ (103Cal) |
| Protein | 11.9g | 3.3g |
| Fat, Total | 15.9g | 4.5g |
| - Saturated | 3.3g | 0.9g |
| Carbohydrate | 41.7g | 11.7g |
| - Sugars | 8.3g | 2.3g |
| Dietary Fibre | 5.0g | 1.4g |
| Sodium | 745mg | 209mg |

CONTAINS: Wheat, Milk, Tree Nuts

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

CONTAINS: Egg, Milk

Made in Australia

6502 Thai Yellow Chicken Curry

Ingredients: Hokkien Noodles (Flour, Water, Canola 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, Corn Starch, Curry Paste, Yeast, Lemongrass, Ginger, Salt, Fish Sauce, Coriander, Olive Oil, Garlic, Chilli, Kaffir Lime Leaves, Pepper, Spices

Serving Size: 475g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1560kJ (373Cal) | 329kJ (79Cal) |
| Protein | 27.9g | 5.9g |
| Fat, Total | 8.2g | 1.7g |
| - Saturated | 4.0g | 0.8g |
| Carbohydrate | 42.1g | 8.9g |
| - Sugars | 13.5g | 2.8g |
| Dietary Fibre | 8.6g | 1.8g |
| Sodium | 1310mg | 275mg |

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 |
|----------------------|--------------------|-------------------|
| Energy | 1560kJ (374Cal) | 446kJ (107Cal) |
| Protein | 25.7g | 7.3g |
| Fat, Total | 21.5g | 6.1g |
| - Saturated | 4.4g | 1.3g |
| Carbohydrate | 15.7g | 4.5g |
| - Sugars | 10.6g | 3.0g |
| Dietary Fibre | 7.3g | 2.1g |
| Sodium | 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, Spices, Pepper

Serving Size: 418g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1600kJ (381Cal) | 382kJ (91Cal) |
| Protein | 38.2g | 9.1g |
| Fat, Total | 9.3g | 2.2g |
| - Saturated | 4.2g | 1.0g |
| Carbohydrate | 31.7g | 7.6g |
| - Sugars | 9.7g | 2.3g |
| Dietary Fibre | 8.1g | 1.9g |
| Sodium | 873mg | 209mg |

CONTAINS: Wheat, Barley, Fish, Milk

6505 Turkey Cranberry & Walnut Salad

Ingredients: Turkey (24%) (Flavour, Potato Starch, Salt, Vegetable Gum (Carrageenan), Vinegar, Citrus Flour, Pepper), Tomato, Carrot, Capsicum, Cabbage, Creamy Ranch Dressing (Canola Oil, Vinegar, Water, Sugar, Salt, Egg Yolk Powder, Buttermilk Powder, Onion, Mustard, Garlic, Vegetable Gum (Xanthan, 405), Herbs, Spices, Yeast Extract, Food Acid (Citric)), Lettuce, Dried Cranberries (3%), Walnuts (3%)

Serving Size: 340g

| | per serving | per 100g |
|----------------------|--------------------|-------------------|
| Energy | 1550kJ (370Cal) | 455kJ (109Cal) |
| Protein | 20.8g | 6.1g |
| Fat, Total | 21.1g | 6.2g |
| - Saturated | 1.5g | 0.4g |
| Carbohydrate | 20.9g | 6.2g |
| - Sugars | 17.6g | 5.2g |
| Dietary Fibre | 6.2g | 1.8g |
| Sodium | 759mg | 223mg |

CONTAINS: Egg, Milk, Tree Nuts

6506 Creamy Chicken Scallopini

Ingredients: Potatoes, Chicken (23%) (Marinade (Contains Flavours)), Zucchini, Broccolini, Pumpkin, Mushroom, Onion, Chicken Stock, Cream, Wine, Olive Oil, Yeast, Corn Starch, Parmesan, Garlic, Lemon Juice, Flavour, Butter, Salt, Pepper, Herbs

Serving Size: 442g

| | per serving | per 100g |
|----------------------|--------------------|------------------|
| Energy | 1520kJ (364Cal) | 345kJ (82Cal) |
| Protein | 34.3g | 7.8g |
| Fat, Total | 10.1g | 2.3g |
| - Saturated | 3.8g | 0.9g |
| Carbohydrate | 29.3g | 6.6g |
| - Sugars | 7.0g | 1.6g |
| Dietary Fibre | 7.9g | 1.8g |
| Sodium | 829mg | 188mg |

CONTAINS: Wheat, Egg, Milk

6510 Asian Beef Noodles

Ingredients: Beef (18%) (Marinade (Contains Flavours)), Hokkien Noodles (16%) (Flour, Water, Canola Oil, Salt, Mineral Salt (501)), Carrot, Cauliflower, Broccoli, Celery, Onion, Chicken Stock, Mirin, Capsicum, Soy Sauce, Sugar, Lime Juice, Chilli, Garlic, Ginger, Sunflower Oil, Salt, Corn Starch, Coriander

Serving Size: 441g

| | per serving | per 100g |
|----------------------|--------------------|-----------------|
| Energy | 1740kJ (417Cal) | 396kJ (95Cal) |
| Protein | 35.5g | 8.1g |
| Fat, Total | 6.4g | 1.5g |
| - Saturated | 1.7g | 0.4g |
| Carbohydrate | 49.5g | 11.2g |
| - Sugars | 23.2g | 5.3g |
| Dietary Fibre | 7.7g | 1.8g |
| Sodium | 1090mg | 247mg |

CONTAINS: Wheat, Soybean

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