



Breakfast and Lunch Ingredients

Autumn 2010: 08/03/10 - 30/05/10

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

Table Of Contents

Table Of Contents	1
Apple & Vanilla Custard	4
Apple, Green	4
Apple, Red	4
Apricot Snack Pack	4
Asian Coleslaw	5
Asian Pumpkin Soup	5
Asian Rissoles	5
Baby Spinach Bowl 15g	5
Bacon	6
Baked Beans	6
Baked Potato Bolognese	6
Baked Vegetable Pattie	6
Beef Burger Patty	7
Beef Curry & Rice	7
Beef Lasagne	7
Beetroot Pickled	7
Biscuit, Citrus Sultana Oat	8
Biscuit, Spicy Fruit	8
Biscuit, Wafer	8
Black Forest Pears	8
Bread Roll, Long Grain	9
Bread Roll, Multigrain	9
Bread Roll, Sour Dough	9
Bread Roll, Soy & Linseed	9
Bread, Fruit n Muesli (1 slice)	10
Bread, Fruit n Muesli (2 slices)	10
Bread, Grain (1 slice)	10
Bread, Grain (2 slices)	10
Bread, Soy & Linseed (1 slice)	11
Bread, Soy & Linseed (2 slices)	11
Broccoli & Chicken Pasta Bake	11
Burrito Mix	11
Cereal, Fruit n Bran	12
Cereal, Vanilla Crunch	12
Cheese, Block	12
Cheese, Sachet	12
Cheese, Slice	13
Chicken & Curried Rice Salad	13
Chicken & Vegetable Curry	13
Chicken Alfredo	13
Chicken Burger Pattie	14
Chicken Cacciatore Pasta	14
Chicken Cannelloni	14
Chicken Chow Mein	14
Chicken Noodle Soup	15
Chicken Satay	15
Chicken Tender, Lebanese	15
Chicken Tender, Lemon Pepper	15
Chicken Tender, Pesto	16
Chicken Tender, Soy	16
Chickpeas, Roasted	16
Chilli Con Carne with Wedges	16
Chopped Salad	17

Chutney, Fruit	17
Chutney, Onion	17
Cookie, Muesli	17
Cookie, Sultana & Date	18
Corn Chips	18
Corn Fritters	18
Corned Beef	18
Country Beef Soup	19
Cracker & Nut Mix	19
Cranberry Sauce	19
Crispy Noodles	19
Crispy Salad	20
Croutons, Wholemeal	20
Crunchy Noodle Snack	20
Cucumber Raita	20
Dessert, Apple Crumble	21
Dessert, Apricot Pudding	21
Dessert, Raspberry & Apple Crumble	21
Dessert, Rice Pudding	21
Dijon Chicken & Pasta Salad	22
Dressing, Asian Chilli Plum	22
Dressing, Basil	22
Dressing, Garlic Lemon Vinaigrette	22
Dressing, Hoisin	23
Dressing, Sweet Chilli & Sesame	23
Dressing, Sweet Chilli Sauce	23
Egg Spread, Plain	23
Egg, Raw	24
Fried Rice with BBQ Chicken	24
Fruit & Nut Bar	24
Fruit Cake, Light	24
Fruit Compote	25
Fruit Cup Fruit Salad	25
Fruit Cup, Peach	25
Fruit Cup, Pear	25
Fruit Cup, Two Fruits	26
Fruit Medley	26
Fruit n Nut Mix	26
Greek Meatballs	26
Ham	27
Ham, Tomato & Cheese Omelette	27
Hoisin Beef Noodles	27
Honey	27
Honey Mustard Chicken Salad	28
Honey Soy Stir Fry	28
Jam, Apricot	28
Jam, Marmalade	28
Jam, Strawberry	29
Kiwifruit	29
Mandarin	29
Margarine	29
Mayonnaise	30
Mediterranean Meatballs & Pasta	30
Mediterranean Omelette	30
Mesclun Mix 15g	30
Mixed Spinach Salad	31
Moroccan Lamb Soup	31
Muesli Bar, Chocolate	31

Muesli Bar, Yoghurt	31
Muesli, Bircher	32
Muesli, Classic Fruit	32
Muffin, Apple & Cranberry	32
Muffin, Banana & Date	32
Muffin, Breakfast - Fruit	33
Muffin, Breakfast - Multigrain	33
Muffin, Spinach & Fetta	33
Mustard Relish	33
Nasi Goreng with Thai Chicken Balls	34
Neapolitan Meatballs	34
Noodle Salad	34
Oats, Apple & Cinnamon	34
Orange	35
Pancake, Apple & Sultana	35
Pate	35
Peanut Butter	35
Penne Pesto Pasta	36
Pikelets	36
Pizza, Pineapple Supreme	36
Popcorn, Lightly Salted	36
Potato Salad	37
Rice Crackers, Multigrain	37
Ricotta Spinach Cake	37
Roast Chicken Linguine	37
Salad Pot, Baby Spinach	38
Salad Pot, Mesclun	38
Salad Roll, Mesclun	38
Salad Roll, Spinach	38
Shepherd's Pie	39
Smoked Beef	39
Smoked Chicken	39
Smokey Bacon & Tomato Pasta	39
Soy Nuts	40
Spicy Chicken Laksa	40
Spicy Tomato Salsa	40
Sweet Chilli Beef	40
Thai Chicken Cakes	41
Tomato	41
Tomato Sauce	41
Tortilla Wrap	41
Tropical Nut Mix	42
Tuna Chunks in Springwater	42
Turkey Oven Roasted	42
Vegemite	42
Vegetable Frittata	43
Vietnamese Rice Bowl	43
Walnut & Date Cake	43
Weet-Bix	43
Yoghurt Greek Style, Forest Berry	44
Yoghurt Greek Style, Passionfruit	44
Yoghurt, Vanilla	44
Zucchini & Carrot Bread	44

Apple & Vanilla Custard

Ingredients: Apple (67%), Custard (33%) (Skim Milk, Whole Milk, Concentrated Skim Milk, Sugar, Thickener (1442), Dietary Fibre (Inulin), Vegetable Gums (407, 412, 410, 415), Mineral Salt (452), Flavours, Natural Colour (160a))

Serving Size: 120g

	per serving	per 100g
Energy	299kJ (72Cal)	250kJ (60Cal)
Protein	2.0g	1.6g
Fat, Total	0.5g	0.4g
- Saturated	0.3g	0.2g
Carbohydrate	15.2g	12.7g
- Sugars	14.3g	11.9g
Dietary Fibre	1.2g	1.0g
Sodium	43mg	36mg

CONTAINS: Milk

Apple, Green

Ingredients: Apple

Serving Size: 150g

	per serving	per 100g
Energy	308kJ (74Cal)	205kJ (49Cal)
Protein	0.5g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	16.0g	10.7g
- Sugars	15.8g	10.5g
Dietary Fibre	3.5g	2.3g
Sodium	3mg	2mg

Apple, Red

Ingredients: Apple

Serving Size: 135g

	per serving	per 100g
Energy	307kJ (73Cal)	227kJ (54Cal)
Protein	0.4g	0.3g
Fat, Total	0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	16.1g	11.9g
- Sugars	15.9g	11.8g
Dietary Fibre	2.7g	2.0g
Sodium	1mg	1mg

Apricot Snack Pack

Ingredients: Apricots, Preservative (220)

Serving Size: 30g

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

CONTAINS: Sulphites

MAY CONTAIN: Wheat, Peanuts, Soybean, Tree Nuts

Asian Coleslaw

Ingredients: Cabbage, Carrot, Daikon, Shallot

Serving Size: 80g

	per serving	per 100g
Energy	87kJ (21Cal)	109kJ (26Cal)
Protein	1.0g	1.3g
Fat, Total	0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	3.0g	3.7g
- Sugars	2.9g	3.7g
Dietary Fibre	1.9g	2.4g
Sodium	23mg	29mg

Asian Pumpkin Soup

Ingredients: Chicken Stock, Pumpkin (24%), Sweet Potato, Onion, Coconut Flavoured Evaporated Milk (Milk, Coconut Flavour, Vegetable Gum (407)), Skim Milk Concentrate, Coriander, Salt, Garlic, Curry Paste, Cumin, Canola Oil, Nutmeg, Pepper

Serving Size: 270g

	per serving	per 100g
Energy	463kJ (111Cal)	172kJ (41Cal)
Protein	6.1g	2.3g
Fat, Total	2.0g	0.7g
- Saturated	0.7g	0.3g
Carbohydrate	15.6g	5.8g
- Sugars	10.5g	3.9g
Dietary Fibre	2.3g	0.8g
Sodium	523mg	194mg

CONTAINS: Milk

Asian Rissoles

Ingredients: Pork (49%), Water Chestnuts, Egg White, Beans, Breadcrumbs (Wheat Flour, Gluten, Canola Oil, Salt, Sugar, Yeast), Oyster Sauce (Contains Fish, Wheat, Flavour Enhancer (621), Colour (150c)), Coriander, Shallot, Sesame Oil, Pepper

Serving Size: 70g

	per serving	per 100g
Energy	431kJ (103Cal)	615kJ (147Cal)
Protein	10.1g	14.5g
Fat, Total	3.8g	5.4g
- Saturated	1.2g	1.7g
Carbohydrate	6.3g	9.1g
- Sugars	1.8g	2.5g
Dietary Fibre	1.3g	1.9g
Sodium	233mg	333mg

CONTAINS: Wheat, Egg, Fish, Sesame Seeds

Baby Spinach Bowl 15g

Ingredients: Spinach

Serving Size: 15g

	per serving	per 100g
Energy	17kJ (4Cal)	110kJ (26Cal)
Protein	0.4g	2.7g
Fat, Total	less than 0.1g	0.3g
- Saturated	0.0g	0.0g
Carbohydrate	0.5g	3.1g
- Sugars	less than 0.1g	0.3g
Dietary Fibre	0.4g	2.7g
Sodium	18mg	120mg

Bacon

Ingredients: Bacon (Pork, Mineral Salts (451, 452, 500), Antioxidant (316), Preservative (250), Honey)

Serving Size: 50g

	per serving	per 100g
Energy	283kJ (68Cal)	566kJ (135Cal)
Protein	11.5g	23.0g
Fat, Total	2.4g	4.7g
- Saturated	0.9g	1.8g
Carbohydrate	less than 0.1g	0.1g
- Sugars	less than 0.1g	0.1g
Dietary Fibre	0.0g	0.0g
Sodium	520mg	1040mg

Baked Beans

Ingredients: Navy Beans (43%), Tomato Puree, Water, Sugar, Corn Starch, Salt, Seasoning, Food Acid (330)

Serving Size: 140g

	per serving	per 100g
Energy	517kJ (123Cal)	369kJ (88Cal)
Protein	6.2g	4.4g
Fat, Total	1.0g	0.7g
- Saturated	0.4g	0.3g
Carbohydrate	18.9g	13.5g
- Sugars	4.8g	3.4g
Dietary Fibre	6.7g	4.8g
Sodium	468mg	334mg

CONTAINS: Soybean

Baked Potato Bolognese

Ingredients: Potatoes (47%), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Water, Beef Mince (12%), Onion, Skim Milk Concentrate, Skim Milk Powder, Parmesan Cheese, Thickener (1442, 1422), Tomato Paste, Salt, Garlic, Sugar, Parsley, Cheddar Cheese, Roast Onion Extract, Yeast Extract, Dijon Mustard (Contains Preservative (224)), Olive Oil, Mixed Herbs, Pepper, Oregano

Serving Size: 310g

	per serving	per 100g
Energy	925kJ (221Cal)	299kJ (71Cal)
Protein	14.5g	4.7g
Fat, Total	4.1g	1.3g
- Saturated	1.7g	0.5g
Carbohydrate	29.4g	9.5g
- Sugars	6.1g	2.0g
Dietary Fibre	4.7g	1.5g
Sodium	559mg	181mg

CONTAINS: Milk, Sulphites

MAY CONTAIN: Egg

Baked Vegetable Pattie

Ingredients: Sweet Potato, Egg White, Lentils, Rice, Corn, Peas, Red Capsicum, Red Onion, Breadcrumbs, Parmesan Cheese, Wheat Bran, Gluten, Parsley, Cumin, Salt, Garlic

Serving Size: 65g

	per serving	per 100g
Energy	340kJ (81Cal)	523kJ (125Cal)
Protein	5.8g	9.0g
Fat, Total	1.4g	2.1g
- Saturated	0.6g	0.9g
Carbohydrate	10.0g	15.4g
- Sugars	2.3g	3.6g
Dietary Fibre	3.0g	4.5g
Sodium	151mg	233mg

CONTAINS: Wheat, Egg, Milk

Beef Burger Patty

Ingredients: Beef Burger (Beef (54%), Onion, Vegetable Protein, Breadcrumbs (Wheat Flour, Water, Yeast, Sugar, Gluten, Vegetable Oil, Salt, Emulsifier (472e), Food Acids (263, 341)), Egg, Modified Starch (1442), Flavour, Spices, Soy Protein, Salt, Mineral Salt (451))

Serving Size: 50g

	per serving	per 100g
Energy	318kJ (76Cal)	636kJ (152Cal)
Protein	8.6g	17.2g
Fat, Total	3.0g	5.9g
- Saturated	1.4g	2.7g
Carbohydrate	3.6g	7.2g
- Sugars	0.9g	1.8g
Dietary Fibre	0.7g	1.3g
Sodium	180mg	360mg

CONTAINS: Wheat, Egg, Soybean

Beef Curry & Rice

Ingredients: Rice (26%), Beef (23%), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Tomato, Peas, Canola Oil, Garlic, Thickener (1422), Ginger, Lite Salt, Cinnamon, Sugar, Coriander, Cumin, Turmeric, Garam Masala, Pepper, Bay Leaves, Cardamon, Cloves, Chilli Powder

Serving Size: 350g

	per serving	per 100g
Energy	1460kJ (348Cal)	416kJ (99Cal)
Protein	25.3g	7.2g
Fat, Total	10.1g	2.9g
- Saturated	2.6g	0.7g
Carbohydrate	36.5g	10.4g
- Sugars	7.3g	2.1g
Dietary Fibre	6.0g	1.7g
Sodium	474mg	135mg

Beef Lasagne

Ingredients: Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Pasta (13%) (Durum Wheat Semolina, Water, Wheat Flour, Egg), Beef Mince (12%), Cheddar Cheese (Cheese, Anti-Caking Agent (460), Preservative (200)), Onion, Carrot, Sweet Potato, Skim Milk Powder, Thickener (1422, 1442), Tomato Paste, Sugar, Maltodextrin, Salt, Garlic, Yeast Extract, Olive Oil, Roast Onion Extract, Paprika, Oregano

Serving Size: 317g

	per serving	per 100g
Energy	1420kJ (340Cal)	449kJ (107Cal)
Protein	21.3g	6.7g
Fat, Total	8.0g	2.5g
- Saturated	4.1g	1.3g
Carbohydrate	45.2g	14.3g
- Sugars	13.7g	4.3g
Dietary Fibre	4.1g	1.3g
Sodium	792mg	250mg

CONTAINS: Wheat, Egg, Milk

Beetroot Pickled

Ingredients: Beetroot (43%), Water, Sugar, Balsamic Vinegar (Vinegar, Grape Extract, Colour (150d)), Malt Vinegar, Modified Starch (1422), Garlic, Salt, Herbs & Spices

Serving Size: 30g

	per serving	per 100g
Energy	120kJ (29Cal)	401kJ (96Cal)
Protein	0.4g	1.2g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	0.0g	0.0g
Carbohydrate	6.2g	20.7g
- Sugars	5.5g	18.4g
Dietary Fibre	0.6g	2.0g
Sodium	73mg	244mg

CONTAINS: Wheat, Barley, Sulphites

Biscuit, Citrus Sultana Oat

Ingredients: Wholemeal Self Raising Flour (Wholemeal Wheat Flour, Raising Agents (339, 341, 450, 500)), Sugar, Egg, Margarine (Water, Salted Butter, Canola Oil, Vegetable Gum (440), Emulsifier (471), Preservative (202), Food Acid (270), Flavour, Vitamins A & D), Sultanas (7%) (Sultanas, Vegetable Oil), Oats (6%), Citrus Peel (6%) (Citrus Peel (Orange, Lemon), Sugar, Food Acid (330), Preservative (223)), Skim Milk Powder, Vanilla Essence

Serving Size: 30g

	per serving	per 100g
Energy	408kJ (98Cal)	1360kJ (325Cal)
Protein	2.3g	7.7g
Fat, Total	2.0g	6.7g
- Saturated	0.7g	2.5g
Carbohydrate	16.4g	54.8g
- Sugars	8.0g	26.7g
Dietary Fibre	1.6g	5.5g
Sodium	103mg	343mg

CONTAINS: Wheat, Oats, Egg, Milk, Sulphites

Biscuit, Spicy Fruit

Ingredients: Spicy Fruit Filling (40%) (Dried Fruit (Sultanas, Currants, Raisins), Sugar, Citrus Peel, Vegetable Oil, Vegetable Fibre, Flavour, Spices), Wheat Flour, Sugar, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Flavours, Vitamins A & D3, Colour (160a), Food Acid (330)), Water, Egg, Rice Flour, Colour (160b), Raising Agent (500)

Serving Size: 32g

	per serving	per 100g
Energy	464kJ (111Cal)	1450kJ (347Cal)
Protein	1.5g	4.8g
Fat, Total	2.5g	7.7g
- Saturated	0.6g	1.9g
Carbohydrate	21.5g	67.1g
- Sugars	14.5g	45.2g
Dietary Fibre	1.4g	4.4g
Sodium	30mg	95mg

CONTAINS: Wheat, Egg, Soybean, Sulphites

MAY CONTAIN: Milk, Peanuts, Tree Nuts, Sesame Seeds

Biscuit, Wafer

Ingredients: Wheat Flour, Cheese Powder, Salt, Canola Oil, Mineral Salt (500), Flavour

Serving Size: 15g

	per serving	per 100g
Energy	252kJ (60Cal)	1680kJ (401Cal)
Protein	1.5g	10.1g
Fat, Total	0.6g	4.2g
- Saturated	0.2g	1.5g
Carbohydrate	11.9g	79.5g
- Sugars	0.8g	5.5g
Dietary Fibre	0.4g	2.8g
Sodium	197mg	1310mg

CONTAINS: Wheat, Rye

MAY CONTAIN: Sesame Seeds

Black Forest Pears

Ingredients: Pear (58%), Pear Juice, Cherries (17%), Sugar, Lemon Juice (Contains Food Acid (300), Preservatives (211, 223)), Vanilla Essence, Cinnamon

Serving Size: 120g

	per serving	per 100g
Energy	301kJ (72Cal)	251kJ (60Cal)
Protein	0.4g	0.3g
Fat, Total	0.1g	less than 0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	16.3g	13.6g
- Sugars	14.2g	11.8g
Dietary Fibre	1.5g	1.2g
Sodium	6mg	5mg

CONTAINS: Sulphites

Bread Roll, Long Grain

Ingredients: Wheat Flour, Water, Mixed Grains & Seeds (13%) (Wheat, Corn, Rye, Linseed, Poppy Seed), Rye Flour, Butter, Saftem Oil, Culture, Bread Improver (Contains Wheat, Soy, Emulsifiers (481, 472), Flour Treatment Agents (516, 300, 920)), Iodised Salt

Serving Size: 70g

	per serving	per 100g
Energy	826kJ (197Cal)	1180kJ (282Cal)
Protein	6.5g	9.3g
Fat, Total	4.7g	6.7g
- Saturated	1.9g	2.7g
Carbohydrate	32.4g	46.3g
- Sugars	1.1g	1.6g
Dietary Fibre	4.3g	6.1g
Sodium	251mg	359mg

CONTAINS: Wheat, Rye, Milk, Soybean, Sesame Seeds

Bread Roll, Multigrain

Ingredients: Wheat Flour, Water, Wheat Bran, Sunflower Seed, Iodised Salt, Vegetable Oil, Malt Wheat Flakes, Rye, Soy Flour, Maize Semolina, Linseed, Yeast, Malt Flour, Emulsifiers (481, 471, 472e), Gluten, Flour Treatment Agents (516, 300, 510, 920, 223), Vegetable Gum (412), Enzyme

Serving Size: 40g

	per serving	per 100g
Energy	367kJ (88Cal)	918kJ (219Cal)
Protein	3.1g	7.8g
Fat, Total	1.2g	3.0g
- Saturated	0.1g	0.3g
Carbohydrate	15.0g	37.6g
- Sugars	0.4g	0.9g
Dietary Fibre	2.4g	6.0g
Sodium	142mg	356mg

CONTAINS: Wheat, Rye, Soybean

MAY CONTAIN: Sesame Seeds

Bread Roll, Sour Dough

Ingredients: Flour (Wheat Flour, Thiamine, Folic Acid), Water, Sour Dough Culture (3.5%) (Wheat Flour, Dehydrated Fermented Wheat Flour, Dough Culture), Yeast (Yeast, Vegetable Oil), Iodised Salt, Emulsifiers (481, 472), Soy Flour, Flour Treatment Agents (516, 300, 920), Enzyme (Amylase)

Serving Size: 65g

	per serving	per 100g
Energy	650kJ (155Cal)	1000kJ (239Cal)
Protein	5.5g	8.4g
Fat, Total	0.8g	1.2g
- Saturated	0.7g	1.0g
Carbohydrate	32.0g	49.2g
- Sugars	0.8g	1.2g
Dietary Fibre	3.5g	5.4g
Sodium	320mg	492mg

CONTAINS: Wheat, Soybean

Bread Roll, Soy & Linseed

Ingredients: Flour (Wheat Flour, Thiamine, Folate), Water, Grains (Kibbled Wheat, Kibbled Corn, Kibbled Rye, Malted Wheat, Linseed), Rye Flour, Kibbled Soy (2.4%), Butter, Oil (Vegetable Oil, Emulsifiers (472, 322)), Yeast, Linseed (1.2%), Iodised Salt, Bread Improver (Soy Flour, Anti-Caking Agent (170), Emulsifiers (472e, 481), Flour Treatment Agent (300), Enzyme (Amylase)), Wheat Gluten, Malted Wheat Flour, Enzymes, Rye Flour, Culture

Serving Size: 70g

	per serving	per 100g
Energy	805kJ (192Cal)	1150kJ (275Cal)
Protein	6.7g	9.6g
Fat, Total	4.1g	5.8g
- Saturated	1.8g	2.5g
Carbohydrate	31.5g	45.0g
- Sugars	0.9g	1.3g
Dietary Fibre	4.2g	6.0g
Sodium	245mg	350mg

CONTAINS: Wheat, Rye, Milk, Soybean

Bread, Fruit n Muesli (1 slice)

Ingredients: Wheat Flour, Water, Dried Fruit Mix (13%) (Sultanas, Dried Apricot, Dried Apple), Mixed Grains (12%) (Rye, Rolled Oats, Wheat), Wheat Gluten, Vegetable Oil, Honey, Sugar, Sunflower Seeds, Vinegar, Iodised Salt, Baker's Yeast, Cultured Whey, Cinnamon, Vitamins (Thiamin, Folate)

Serving Size: 40g

	per serving	per 100g
Energy	472kJ (113Cal)	1180kJ (282Cal)
Protein	4.0g	9.9g
Fat, Total	2.2g	5.4g
- Saturated	0.3g	0.7g
Carbohydrate	18.3g	45.8g
- Sugars	5.6g	14.0g
Dietary Fibre	1.6g	4.0g
Sodium	132mg	330mg

CONTAINS: Wheat, Rye, Oats, Milk

MAY CONTAIN: Soybean, Sesame Seeds

Bread, Fruit n Muesli (2 slices)

Ingredients: Wheat Flour, Water, Dried Fruit Mix (13%) (Sultanas, Dried Apricot, Dried Apple), Mixed Grains (12%) (Rye, Rolled Oats, Wheat), Wheat Gluten, Vegetable Oil, Honey, Sugar, Sunflower Seeds, Vinegar, Iodised Salt, Baker's Yeast, Cultured Whey, Cinnamon, Vitamins (Thiamin, Folate)

Serving Size: 80g

	per serving	per 100g
Energy	944kJ (226Cal)	1180kJ (282Cal)
Protein	7.9g	9.9g
Fat, Total	4.3g	5.4g
- Saturated	0.6g	0.7g
Carbohydrate	36.6g	45.8g
- Sugars	11.2g	14.0g
Dietary Fibre	3.2g	4.0g
Sodium	264mg	330mg

CONTAINS: Wheat, Rye, Oats, Milk

MAY CONTAIN: Soybean, Sesame Seeds

Bread, Grain (1 slice)

Ingredients: Generic Mixed Grain Bread. Please Note: Brands Of Bread May Vary By State. Wheat Flour, Water, Mixed Grains (Rye, Wheat, Buckwheat, Corn, Triticale, Barley, Rolled Oats), Mixed Seeds (Linseed, Sunflower Seeds), Baker's Yeast, Kibbled Soy, Vinegar, Gluten, Iodised Salt, Canola Oil, Soy Flour, Emulsifiers (481, 471), Sugar, Preservative (282), Vitamins (Thamin, Folate)

Serving Size: 32g

	per serving	per 100g
Energy	328kJ (78Cal)	1020kJ (245Cal)
Protein	2.9g	9.2g
Fat, Total	0.9g	2.9g
- Saturated	less than 0.1g	0.3g
Carbohydrate	13.6g	42.6g
- Sugars	0.7g	2.3g
Dietary Fibre	1.5g	4.8g
Sodium	163mg	509mg

CONTAINS: Wheat, Rye, Barley, Oats, Soybean

MAY CONTAIN: Sesame Seeds

Bread, Grain (2 slices)

Ingredients: Generic Mixed Grain Bread. Please Note: Brands Of Bread May Vary By State. Wheat Flour, Water, Mixed Grains (Rye, Wheat, Buckwheat, Corn, Triticale, Barley, Rolled Oats), Mixed Seeds (Linseed, Sunflower Seeds), Baker's Yeast, Kibbled Soy, Vinegar, Gluten, Iodised Salt, Canola Oil, Soy Flour, Emulsifiers (481, 471), Sugar, Preservative (282), Vitamins (Thamin, Folate)

Serving Size: 64g

	per serving	per 100g
Energy	656kJ (157Cal)	1020kJ (245Cal)
Protein	5.9g	9.2g
Fat, Total	1.9g	2.9g
- Saturated	0.2g	0.3g
Carbohydrate	27.3g	42.6g
- Sugars	1.5g	2.3g
Dietary Fibre	3.1g	4.8g
Sodium	326mg	509mg

CONTAINS: Wheat, Rye, Barley, Oats, Soybean

MAY CONTAIN: Sesame Seeds

Bread, Soy & Linseed (1 slice)

Ingredients: Water, Wheat Flour, Soy Linseed Mix (16%) (Kibbled Soy (50%), Linseed (50%)), Wheat Gluten, Wholegrain Wheat (4%), Vinegar, Iodised Salt, Cultured Whey, Baker's Yeast, Milk Solids, Vitamins (Thiamin, Folate)

Serving Size: 40g

	per serving	per 100g
Energy	428kJ (102Cal)	1070kJ (256Cal)
Protein	6.2g	15.5g
Fat, Total	2.8g	7.0g
- Saturated	0.4g	1.1g
Carbohydrate	11.9g	29.8g
- Sugars	1.0g	2.4g
Dietary Fibre	2.2g	5.5g
Sodium	160mg	400mg

CONTAINS: Wheat, Milk, Soybean

MAY CONTAIN: Sesame Seeds

Bread, Soy & Linseed (2 slices)

Ingredients: Water, Wheat Flour, Soy Linseed Mix (16%) (Kibbled Soy (50%), Linseed (50%)), Wheat Gluten, Wholegrain Wheat (4%), Vinegar, Iodised Salt, Cultured Whey, Baker's Yeast, Milk Solids, Vitamins (Thiamin, Folate)

Serving Size: 80g

	per serving	per 100g
Energy	856kJ (204Cal)	1070kJ (256Cal)
Protein	12.4g	15.5g
Fat, Total	5.6g	7.0g
- Saturated	0.9g	1.1g
Carbohydrate	23.8g	29.8g
- Sugars	1.9g	2.4g
Dietary Fibre	4.4g	5.5g
Sodium	320mg	400mg

CONTAINS: Wheat, Milk, Soybean

MAY CONTAIN: Sesame Seeds

Broccoli & Chicken Pasta Bake

Ingredients: Pasta (29%) (Water, Durum Wheat Semolina), Broccoli (26%), Water, Chicken (13%), Evaporated Skim Milk, Skim Milk Powder, Parmesan Cheese, Thickeners (1442), Onion, Cheddar Cheese, Salt, Garlic, Dijon Mustard (Contains Preservative (224)), Yeast Extract, Roast Onion Extract, Pepper

Serving Size: 227g

	per serving	per 100g
Energy	862kJ (206Cal)	380kJ (91Cal)
Protein	17.2g	7.6g
Fat, Total	4.7g	2.1g
- Saturated	1.8g	0.8g
Carbohydrate	21.6g	9.5g
- Sugars	3.9g	1.7g
Dietary Fibre	3.6g	1.6g
Sodium	428mg	189mg

CONTAINS: Wheat, Milk, Sulphites

MAY CONTAIN: Egg

Burrito Mix

Ingredients: Beef Mince (34%), Kidney Beans, Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Carrot, Celery, Mushroom, Tomato Paste, Coriander, Garlic, Canola Oil, Salt, Cumin, Chilli Powder

Serving Size: 90g

	per serving	per 100g
Energy	321kJ (77Cal)	357kJ (85Cal)
Protein	8.1g	9.0g
Fat, Total	2.6g	2.9g
- Saturated	0.9g	1.1g
Carbohydrate	4.3g	4.8g
- Sugars	1.9g	2.1g
Dietary Fibre	2.1g	2.3g
Sodium	225mg	249mg

Cereal, Fruit n Bran

Ingredients: Wheat Flakes (75%) (Whole Wheat, Wheat Bran, Sugar, Malt, Salt, Vitamins (Thiamin, Riboflavin, Niacin, Folate), Mineral (Iron)), Sultanas (25%)

Serving Size: 40g

	per serving	per 100g
Energy	575kJ (137Cal)	1440kJ (344Cal)
Protein	3.2g	8.1g
Fat, Total	0.8g	2.0g
- Saturated	0.2g	0.6g
Carbohydrate	26.2g	65.6g
- Sugars	12.8g	31.9g
Dietary Fibre	6.3g	15.7g
Sodium	163mg	407mg

CONTAINS: Wheat

MAY CONTAIN: Soybean, Tree Nuts, Sesame Seeds

Cereal, Vanilla Crunch

Ingredients: Rolled Oats, Pepitas, Corn Flakes (Corn, Sugar, Salt, Barley Malt Extract, Vitamins (Niacin, Thiamin, Riboflavin, Folate), Mineral (Iron)), Golden Syrup, Rice Puffs (Rice, Water, Salt, Emulsifier (471)), Sunflower Seeds, Honey, Canola Oil, Flavour

Serving Size: 40g

	per serving	per 100g
Energy	681kJ (163Cal)	1700kJ (407Cal)
Protein	4.1g	10.1g
Fat, Total	6.2g	15.5g
- Saturated	0.8g	2.0g
Carbohydrate	21.4g	53.4g
- Sugars	5.1g	12.7g
Dietary Fibre	2.2g	5.6g
Sodium	35mg	87mg

CONTAINS: Oats

MAY CONTAIN: Soybean, Tree Nuts, Sesame Seeds

Cheese, Block

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

Serving Size: 20g

	per serving	per 100g
Energy	284kJ (68Cal)	1420kJ (339Cal)
Protein	6.2g	31.2g
Fat, Total	4.8g	24.0g
- Saturated	3.0g	15.2g
Carbohydrate	0.0g	0.0g
- Sugars	0.0g	0.0g
Dietary Fibre	0.0g	0.0g
Sodium	120mg	600mg

CONTAINS: Milk

Cheese, Sachet

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

Serving Size: 20g

	per serving	per 100g
Energy	228kJ (55Cal)	1140kJ (272Cal)
Protein	6.9g	34.4g
Fat, Total	3.0g	15.0g
- Saturated	2.0g	9.8g
Carbohydrate	0.0g	0.0g
- Sugars	0.0g	0.0g
Dietary Fibre	0.0g	0.0g
Sodium	114mg	570mg

CONTAINS: Milk

Cheese, Slice

Ingredients: Cheese (Milk, Salt, Cultures, Enzymes), Milk Solids, Food Acids (330, 331), Salt, Mineral Salt (339), Preservative (202), Colour (160b)

Serving Size: 20.5g

	per serving	per 100g
Energy	176kJ (42Cal)	857kJ (205Cal)
Protein	4.7g	22.9g
Fat, Total	1.8g	8.6g
- Saturated	1.3g	6.2g
Carbohydrate	1.7g	8.1g
- Sugars	0.5g	2.4g
Dietary Fibre	0.0g	0.0g
Sodium	356mg	1740mg

CONTAINS: Milk

Chicken & Curried Rice Salad

Ingredients: Brown Rice (32%), Carrot, Celery, Chicken (14%), Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Corn, Mixed Beans (Beans, Sugar, Salt, Food Acid (260), Firming Agent (509)), Sultanas, Dried Apricots (Contains Preservative (220)), Olive Oil, Parsley, Salt, Curry Powder (0.5%), Pepper

Serving Size: 170g

	per serving	per 100g
Energy	853kJ (204Cal)	502kJ (120Cal)
Protein	10.2g	6.0g
Fat, Total	4.9g	2.9g
- Saturated	1.0g	0.6g
Carbohydrate	27.9g	16.4g
- Sugars	6.2g	3.7g
Dietary Fibre	3.8g	2.2g
Sodium	410mg	241mg

Chicken & Vegetable Curry

Ingredients: Water, Sweet Potato, Chicken (14%), Chickpeas, Cauliflower, Tomato, Beans, Red Capsicum, Lentils, Skim Milk Powder, Coriander, Thickener (1442), Salt, Curry Powder, Lemon Juice, Maltodextrin, Paprika, Yeast Extract, Cumin, Roast Onion Extract, Pepper

Serving Size: 290g

	per serving	per 100g
Energy	985kJ (235Cal)	340kJ (81Cal)
Protein	19.4g	6.7g
Fat, Total	5.2g	1.8g
- Saturated	1.4g	0.5g
Carbohydrate	24.2g	8.4g
- Sugars	8.3g	2.9g
Dietary Fibre	6.8g	2.3g
Sodium	686mg	237mg

CONTAINS: Milk

Chicken Alfredo

Ingredients: Pasta (29%) (Water, Durum Wheat Semolina), Peas, Chicken (14%), Chicken Stock, Mushroom, Onion, Evaporated Skim Milk, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Wine, Parmesan Cheese, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Thickener (1442), Garlic, Salt, Yeast Extract, Olive Oil, Pepper

Serving Size: 240g

	per serving	per 100g
Energy	872kJ (208Cal)	363kJ (87Cal)
Protein	17.4g	7.3g
Fat, Total	3.7g	1.5g
- Saturated	1.7g	0.7g
Carbohydrate	23.4g	9.8g
- Sugars	2.7g	1.1g
Dietary Fibre	5.2g	2.2g
Sodium	466mg	194mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Chicken Burger Pattie

Ingredients: Chicken (49%), Beans, Mushroom, Shallot, Breadcrumbs (Wheat Flour, Gluten, Canola Oil, Salt, Sugar, Yeast), Egg White, Garlic, Coriander, Chilli, Salt, Herbs

Serving Size: 65g

	per serving	per 100g
Energy	347kJ (83Cal)	534kJ (127Cal)
Protein	11.2g	17.3g
Fat, Total	1.0g	1.5g
- Saturated	0.3g	0.4g
Carbohydrate	6.2g	9.5g
- Sugars	0.7g	1.1g
Dietary Fibre	2.1g	3.2g
Sodium	155mg	239mg

CONTAINS: Wheat, Egg

Chicken Cacciatore Pasta

Ingredients: Pasta (32%) (Water, Durum Wheat Semolina), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Chicken (12%), Mushroom, Onion, Roasted Capsicum, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Semi Dried Tomatoes, Olives, Sugar, Garlic, Olive Oil, Balsamic Vinegar, Basil, Salt, Pepper

Serving Size: 280g

	per serving	per 100g
Energy	1020kJ (244Cal)	365kJ (87Cal)
Protein	18.5g	6.6g
Fat, Total	4.5g	1.6g
- Saturated	0.8g	0.3g
Carbohydrate	32.5g	11.6g
- Sugars	8.3g	3.0g
Dietary Fibre	5.3g	1.9g
Sodium	431mg	154mg

CONTAINS: Wheat

Chicken Cannelloni

Ingredients: Chicken Cannelloni (60%) (Durum Wheat Semolina, Chicken (17%), Peas, Pumpkin, Onion, Wheat Flour, Water, Sweet Potato, Ricotta Cheese, Wholemeal Breadcrumbs, Egg, Salt, Garlic Powder, Sage, Nutmeg, Pepper), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Roasted Capsicum, Semi Dried Tomatoes, Parmesan Cheese, Sugar, Garlic, Balsamic Vinegar, Olive Oil, Salt, Pepper

Serving Size: 235g

	per serving	per 100g
Energy	1150kJ (275Cal)	491kJ (117Cal)
Protein	18.3g	7.8g
Fat, Total	6.2g	2.6g
- Saturated	2.5g	1.1g
Carbohydrate	36.1g	15.4g
- Sugars	10.0g	4.3g
Dietary Fibre	5.3g	2.3g
Sodium	414mg	176mg

CONTAINS: Wheat, Egg, Milk

Chicken Chow Mein

Ingredients: Chicken (24%), Hokkien Noodles (23%) (Wheat Flour, Water, Gluten, Colours (101, 110), Preservative (202)), Cabbage, Onion, Red Capsicum, Beans, Oyster Sauce (Water, Sugar, Salt, Oyster Extracts, Flavour Enhancer (621), Modified Starch, Wheat Flour, Colour (150c)), Garlic, Shallot, Sugar, Coriander, Sesame Oil, Thickener (1422), Canola Oil, Pepper

Serving Size: 220g

	per serving	per 100g
Energy	926kJ (221Cal)	421kJ (101Cal)
Protein	19.9g	9.1g
Fat, Total	3.8g	1.7g
- Saturated	0.7g	0.3g
Carbohydrate	24.7g	11.2g
- Sugars	9.6g	4.4g
Dietary Fibre	4.9g	2.2g
Sodium	760mg	345mg

CONTAINS: Wheat, Fish, Sesame Seeds

Chicken Noodle Soup

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

Serving Size: 250g

	per serving	per 100g
Energy	438kJ (105Cal)	175kJ (42Cal)
Protein	9.0g	3.6g
Fat, Total	2.6g	1.0g
- Saturated	1.0g	0.4g
Carbohydrate	9.9g	4.0g
- Sugars	4.6g	1.8g
Dietary Fibre	3.1g	1.2g
Sodium	539mg	215mg

CONTAINS: Wheat, Milk

Chicken Satay

Ingredients: Rice, Chicken (17%), Carrot, Daikon, Beans, Coconut Flavoured Evaporated Milk (Milk, Coconut Flavour, Vegetable Gum (407)), Chicken Stock, Sweet Soy Sauce (Contains Soy, Wheat), Peanuts (1.5%), Honey, Ginger, Garlic, Lemon Juice, Thickener (1442), Sugar, Soy Sauce (Contains Soy, Wheat), Tomato Sauce, Lite Salt, Peanut Oil, Coriander, Turmeric, Peanut Flavour (Contains Sesame), Five Spice, Chilli Powder

Serving Size: 320g

	per serving	per 100g
Energy	1470kJ (352Cal)	461kJ (110Cal)
Protein	20.9g	6.5g
Fat, Total	9.2g	2.9g
- Saturated	2.6g	0.8g
Carbohydrate	43.6g	13.6g
- Sugars	18.6g	5.8g
Dietary Fibre	4.7g	1.5g
Sodium	468mg	146mg

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

Chicken Tender, Lebanese

Ingredients: Chicken (86%), Garlic, Lemon Juice, Olive Oil, Sumac, Oregano, Salt, Cinnamon, Pepper

Serving Size: 60g

	per serving	per 100g
Energy	344kJ (82Cal)	574kJ (137Cal)
Protein	14.1g	23.4g
Fat, Total	2.1g	3.6g
- Saturated	0.5g	0.8g
Carbohydrate	1.1g	1.9g
- Sugars	0.3g	0.4g
Dietary Fibre	1.3g	2.1g
Sodium	99mg	165mg

Chicken Tender, Lemon Pepper

Ingredients: Chicken (97%), Seasoning

Serving Size: 60g

	per serving	per 100g
Energy	303kJ (72Cal)	505kJ (121Cal)
Protein	16.0g	26.6g
Fat, Total	0.4g	0.7g
- Saturated	0.2g	0.3g
Carbohydrate	0.4g	0.7g
- Sugars	0.4g	0.7g
Dietary Fibre	1.0g	1.7g
Sodium	230mg	383mg

Chicken Tender, Pesto

Ingredients: Chicken (83%), Pesto Sauce (17%) (Basil, Spinach, Semi Dried Tomatoes, Almonds, Garlic, Olive Oil, Lemon Juice, Parmesan Cheese, Salt, Pepper)

Serving Size: 70g

	per serving	per 100g
Energy	400kJ (96Cal)	572kJ (137Cal)
Protein	16.2g	23.1g
Fat, Total	3.0g	4.2g
- Saturated	0.7g	0.9g
Carbohydrate	1.0g	1.5g
- Sugars	0.5g	0.8g
Dietary Fibre	0.8g	1.1g
Sodium	122mg	174mg

CONTAINS: Milk, Tree Nuts

MAY CONTAIN: Egg

Chicken Tender, Soy

Ingredients: Chicken (87%), Soy Sauce (Contains Soy, Wheat), Sugar, Sweet Soy Sauce (Contains Soy, Wheat), Ginger, Garlic, Rice Wine, Cinnamon, Anise, Vegetable Gum (415)

Serving Size: 60g

	per serving	per 100g
Energy	317kJ (76Cal)	529kJ (126Cal)
Protein	15.8g	26.4g
Fat, Total	0.3g	0.5g
- Saturated	0.1g	0.2g
Carbohydrate	2.0g	3.3g
- Sugars	1.3g	2.1g
Dietary Fibre	0.5g	0.8g
Sodium	105mg	175mg

CONTAINS: Wheat, Soybean

Chickpeas, Roasted

Ingredients: Chickpeas, Vegetable Oil, Salt

Serving Size: 35g

	per serving	per 100g
Energy	564kJ (135Cal)	1610kJ (385Cal)
Protein	7.4g	21.2g
Fat, Total	3.2g	9.0g
- Saturated	0.6g	1.6g
Carbohydrate	16.2g	46.2g
- Sugars	0.6g	1.8g
Dietary Fibre	5.8g	16.5g
Sodium	168mg	480mg

Chilli Con Carne with Wedges

Ingredients: Potatoes (27%), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Beef (19%), Kidney Beans (9%), Onion, Red Capsicum, Celery, Tomato Paste, Corn, Parmesan Cheese, Garlic, Seasoning, Chilli, Sugar, Canola Oil, Cumin, Thickener (1422), Lite Salt, Oregano, Paprika, Cinnamon

Serving Size: 364g

	per serving	per 100g
Energy	1210kJ (290Cal)	333kJ (80Cal)
Protein	23.5g	6.5g
Fat, Total	6.4g	1.8g
- Saturated	2.3g	0.6g
Carbohydrate	31.8g	8.7g
- Sugars	9.2g	2.5g
Dietary Fibre	8.6g	2.4g
Sodium	564mg	155mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Chopped Salad

Ingredients: Lettuce, Cabbage, Cucumber, Tomato, Red Capsicum, Carrot, Celery, Coriander, Shallot

Serving Size: 145g

	per serving	per 100g
Energy	119kJ (29Cal)	82kJ (20Cal)
Protein	1.7g	1.2g
Fat, Total	0.2g	0.2g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	3.5g	2.4g
- Sugars	3.4g	2.3g
Dietary Fibre	2.8g	2.0g
Sodium	36mg	25mg

Chutney, Fruit

Ingredients: Water, Apple (20%) (Contains Food Acid (300)), Liquid Sugar (Sugar, Water), Onion, Tomato Paste, Brown Sugar, Malt Vinegar, Mollasses, Sultanas, Salt, Canola Oil, Modified Starch (1422), Garlic, Vegetable Gum (415), Colour (150d), Flavour

Serving Size: 28g

	per serving	per 100g
Energy	132kJ (31Cal)	470kJ (112Cal)
Protein	0.2g	0.7g
Fat, Total	0.3g	1.1g
- Saturated	less than 0.1g	0.1g
Carbohydrate	6.8g	24.3g
- Sugars	6.4g	22.8g
Dietary Fibre	0.6g	2.0g
Sodium	115mg	412mg

CONTAINS: Wheat, Barley

Chutney, Onion

Ingredients: Onions (75%), Water, Canola Oil, Brown Sugar, Balsamic Vinegar (Vinegar, Grape Extract, Antioxidant (224)), White Vinegar, Salt, Modified Starch (1422), Herbs & Spices, Food Acid (330)

Serving Size: 28g

	per serving	per 100g
Energy	132kJ (32Cal)	472kJ (113Cal)
Protein	0.4g	1.5g
Fat, Total	1.7g	6.0g
- Saturated	0.1g	0.5g
Carbohydrate	3.6g	12.7g
- Sugars	2.9g	10.5g
Dietary Fibre	0.3g	1.0g
Sodium	69mg	245mg

CONTAINS: Sulphites

Cookie, Muesli

Ingredients: Dried Fruit (27%) (Apricots, Sultanas, Paw Paw), Wholemeal Wheat Flour, Rolled Oats, Sugar, Canola Oil, Maize Starch, Water, Honey, Rice Pops (Rice Flour, Rice Bran, Water, Sugar, Salt, Treacle), Emulsifiers (471, Soy Lecithin), Food Acids (260, 222), Egg, Invert Syrup, Thickener (1422), Mineral Salts (450, 500, 341, 339), Flavour, Preservative (220), Vegetable Oil (Soy)

Serving Size: 40g

	per serving	per 100g
Energy	700kJ (167Cal)	1750kJ (418Cal)
Protein	2.4g	6.1g
Fat, Total	4.6g	11.6g
- Saturated	0.6g	1.5g
Carbohydrate	27.0g	67.5g
- Sugars	13.9g	34.7g
Dietary Fibre	3.5g	8.7g
Sodium	100mg	250mg

CONTAINS: Wheat, Oats, Egg, Soybean, Sulphites

MAY CONTAIN: Milk, Peanuts, Tree Nuts, Sesame Seeds

Cookie, Sultana & Date

Ingredients: Wheat Flour, Sultanas (20%), Dates (10%), Canola Oil, Sugar, Dextrose, Water, Maize Starch, Rice Flour, Mineral Salts (450, 500, 341, 339), Emulsifiers (Soy Lecithin, 471), Food Acids (260, 222), Whey Protein Concentrate, Thickener (1422), Vegetable Oil (Soy)

Serving Size: 40g

	per serving	per 100g
Energy	654kJ (156Cal)	1630kJ (390Cal)
Protein	2.4g	5.9g
Fat, Total	3.9g	9.7g
- Saturated	0.5g	1.2g
Carbohydrate	26.3g	65.8g
- Sugars	14.8g	37.1g
Dietary Fibre	2.7g	6.7g
Sodium	132mg	329mg

CONTAINS: Wheat, Milk, Soybean, Sulphites

MAY CONTAIN: Peanuts, Tree Nuts, Sesame Seeds

Corn Chips

Ingredients: Corn, Canola Oil, Salt

Serving Size: 20g

	per serving	per 100g
Energy	409kJ (98Cal)	2050kJ (489Cal)
Protein	1.7g	8.7g
Fat, Total	4.4g	22.2g
- Saturated	1.9g	9.3g
Carbohydrate	12.2g	61.2g
- Sugars	0.3g	1.4g
Dietary Fibre	2.6g	12.9g
Sodium	48mg	240mg

MAY CONTAIN: Milk

Corn Fritters

Ingredients: Creamed Corn (44%) (Sweet Corn, Water, Sugar, Thickener (1412), Salt), Corn (21%), Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Egg White, Egg, Baking Powder (Contains Raising Agents (450, 500)), Salt, Paprika, Pepper

Serving Size: 100g

	per serving	per 100g
Energy	574kJ (137Cal)	574kJ (137Cal)
Protein	5.7g	5.7g
Fat, Total	1.5g	1.5g
- Saturated	0.3g	0.3g
Carbohydrate	24.6g	24.6g
- Sugars	3.4g	3.4g
Dietary Fibre	2.4g	2.4g
Sodium	490mg	490mg

CONTAINS: Wheat, Egg

Corned Beef

Ingredients: Corned Beef (Beef, Mineral Salts (451, 452, 500), Antioxidant (316), Preservative (250))

Serving Size: 50g

	per serving	per 100g
Energy	290kJ (69Cal)	580kJ (139Cal)
Protein	13.2g	26.4g
Fat, Total	1.7g	3.3g
- Saturated	0.7g	1.4g
Carbohydrate	0.4g	0.7g
- Sugars	0.4g	0.7g
Dietary Fibre	0.0g	0.0g
Sodium	630mg	1260mg

Country Beef Soup

Ingredients: Beef Stock, Beef (23%), Carrot, Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Potatoes, Green Capsicum, Red Capsicum, Lentils, Wheat Flour, Garlic, Paprika, Olive Oil, Salt, Tomato Paste, Caraway Seeds, Marjoram, Pepper

Serving Size: 270g

	per serving	per 100g
Energy	734kJ (175Cal)	272kJ (65Cal)
Protein	18.9g	7.0g
Fat, Total	4.5g	1.7g
- Saturated	1.5g	0.6g
Carbohydrate	13.6g	5.0g
- Sugars	4.8g	1.8g
Dietary Fibre	4.3g	1.6g
Sodium	384mg	142mg

CONTAINS: Wheat

Cracker & Nut Mix

Ingredients: Crackers (Rice, Soy Sauce (Soy, Wheat, Salt, Water), Sugar, Seaweed, Colours (102, 110, 122, 133), Chilli, Modified Tapioca Starch, Wheaten Flour, Yeast, Vegetable Oil), Almonds, Cashews, Peanuts, Vegetable Oil, Sea Salt

Serving Size: 25g

	per serving	per 100g
Energy	475kJ (113Cal)	1900kJ (454Cal)
Protein	3.1g	12.5g
Fat, Total	4.7g	18.7g
- Saturated	0.7g	2.6g
Carbohydrate	14.6g	58.6g
- Sugars	1.2g	4.6g
Dietary Fibre	1.0g	3.9g
Sodium	190mg	762mg

CONTAINS: Wheat, Peanuts, Soybean, Tree Nuts

MAY CONTAIN: Sesame Seeds

Cranberry Sauce

Ingredients: Cranberry Sauce (Water, Cranberries, Sugar, Vegetable Gum (440)), Cranberry Juice (Water, Cranberry Juice, Sugar, Food Acid (330)), Water, Sugar, Vegetable Gums (440, 410, 415, 412), Food Acids (330, 331)

Serving Size: 20g

	per serving	per 100g
Energy	111kJ (27Cal)	556kJ (133Cal)
Protein	less than 0.1g	0.1g
Fat, Total	less than 0.1g	0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	6.5g	32.3g
- Sugars	6.3g	31.6g
Dietary Fibre	less than 0.1g	less than 0.1g
Sodium	7mg	35mg

Crispy Noodles

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

Serving Size: 20g

	per serving	per 100g
Energy	414kJ (99Cal)	2070kJ (495Cal)
Protein	1.5g	7.4g
Fat, Total	4.8g	24.1g
- Saturated	1.3g	6.5g
Carbohydrate	12.3g	61.7g
- Sugars	0.0g	0.0g
Dietary Fibre	0.4g	1.8g
Sodium	121mg	604mg

CONTAINS: Wheat

Crispy Salad

Ingredients: Chinese Cabbage, Carrot, Corn, Cucumber, Radish

Serving Size: 155g

	per serving	per 100g
Energy	185kJ (44Cal)	119kJ (29Cal)
Protein	1.8g	1.1g
Fat, Total	0.3g	0.2g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	7.9g	5.1g
- Sugars	4.1g	2.6g
Dietary Fibre	2.9g	1.9g
Sodium	31mg	20mg

Croutons, Wholemeal

Ingredients: Wheat Flour, Rye Flour, Crushed Rye, Water, Iodised Salt, Wheat Gluten, Wheat Fibre, Yeast, Rice Flour, Sugar, Cheese Powder, Whey Powder, Food Acids (262, 300), Enzyme (Amylase), Flavour, Vegetable Powder, Corn Protein

Serving Size: 10g

	per serving	per 100g
Energy	129kJ (31Cal)	1290kJ (308Cal)
Protein	1.3g	13.0g
Fat, Total	0.2g	2.2g
- Saturated	less than 0.1g	0.4g
Carbohydrate	5.3g	52.8g
- Sugars	0.2g	2.0g
Dietary Fibre	1.0g	9.9g
Sodium	95mg	948mg

CONTAINS: Wheat, Rye, Milk

Crunchy Noodle Snack

Ingredients: Multigrain Noodles & Chips (Yellow Peas, Chickpeas, Rice, Potato, Tapioca, Sunflower Oil, Sesame Seeds), Green Peas, Chickpeas, Sunflower Oil, Salt, Herbs & Spices, Sugar

Serving Size: 25g

	per serving	per 100g
Energy	529kJ (126Cal)	2120kJ (505Cal)
Protein	5.0g	19.8g
Fat, Total	5.9g	23.5g
- Saturated	0.6g	2.5g
Carbohydrate	13.3g	53.3g
- Sugars	0.6g	2.3g
Dietary Fibre	1.3g	5.2g
Sodium	170mg	680mg

CONTAINS: Sesame Seeds

Cucumber Raita

Ingredients: Yoghurt (49%) (Milk, Skim Milk Powder, Culture), Cucumber (35%), Water, Modified Starch (1422), Sugar, Milk Solids, Garlic, Salt, Ginger, Food Acid (330), Herbs & Spices, Vegetable Gums (415, 412), Mineral Salt (339), Mint

Serving Size: 30g

	per serving	per 100g
Energy	76kJ (18Cal)	252kJ (60Cal)
Protein	1.0g	3.3g
Fat, Total	0.6g	2.1g
- Saturated	0.4g	1.3g
Carbohydrate	1.9g	6.3g
- Sugars	1.3g	4.4g
Dietary Fibre	less than 0.1g	0.2g
Sodium	105mg	348mg

CONTAINS: Milk

Dessert, Apple Crumble

Ingredients: Apples (48%), Water, Sugar, Sultanas, Self Raising Flour (Contains Raising Agents (339, 341, 450, 500)), Skim Milk Powder, Margarine, Oats, Thickener (1442), Coconut Flakes, Vanilla Essence, Cinnamon, Salt, Colour (160a)

Serving Size: 165g

	per serving	per 100g
Energy	790kJ (189Cal)	479kJ (114Cal)
Protein	3.3g	2.0g
Fat, Total	2.6g	1.6g
- Saturated	1.1g	0.7g
Carbohydrate	37.5g	22.7g
- Sugars	25.1g	15.2g
Dietary Fibre	1.6g	1.0g
Sodium	113mg	69mg

CONTAINS: Wheat, Oats, Milk

Dessert, Apricot Pudding

Ingredients: Apricot (42%), Water, Golden Syrup, Apricot Puree (6%) (Apricot, Food Acids (330, 300)), Sugar, Egg, Self Raising Flour (Contains Raising Agents (339, 341, 450, 500)), Skim Milk Powder, Wheat Bran, Margarine, Thickener (1442), Raising Agent (500), Vanilla Essence, Salt, Colour (160a)

Serving Size: 165g

	per serving	per 100g
Energy	742kJ (177Cal)	450kJ (107Cal)
Protein	3.9g	2.4g
Fat, Total	2.2g	1.3g
- Saturated	0.8g	0.5g
Carbohydrate	35.0g	21.2g
- Sugars	25.5g	15.5g
Dietary Fibre	3.9g	2.4g
Sodium	207mg	126mg

CONTAINS: Wheat, Egg, Milk

Dessert, Raspberry & Apple Crumble

Ingredients: Water, Apples (25%), Raspberries (12%), Sugar, Skim Milk Powder, Self Raising Flour (Contains Raising Agents (339, 341, 450, 500)), Thickener (1442, 1422), Margarine, Oats, Sultanas, Coconut Flakes, Vanilla Essence, Cinnamon, Salt, Colour (160a)

Serving Size: 165g

	per serving	per 100g
Energy	835kJ (200Cal)	506kJ (121Cal)
Protein	3.7g	2.3g
Fat, Total	2.6g	1.6g
- Saturated	1.1g	0.7g
Carbohydrate	38.4g	23.2g
- Sugars	26.0g	15.7g
Dietary Fibre	2.2g	1.3g
Sodium	121mg	73mg

CONTAINS: Wheat, Oats, Milk

Dessert, Rice Pudding

Ingredients: Water, Rice (10%), Sugar, Cream (Cream, Gelatine, Vegetable Gum (407a), Emulsifier (471)), Skim Milk Powder, Thickener (1442), Vanilla Essence, Cinnamon, Salt

Serving Size: 176g

	per serving	per 100g
Energy	855kJ (204Cal)	486kJ (116Cal)
Protein	4.3g	2.5g
Fat, Total	3.7g	2.1g
- Saturated	2.4g	1.4g
Carbohydrate	36.2g	20.6g
- Sugars	17.5g	10.0g
Dietary Fibre	0.7g	0.4g
Sodium	118mg	67mg

CONTAINS: Milk

Dijon Chicken & Pasta Salad

Ingredients: Cooked Pasta (38%) (Water, Durum Wheat Semolina), Chicken (16%), Zucchini, Celery, Corn, Mayonnaise (Water, Sugar, Vinegar, Thickeners (1401, 1442), Vegetable Oil, Salt, Vegetable Gums (415, 440a), Mustard, Egg, Natural Colours (101, 160a, 171), Preservatives (202, 385), Mineral Salts (341, 509), Flavour), Red Capsicum, Onion, Mustard (3%), Seasoning, Salt, Lemon Juice, Pepper, Herb

Serving Size: 210g

	per serving	per 100g
Energy	1040kJ (248Cal)	494kJ (118Cal)
Protein	15.9g	7.6g
Fat, Total	4.1g	2.0g
- Saturated	1.1g	0.5g
Carbohydrate	35.5g	16.9g
- Sugars	5.0g	2.4g
Dietary Fibre	2.9g	1.4g
Sodium	527mg	251mg

CONTAINS: Wheat, Egg

MAY CONTAIN: Soybean

Dressing, Asian Chilli Plum

Ingredients: Apricot (Apricot, Water, Sugar, Mineral Salt (509)), Water, Plum Sauce (12%) (Plums, Water, Starch, Salt, Sugar, Vinegar), Sugar, Modified Starch (1422), Malt Vinegar, Salt, Chilli, Garlic

Serving Size: 28g

	per serving	per 100g
Energy	132kJ (32Cal)	471kJ (113Cal)
Protein	less than 0.1g	0.2g
Fat, Total	less than 0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	7.7g	27.4g
- Sugars	6.4g	22.7g
Dietary Fibre	0.3g	1.2g
Sodium	299mg	1070mg

CONTAINS: Wheat, Barley

Dressing, Basil

Ingredients: Water, Canola Oil (Contains Antioxidant (306)), Red Wine Vinegar (Contains Preservative (224)), Basil (10%), Balsamic Vinegar, Vinegar, Pine Nuts, Parmesan Cheese, Sugar, Salt, Garlic, Herbs & Spices, Vegetable Gum (415), Food Acid (330)

Serving Size: 20g

	per serving	per 100g
Energy	166kJ (40Cal)	831kJ (198Cal)
Protein	0.3g	1.6g
Fat, Total	4.0g	19.9g
- Saturated	0.4g	1.9g
Carbohydrate	0.7g	3.4g
- Sugars	0.5g	2.4g
Dietary Fibre	0.2g	1.0g
Sodium	118mg	589mg

CONTAINS: Milk, Tree Nuts, Sulphites

Dressing, Garlic Lemon Vinaigrette

Ingredients: Sugar, Lemon Juice (22%), Water, Olive Oil, Malt Vinegar, Garlic, Salt, Tapioca Maltodextrin, Herbs & Spices, White Vinegar, Capsicum, Onion, Vegetable Gums (415, 405), Flavour, Food Acid (330), Colour (150d)

Serving Size: 20g

	per serving	per 100g
Energy	199kJ (47Cal)	993kJ (237Cal)
Protein	0.2g	1.1g
Fat, Total	2.5g	12.5g
- Saturated	0.3g	1.7g
Carbohydrate	5.7g	28.5g
- Sugars	5.2g	26.0g
Dietary Fibre	0.2g	1.2g
Sodium	267mg	1330mg

CONTAINS: Wheat, Barley, Soybean

Dressing, Hoisin

Ingredients: Hoi Sin Sauce (46%) (Soy Bean, Sugar, Water, Vinegar, Garlic, Salt, Modified Maize Starch, Chilli, Colour (122)), Lime Juice (Contains Preservative (202)), Sugar, Water, Fish Sauce (Water, Anchovy, Salt, Sugar), Canola Oil, Vegetable Gum (415)

Serving Size: 20g

	per serving	per 100g
Energy	135kJ (32Cal)	675kJ (161Cal)
Protein	0.3g	1.7g
Fat, Total	0.5g	2.7g
- Saturated	less than 0.1g	0.4g
Carbohydrate	6.1g	30.5g
- Sugars	5.4g	27.2g
Dietary Fibre	0.9g	4.7g
Sodium	306mg	1530mg

CONTAINS: Wheat, Fish, Soybean

Dressing, Sweet Chilli & Sesame

Ingredients: Rice Vinegar, Sugar, Water, Soy Sauce (Soya Beans, Wheat, Water, Salt, Caramel, Sugar, Preservative (210)), Sesame Oil, Chilli, Vinegar, Salt, Modified Starch (1422), Garlic, Ginger, Vegetable Gums (415, 412)

Serving Size: 20g

	per serving	per 100g
Energy	110kJ (26Cal)	552kJ (132Cal)
Protein	0.2g	0.8g
Fat, Total	0.9g	4.6g
- Saturated	0.1g	0.6g
Carbohydrate	4.4g	22.2g
- Sugars	3.8g	19.0g
Dietary Fibre	0.0g	0.0g
Sodium	236mg	1180mg

CONTAINS: Wheat, Soybean, Sesame Seeds

Dressing, Sweet Chilli Sauce

Ingredients: Sugar, Water, Vinegar, Chilli, Salt, Modified Starch (1422), Garlic, Ginger, Capsicum, Vegetable Gums (415, 412), Spice Extract

Serving Size: 15g

	per serving	per 100g
Energy	113kJ (27Cal)	753kJ (180Cal)
Protein	less than 0.1g	0.3g
Fat, Total	less than 0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	6.5g	43.5g
- Sugars	6.1g	40.8g
Dietary Fibre	0.7g	4.4g
Sodium	149mg	996mg

Egg Spread, Plain

Ingredients: Egg (75%), Mayonnaise (16%) (Water, Sugar, Vinegar, Thickeners (1401, 1442), Vegetable Oil, Salt, Vegetable Gums (415, 440a), Mustard, Egg, Natural Colours (101, 160a, 171), Preservatives (202, 385), Mineral Salts (341, 509), Flavour), Shallot, Salt, Pepper

Serving Size: 60g

	per serving	per 100g
Energy	337kJ (81Cal)	562kJ (134Cal)
Protein	6.1g	10.1g
Fat, Total	5.2g	8.6g
- Saturated	1.5g	2.5g
Carbohydrate	2.4g	4.0g
- Sugars	1.9g	3.2g
Dietary Fibre	0.1g	0.2g
Sodium	318mg	529mg

CONTAINS: Egg

Egg, Raw

Ingredients: Egg

Serving Size: 48g

	per serving	per 100g
Energy	304kJ (73Cal)	633kJ (151Cal)
Protein	6.3g	13.2g
Fat, Total	5.2g	10.9g
- Saturated	1.6g	3.3g
Carbohydrate	0.1g	0.3g
- Sugars	0.1g	0.3g
Dietary Fibre	0.0g	0.0g
Sodium	59mg	123mg

CONTAINS: Egg

Fried Rice with BBQ Chicken

Ingredients: Rice (42%), Chicken (22%), Carrot, Chicken Stock, Ham (Contains Mineral Salts (451, 452), Antioxidant (316), Vegetable Gum (415), Preservative (250)), Peas, Corn, Oyster Sauce (Contains Fish, Wheat, Flavour Enhancer (621), Colour (150c)), Onion, Egg, Shallots, Capsicum, Soy Sauce (Contains Soy, Wheat), Sugar, Sweet Soy Sauce (Contains Soy, Wheat), Thickener (1422), Garlic, Sesame Oil, Sweet Chilli Sauce, Olive Oil, Pepper

Serving Size: 290g

	per serving	per 100g
Energy	1430kJ (343Cal)	495kJ (118Cal)
Protein	23.9g	8.2g
Fat, Total	6.7g	2.3g
- Saturated	1.8g	0.6g
Carbohydrate	45.2g	15.6g
- Sugars	7.3g	2.5g
Dietary Fibre	3.0g	1.0g
Sodium	967mg	333mg

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

Fruit & Nut Bar

Ingredients: Dried Fruit (30%) (Apricots, Raisins, Sultanas, Apple), Nuts (30%) (Peanuts, Almonds, Cashews), Glucose, Honey, Puffed Rice, Emulsifier (472c), Preservative (220), Vegetable Oil

Serving Size: 30g

	per serving	per 100g
Energy	494kJ (118Cal)	1650kJ (393Cal)
Protein	2.6g	8.7g
Fat, Total	4.3g	14.3g
- Saturated	0.5g	1.7g
Carbohydrate	17.4g	58.0g
- Sugars	9.6g	32.1g
Dietary Fibre	1.3g	4.2g
Sodium	3mg	11mg

CONTAINS: Wheat, Peanuts, Tree Nuts, Sulphites

MAY CONTAIN: Milk, Soybean, Sesame Seeds

Fruit Cake, Light

Ingredients: Water, Wholemeal Self Raising Flour (Wholemeal Wheat Flour, Raising Agents (339, 341, 450, 500)), Dried Apricots (20%) (Apricots, Rice Flour, Preservative (220)), Sultanas (20%) (Sultanas, Vegetable Oil), Sugar, Wheat Bran, Skim Milk Powder, Cinnamon

Serving Size: 60g

	per serving	per 100g
Energy	585kJ (140Cal)	974kJ (233Cal)
Protein	3.6g	6.1g
Fat, Total	0.5g	0.8g
- Saturated	less than 0.1g	0.1g
Carbohydrate	27.6g	46.0g
- Sugars	18.9g	31.6g
Dietary Fibre	4.6g	7.7g
Sodium	107mg	178mg

CONTAINS: Wheat, Milk, Sulphites

Fruit Compote

Ingredients: Orange Juice (Orange Juice, Reconstituted Orange Juice, Sugar, Vitamin C, Preservative (202), Flavour), Dates (Dates, Rice Starch), Dried Apricots (Apricots, Rice Flour, Preservative (220)), Sultanas (Sultanas, Vegetable Oil), Citrus Peel (Contains Preservative (223)), Mixed Spice, Cloves, Cinnamon

Serving Size: 60g

	per serving	per 100g
Energy	385kJ (92Cal)	641kJ (153Cal)
Protein	1.0g	1.7g
Fat, Total	0.1g	0.2g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	21.9g	36.4g
- Sugars	20.4g	34.0g
Dietary Fibre	2.4g	3.9g
Sodium	9mg	15mg

CONTAINS: Sulphites

Fruit Cup Fruit Salad

Ingredients: Fruit (59%) (Pears, Peaches, Pineapple), Concentrated Fruit Juice (Pear, Apple), Food Acid (300)

Serving Size: 140g

	per serving	per 100g
Energy	333kJ (80Cal)	238kJ (57Cal)
Protein	0.7g	0.5g
Fat, Total	0.1g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	17.9g	12.8g
- Sugars	12.7g	9.1g
Dietary Fibre	2.1g	1.5g
Sodium	8mg	6mg

Fruit Cup, Peach

Ingredients: Peaches (59%), Concentrated Fruit Juice (Pear, Apple), Food Acid (300)

Serving Size: 140g

	per serving	per 100g
Energy	332kJ (79Cal)	237kJ (57Cal)
Protein	0.8g	0.6g
Fat, Total	0.1g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	18.3g	13.1g
- Sugars	12.2g	8.7g
Dietary Fibre	2.1g	1.5g
Sodium	13mg	9mg

Fruit Cup, Pear

Ingredients: Pears (59%), Concentrated Fruit Juice (Pear, Apple) Food Acid (300)

Serving Size: 140g

	per serving	per 100g
Energy	346kJ (83Cal)	247kJ (59Cal)
Protein	0.3g	0.2g
Fat, Total	0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	19.7g	14.1g
- Sugars	13.2g	9.4g
Dietary Fibre	2.4g	1.7g
Sodium	3mg	2mg

Fruit Cup, Two Fruits

Ingredients: Fruit (59%) (Pears, Peaches), Concentrated Fruit Juice (Pear, Apple), Water, Food Acid (300)

Serving Size: 140g

	per serving	per 100g
Energy	255kJ (61Cal)	182kJ (44Cal)
Protein	0.6g	0.4g
Fat, Total	0.1g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	14.3g	10.2g
- Sugars	10.2g	7.3g
Dietary Fibre	2.2g	1.6g
Sodium	8mg	6mg

Fruit Medley

Ingredients: Dried Peach, Dried Apple, Dried Pear, Dried Apricot, Sultanas, Vegetable Oil, Preservative (220)

Serving Size: 40g

	per serving	per 100g
Energy	436kJ (104Cal)	1090kJ (260Cal)
Protein	0.9g	2.2g
Fat, Total	0.4g	0.9g
- Saturated	0.3g	0.8g
Carbohydrate	25.1g	62.7g
- Sugars	21.2g	53.1g
Dietary Fibre	3.3g	8.2g
Sodium	7mg	18mg

CONTAINS: Sulphites

Fruit n Nut Mix

Ingredients: Raisins, Sultanas, Almonds, Pepitas, Cashews, Sunflower Seeds, Vegetable Oil

Serving Size: 25g

	per serving	per 100g
Energy	448kJ (107Cal)	1790kJ (428Cal)
Protein	2.5g	9.9g
Fat, Total	5.1g	20.6g
- Saturated	0.6g	2.6g
Carbohydrate	12.2g	48.7g
- Sugars	10.7g	42.9g
Dietary Fibre	1.4g	5.7g
Sodium	7mg	28mg

CONTAINS: Tree Nuts

MAY CONTAIN: Wheat, Peanuts, Soybean

Greek Meatballs

Ingredients: Beef Mince (57%), Onion, Tomato, Breadcrumbs (Wheat Flour, Gluten, Canola Oil, Salt, Sugar, Yeast), Egg White, Parsley, Salt, Dill, Pepper

Serving Size: 60g

	per serving	per 100g
Energy	333kJ (80Cal)	555kJ (132Cal)
Protein	9.0g	14.9g
Fat, Total	2.8g	4.6g
- Saturated	1.1g	1.8g
Carbohydrate	4.2g	7.0g
- Sugars	0.8g	1.3g
Dietary Fibre	1.0g	1.7g
Sodium	192mg	320mg

CONTAINS: Wheat, Egg

Ham

Ingredients: Ham (Pork, Water, Potato Starch, Dextrose, Salt, Mineral Salts (451, 450), Vegetable Gum (407), Sugar, Antioxidant (316), Hydrolysed Vegetable Protein, Preservative (250), Natural Smoke)

Serving Size: 50g

	per serving	per 100g
Energy	240kJ (57Cal)	480kJ (115Cal)
Protein	7.8g	15.5g
Fat, Total	1.5g	2.9g
- Saturated	0.6g	1.2g
Carbohydrate	1.9g	3.7g
- Sugars	0.8g	1.5g
Dietary Fibre	0.0g	0.0g
Sodium	372mg	745mg

Ham, Tomato & Cheese Omelette

Ingredients: Egg (36%), Egg White, Ham (14%) (Pork, Water, Salt, Potato Starch, Mineral Salts (451, 452), Sucrose, Dextrose, Antioxidant (316), Vegetable Gum (415), Preservative (250)), Tomatoes (9%) (Diced Tomatoes, Tomato Juice, Food Acid (330)), Cheddar Cheese (2.5%), Potato Starch, Skim Milk Powder, Parmesan Cheese, Vegetable Gum (415), Thickener (1422), Salt, Food Acid (330)

Serving Size: 116g

	per serving	per 100g
Energy	503kJ (120Cal)	433kJ (103Cal)
Protein	14.0g	12.1g
Fat, Total	5.6g	4.8g
- Saturated	1.9g	1.7g
Carbohydrate	3.7g	3.2g
- Sugars	1.6g	1.3g
Dietary Fibre	0.5g	0.5g
Sodium	474mg	408mg

CONTAINS: Egg, Milk

Hoisin Beef Noodles

Ingredients: Udon Noodle (18%) (Wheat Flour, Water, Gluten, Colours (101, 110), Preservative (202), Vitamin (Thiamin)), Beef (16%), Carrot, Beans, Chicken Stock, Soybeans, Red Capsicum, Hoisin Sauce (4.5%) (Contains Soy, Sesame Seeds, Colours (150a, 129)), Onion, Rice Wine, Oyster Sauce (Contains Fish, Wheat, Flavour Enhancer (621), Colour (150c)), Sherry, Garlic, Thickener (1422), Sugar, Sweet Soy Sauce (Contains Soy, Wheat), Ginger, Sesame Oil, Black Rice Vinegar, Canola Oil

Serving Size: 220g

	per serving	per 100g
Energy	922kJ (220Cal)	419kJ (100Cal)
Protein	21.3g	9.7g
Fat, Total	3.0g	1.4g
- Saturated	0.8g	0.4g
Carbohydrate	24.2g	11.0g
- Sugars	10.8g	4.9g
Dietary Fibre	4.8g	2.2g
Sodium	486mg	221mg

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

Honey

Ingredients: Honey

Serving Size: 13g

	per serving	per 100g
Energy	182kJ (44Cal)	1400kJ (335Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	10.7g	82.1g
- Sugars	10.7g	82.1g
Dietary Fibre	0.0g	0.0g
Sodium	2mg	14mg

Honey Mustard Chicken Salad

Ingredients: Apple, Chicken (26%), Dressing (14%) (Water, Lemon Juice, Canola Oil, Honey, Egg, Vinegar, Milk Powder, Herbs & Spices, Sugar, Modified Starch (1442), Sugar, Salt, Vegetable Gums (401, 415), Food Acid (330), Colour (171), Natural Flavour, Garlic), Pasta (Water, Durum Wheat Semolina), Corn, Dates (Dates, Rice Starch), Radish, Almonds, Parsley

Serving Size: 190g

	per serving	per 100g
Energy	1090kJ (261Cal)	574kJ (137Cal)
Protein	18.7g	9.8g
Fat, Total	8.1g	4.3g
- Saturated	1.6g	0.8g
Carbohydrate	27.2g	14.3g
- Sugars	16.4g	8.7g
Dietary Fibre	3.7g	1.9g
Sodium	146mg	77mg

CONTAINS: Wheat, Egg, Milk, Tree Nuts

Honey Soy Stir Fry

Ingredients: Hokkien Noodles (20%) (Wheat Flour, Water, Gluten, Colours (101, 110), Preservative (202)), Chicken, Corn, Carrot, Celery, Broccoli, Chicken Stock, Red Capsicum, Sweet Soy Sauce (Contains Soy, Wheat), Honey (2%), Soy Sauce (1%) (Contains Soy, Wheat), Oyster Sauce (Contains Fish, Wheat, Flavour Enhancer (621), Colour (150c)), Thickener (1422), Garlic, Parsley, Pepper

Serving Size: 301g

	per serving	per 100g
Energy	1270kJ (304Cal)	423kJ (101Cal)
Protein	19.6g	6.5g
Fat, Total	5.9g	2.0g
- Saturated	1.7g	0.6g
Carbohydrate	41.6g	13.8g
- Sugars	17.0g	5.7g
Dietary Fibre	6.8g	2.3g
Sodium	581mg	193mg

CONTAINS: Wheat, Fish, Soybean

Jam, Apricot

Ingredients: Sugar, Apricot (18%) (Firming Agent (509)), Invert Sugar, Water, Apricot Juice Concentrate, Pectin, Food Acid (331, 330)

Serving Size: 14g

	per serving	per 100g
Energy	171kJ (41Cal)	1220kJ (292Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	10.0g	71.7g
- Sugars	10.0g	71.2g
Dietary Fibre	0.2g	1.3g
Sodium	2mg	14mg

Jam, Marmalade

Ingredients: Sugar, Water, Invert Sugar, Orange (5%) Orange Juice Concentrate (3%), Food Acids (331, 330), Pectin

Serving Size: 14g

	per serving	per 100g
Energy	171kJ (41Cal)	1220kJ (291Cal)
Protein	less than 0.1g	0.1g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	10.0g	71.3g
- Sugars	9.9g	70.9g
Dietary Fibre	0.2g	1.3g
Sodium	3mg	23mg

Jam, Strawberry

Ingredients: Sugar, Strawberry, Invert Sugar, Water, Strawberry Juice Concentrate, Pectin, Food Acids (331, 330)

Serving Size: 14g

	per serving	per 100g
Energy	171kJ (41Cal)	1220kJ (292Cal)
Protein	less than 0.1g	0.3g
Fat, Total	less than 0.1g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	10.0g	71.4g
- Sugars	10.0g	71.1g
Dietary Fibre	0.2g	1.3g
Sodium	2mg	15mg

Kiwifruit

Ingredients: Kiwifruit

Serving Size: 78g

	per serving	per 100g
Energy	175kJ (42Cal)	224kJ (54Cal)
Protein	1.1g	1.4g
Fat, Total	0.2g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	7.6g	9.8g
- Sugars	7.6g	9.8g
Dietary Fibre	2.6g	3.3g
Sodium	5mg	6mg

Mandarin

Ingredients: Mandarin

Serving Size: 135g

	per serving	per 100g
Energy	236kJ (56Cal)	175kJ (42Cal)
Protein	1.2g	0.9g
Fat, Total	0.3g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	10.8g	8.0g
- Sugars	10.8g	8.0g
Dietary Fibre	2.7g	2.0g
Sodium	3mg	2mg

Margarine

Ingredients: Sunflower Oil (35% Min), Vegetable Oils, Water, Salt, Milk Solids, Emulsifiers (Soy Lecithin, 471), Food Acid (270), Preservative (202), Colours (160, 100), Vitamins (Vitamin A, Vitamin D), Flavour

Serving Size: 10g

	per serving	per 100g
Energy	278kJ (66Cal)	2780kJ (664Cal)
Protein	less than 0.1g	0.4g
Fat, Total	7.5g	75.0g
- Saturated	2.0g	19.6g
Carbohydrate	less than 0.1g	0.5g
- Sugars	less than 0.1g	0.5g
Dietary Fibre	0.0g	0.0g
Sodium	59mg	590mg

CONTAINS: Milk, Soybean

Mayonnaise

Ingredients: Water, Sugar, Canola Oil (Contains Antioxidant (306)), Egg Yolk, Modified Starch (1442), Vinegar, Salt, Vegetable Gums (415, 412), Dijon Mustard, Herbs & Spices, Lemon Juice, Food Acid (330), Spice Extract

Serving Size: 10g

	per serving	per 100g
Energy	62kJ (15Cal)	623kJ (149Cal)
Protein	0.1g	1.1g
Fat, Total	1.0g	10.4g
- Saturated	0.1g	1.3g
Carbohydrate	1.3g	12.9g
- Sugars	1.0g	10.3g
Dietary Fibre	less than 0.1g	0.4g
Sodium	74mg	740mg

CONTAINS: Egg, Sulphites

Mediterranean Meatballs & Pasta

Ingredients: Pasta (24%) (Water, Durum Wheat Semolina), Beef Mince (18%), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Roasted Capsicum, Zucchini, Eggplant, Red Onion, Red Capsicum, Garlic, Semi Dried Tomatoes, Breadcrumbs, Egg White, Sugar, Paprika, Parsley, Olive Oil, Salt, Balsamic Vinegar, Marjoram, Pepper

Serving Size: 247g

	per serving	per 100g
Energy	943kJ (225Cal)	382kJ (91Cal)
Protein	16.4g	6.6g
Fat, Total	5.4g	2.2g
- Saturated	1.7g	0.7g
Carbohydrate	27.2g	11.0g
- Sugars	7.8g	3.2g
Dietary Fibre	6.2g	2.5g
Sodium	359mg	145mg

CONTAINS: Wheat, Egg

Mediterranean Omelette

Ingredients: Egg (26%), Egg White (26%), Tomato, Zucchini, Red Capsicum, Eggplant, Parmesan Cheese, Onion, Beans, Tomato Paste, Potato Starch, Skim Milk Powder, Sugar, Thickener (1422), Chives, Salt, Vegetable Gum (415), Olive Oil, Chilli, Pepper, Food Acid (330)

Serving Size: 162g

	per serving	per 100g
Energy	584kJ (139Cal)	360kJ (86Cal)
Protein	13.5g	8.3g
Fat, Total	6.1g	3.8g
- Saturated	2.3g	1.4g
Carbohydrate	6.8g	4.2g
- Sugars	4.1g	2.5g
Dietary Fibre	1.7g	1.0g
Sodium	399mg	246mg

CONTAINS: Egg, Milk

Mesclun Mix 15g

Ingredients: Lettuce

Serving Size: 15g

	per serving	per 100g
Energy	10kJ (2Cal)	63kJ (15Cal)
Protein	0.2g	1.2g
Fat, Total	less than 0.1g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	0.2g	1.1g
- Sugars	0.2g	1.1g
Dietary Fibre	0.3g	2.0g
Sodium	3mg	20mg

Mixed Spinach Salad

Ingredients: Spinach (36%), Tomato, Carrot, Cucumber

Serving Size: 140g

	per serving	per 100g
Energy	128kJ (31Cal)	91kJ (22Cal)
Protein	1.9g	1.4g
Fat, Total	0.2g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	4.4g	3.1g
- Sugars	2.9g	2.1g
Dietary Fibre	2.9g	2.0g
Sodium	83mg	59mg

Moroccan Lamb Soup

Ingredients: Chicken Stock, Lamb (20%), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Celery, Onion, Carrot, Tomato Paste, Lentils, Chickpeas, Coriander, Brown Rice, Lemon Juice, Ginger, Olive Oil, Garlic, Harissa Paste, Salt, Cumin, Pepper, Saffron

Serving Size: 270g

	per serving	per 100g
Energy	722kJ (172Cal)	267kJ (64Cal)
Protein	14.3g	5.3g
Fat, Total	6.7g	2.5g
- Saturated	2.5g	0.9g
Carbohydrate	12.4g	4.6g
- Sugars	4.7g	1.8g
Dietary Fibre	4.2g	1.5g
Sodium	389mg	144mg

Muesli Bar, Chocolate

Ingredients: Glucose, Dried Apricots, Chocolate Compound (15%) (Sugar, Vegetable Fat, Milk Solids, Cocoa, Cocoa Mass, Emulsifiers (492, Soya Lecithin), Flavours, Salt), Cereal Bran (Wheat Bran, Malted Wheat Flour), Sultanas, Puffed Wheat, Honey, Puffed Rice, Sugar, Rice Pops, Water, Malt Extract, Emulsifier (472c), Oat Fibre, Sweetener (420), Flavour, Preservative (220), Vegetable Oil

Serving Size: 35g

	per serving	per 100g
Energy	436kJ (104Cal)	1250kJ (298Cal)
Protein	1.7g	4.9g
Fat, Total	2.1g	6.0g
- Saturated	1.6g	4.7g
Carbohydrate	18.2g	52.0g
- Sugars	9.8g	28.0g
Dietary Fibre	7.0g	20.1g
Sodium	15mg	42mg

CONTAINS: Wheat, Oats, Milk, Soybean, Sulphites

MAY CONTAIN: Peanuts, Tree Nuts, Sesame Seeds

Muesli Bar, Yoghurt

Ingredients: Almonds, Yoghurt Compound (16%) (Sugar, Vegetable Fat, Yoghurt Powder, Milk Solids, Emulsifiers (Soy Lecithin, 492), Food Acid (330)), Dried Apricots, Polydextrose, Honey, Rice Syrup, Rice Bran, Inulin, Puffed Rice, Sultanas, Preservative (220), Vegetable Oil

Serving Size: 30g

	per serving	per 100g
Energy	484kJ (116Cal)	1610kJ (385Cal)
Protein	2.3g	7.6g
Fat, Total	4.9g	16.3g
- Saturated	2.0g	6.8g
Carbohydrate	13.9g	46.2g
- Sugars	8.9g	29.5g
Dietary Fibre	4.9g	16.2g
Sodium	8mg	25mg

CONTAINS: Milk, Soybean, Tree Nuts, Sulphites

Muesli, Bircher

Ingredients: Yoghurt (41%) (Skim Milk, Cultures), Muesli (21%) (Rolled Oats, Nuts (Almonds, Hazelnuts, Pecans), Dried Fruit (Sultanas, Raisins, Apricots), Sunflower Seeds, Sesame Seeds, Honey, Cinnamon), Skim Milk, Apple, Orange Juice (Orange Juice, Reconstituted Orange Juice, Sugar, Vitamin C, Preservative (202), Flavour), Honey, Sugar

Serving Size: 120g

	per serving	per 100g
Energy	691kJ (165Cal)	575kJ (137Cal)
Protein	6.8g	5.7g
Fat, Total	4.1g	3.4g
- Saturated	0.6g	0.5g
Carbohydrate	23.8g	19.9g
- Sugars	15.5g	12.9g
Dietary Fibre	2.6g	2.1g
Sodium	60mg	50mg

CONTAINS: Oats, Milk, Tree Nuts, Sesame Seeds

MAY CONTAIN: Soybean

Muesli, Classic Fruit

Ingredients: Rolled Oats, Nuts (Almonds, Hazelnuts, Pecans), Dried Fruit (10%) (Sultanas, Raisins, Apricots), Sunflower Seeds, Sesame Seeds, Canola Oil, Honey, Cinnamon

Serving Size: 40g

	per serving	per 100g
Energy	746kJ (178Cal)	1870kJ (446Cal)
Protein	4.8g	11.9g
Fat, Total	7.2g	18.1g
- Saturated	0.9g	2.2g
Carbohydrate	21.7g	54.2g
- Sugars	4.1g	10.2g
Dietary Fibre	3.6g	9.0g
Sodium	14mg	35mg

CONTAINS: Oats, Tree Nuts, Sesame Seeds, Sulphites

MAY CONTAIN: Soybean

Muffin, Apple & Cranberry

Ingredients: Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Dried Cranberries (14%) (Cranberries, Sugar, Sunflower Oil), Golden Syrup, Apple Sauce (12%) (Apples, Sugar, Antioxidants (331, 300), Food Acid (330)), Apples (12%), Yoghurt (Milk, Milk Solids, Inulin, Cultures, Soy Solids), Egg, Wheat Bran, Water, Baking Powder (Contains Raising Agents (450, 500)), Salt, Mixed Spice, Cinnamon

Serving Size: 72g

	per serving	per 100g
Energy	613kJ (146Cal)	851kJ (203Cal)
Protein	3.3g	4.6g
Fat, Total	1.1g	1.6g
- Saturated	0.3g	0.4g
Carbohydrate	29.5g	40.9g
- Sugars	15.6g	21.7g
Dietary Fibre	3.8g	5.3g
Sodium	215mg	299mg

CONTAINS: Wheat, Egg, Milk, Soybean

Muffin, Banana & Date

Ingredients: Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Banana Puree (17%) (Banana, Food Acids (297, 300)), Dates (13%) (Dates, Rice Flour), Sugar, Wheat Bran, Cottage Cheese (Skim Milk, Cream, Milk Solids, Salt, Preservative (202), Thickeners (412, 415, 410, 407), Acidity Regulator (330), Cultures), Water, Egg, Skim Milk Powder, Baking Powder (Contains Raising Agents (450, 500)), Salt, Mixed Spice

Serving Size: 72g

	per serving	per 100g
Energy	724kJ (173Cal)	1000kJ (240Cal)
Protein	4.6g	6.3g
Fat, Total	1.2g	1.6g
- Saturated	0.3g	0.4g
Carbohydrate	32.9g	45.6g
- Sugars	19.2g	26.6g
Dietary Fibre	6.0g	8.4g
Sodium	228mg	316mg

CONTAINS: Wheat, Egg, Milk

Muffin, Breakfast - Fruit

Ingredients: Wheat Flour, Water, Mixed Fruit (12%) (Sultanas, Currants, Citrus Peel (Sugar, Glucose Syrup, Acidity Regulator (330), Preservatives (220, 202))), Yeast, Gluten, Vinegar, Vegetable Oil, Iodised Salt, Fibre (Oat, Soy, Wheat), Ground Maize, Soy Flour, Sugar, Raising Agent (341), Spices, Food Acids (263, 262), Emulsifiers (481, 472e), Preservative (200, 282), Vitamins (Thiamin, Folate)

Serving Size: 67g

	per serving	per 100g
Energy	630kJ (150Cal)	940kJ (225Cal)
Protein	5.1g	7.6g
Fat, Total	1.7g	2.5g
- Saturated	0.6g	0.9g
Carbohydrate	27.1g	40.5g
- Sugars	5.6g	8.4g
Dietary Fibre	2.0g	3.0g
Sodium	178mg	265mg

CONTAINS: Wheat, Soybean

Muffin, Breakfast - Multigrain

Ingredients: Wheat Flour, Water, Yeast, Linseed (7%), Kibbled Soy (5%), Gluten, Wheat, Vinegar, Salt, Vegetable Oil, Soya Flour, Emulsifiers (471, 472e, 481), Ground Maize, Roasted Malted Flour, Preservatives (200, 282), Food Acid (262)

Serving Size: 67g

	per serving	per 100g
Energy	643kJ (154Cal)	960kJ (229Cal)
Protein	3.6g	5.3g
Fat, Total	4.0g	5.9g
- Saturated	0.6g	0.9g
Carbohydrate	23.8g	35.5g
- Sugars	1.9g	2.8g
Dietary Fibre	4.2g	6.3g
Sodium	245mg	365mg

CONTAINS: Wheat, Soybean

Muffin, Spinach & Fetta

Ingredients: Yoghurt (Milk, Milk Solids, Inulin, Cultures, Soy Solids), Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Egg, Wholemeal Self Raising Flour (Wholemeal Wheat Flour, Raising Agents (339, 341, 450, 500)), Spinach (12%), Fetta Cheese (10%) (Milk, Salt, Mineral Salt (509), Food Acid (270), Rennet), Semi Dried Tomatoes (Semi Dried Tomatoes, Vinaigrette (Vinegar, Water), Garlic, Salt, Herbs), Parmesan Cheese, Olive Oil, Maltodextrin, Thyme

Serving Size: 65g

	per serving	per 100g
Energy	598kJ (143Cal)	920kJ (220Cal)
Protein	7.1g	10.9g
Fat, Total	4.9g	7.6g
- Saturated	2.1g	3.3g
Carbohydrate	17.9g	27.6g
- Sugars	2.7g	4.2g
Dietary Fibre	2.8g	4.3g
Sodium	285mg	438mg

CONTAINS: Wheat, Egg, Milk, Soybean

Mustard Relish

Ingredients: Water, Onion, Sugar, Vinegar, Corn, Canola Oil, Herbs & Spices, Modified Starch (1422), Gherkins, Salt, Garlic, Vegetable Gums (415, 412), Food Acid (330), Colours (150d, 102)

Serving Size: 28g

	per serving	per 100g
Energy	134kJ (32Cal)	479kJ (114Cal)
Protein	0.3g	1.0g
Fat, Total	0.7g	2.6g
- Saturated	less than 0.1g	0.2g
Carbohydrate	6.0g	21.3g
- Sugars	5.0g	17.9g
Dietary Fibre	0.2g	0.7g
Sodium	143mg	512mg

Nasi Goreng with Thai Chicken Balls

Ingredients: Rice (21%), Chicken (16%), Onion, Carrot, Peas, Plum Sauce (Contains Colour (150c)), Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Egg, Breadcrumbs, Apricot Puree, Leek, Cabbage, Red Capsicum, Corn, Sugar, Sweet Chilli Sauce, Coriander, Sweet Soy Sauce (Contains Soy, Wheat), Fish Sauce, Garlic, Lime Juice, Olive Oil, Lemongrass, Salt, Sambal Oelek, Thickener (1422), Sesame Oil, Cumin, Turmeric, Kaffir Lime Leaves

Serving Size: 280g

	per serving	per 100g
Energy	1470kJ (352Cal)	526kJ (126Cal)
Protein	20.6g	7.4g
Fat, Total	6.3g	2.2g
- Saturated	1.7g	0.6g
Carbohydrate	50.2g	17.9g
- Sugars	22.6g	8.1g
Dietary Fibre	4.9g	1.7g
Sodium	770mg	275mg

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

Neapolitan Meatballs

Ingredients: Beef Meatballs (48%) (Beef, Soy Protein (Contains Colour (150d), Emulsifier (322), Preservative (223)), Canola Oil, Tomato Paste, Wheat, Salt, Garlic, Herb, Spices), Tomatoes (Tomatoes, Sugar, Thickener (1422), Salt, Mineral Salt (509)), Celery, Carrot, Onion, Tomato Paste, Sugar, Gravy Powder (Contains Wheat, Colour (150c)), Olive Oil, Garlic, Chicken Booster (Contains Flavour Enhancers (627, 631)), Parsley, Salt, Oregano, Seasoning

Serving Size: 115g

	per serving	per 100g
Energy	534kJ (127Cal)	464kJ (111Cal)
Protein	14.8g	12.9g
Fat, Total	3.5g	3.1g
- Saturated	0.8g	0.7g
Carbohydrate	8.6g	7.5g
- Sugars	3.8g	3.3g
Dietary Fibre	3.4g	2.9g
Sodium	610mg	530mg

CONTAINS: Wheat, Milk, Soybean

Noodle Salad

Ingredients: Carrot, Udon Noodles (22%) (Wheat Flour, Water, Salt, Vegetable Oil), Celery, Red Capsicum, Cucumber, Shallot

Serving Size: 185g

	per serving	per 100g
Energy	362kJ (87Cal)	196kJ (47Cal)
Protein	3.4g	1.8g
Fat, Total	0.4g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	16.7g	9.1g
- Sugars	5.0g	2.7g
Dietary Fibre	3.1g	1.7g
Sodium	112mg	61mg

CONTAINS: Wheat

Oats, Apple & Cinnamon

Ingredients: Oats (91%), Sugar, Dried Apple (4%), Cinnamon (0.5%), Preservative (220)

Serving Size: 30g

	per serving	per 100g
Energy	477kJ (114Cal)	1590kJ (380Cal)
Protein	2.9g	9.7g
Fat, Total	2.3g	7.7g
- Saturated	0.4g	1.4g
Carbohydrate	19.1g	63.7g
- Sugars	2.4g	7.9g
Dietary Fibre	3.9g	13.0g
Sodium	1mg	4mg

CONTAINS: Oats, Sulphites

MAY CONTAIN: Peanuts, Tree Nuts

Orange

Ingredients: Orange

Serving Size: 135g

	per serving	per 100g
Energy	231kJ (55Cal)	171kJ (41Cal)
Protein	1.4g	1.0g
Fat, Total	0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	10.7g	7.9g
- Sugars	10.7g	7.9g
Dietary Fibre	2.7g	2.0g
Sodium	3mg	2mg

Pancake, Apple & Sultana

Ingredients: Apples (36%), Water, Sultanas (14%) (Sultanas, Vegetable Oil), Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Egg, Sugar, Barley Malt Extract, Wheat Bran, Baking Powder (Contains Raising Agents (450, 500)), Cinnamon

Serving Size: 75g

	per serving	per 100g
Energy	520kJ (124Cal)	694kJ (166Cal)
Protein	2.2g	3.0g
Fat, Total	1.3g	1.7g
- Saturated	0.2g	0.3g
Carbohydrate	25.8g	34.5g
- Sugars	16.6g	22.1g
Dietary Fibre	1.6g	2.1g
Sodium	89mg	118mg

CONTAINS: Wheat, Barley, Egg

Pate

Ingredients: Chicken Liver, Water, Vegetable Oil, Canola Oil, Sherry, Tapioca Maltodextrin, Gelatin, Onion, Cognac, Salt, Egg, Food Acids (330, 300), Vinegar, Garlic, Herbs & Spices, Sugar, Flavour, Preservative (223), Dijon Mustard, Flavour Enhancer (621), Onion Powder, Lemon Juice, Corn Maltodextrin, Mustard, Spice Extract, Colour (161b)

Serving Size: 25g

	per serving	per 100g
Energy	253kJ (60Cal)	1010kJ (242Cal)
Protein	4.5g	17.9g
Fat, Total	3.9g	15.7g
- Saturated	1.3g	5.0g
Carbohydrate	1.4g	5.7g
- Sugars	0.4g	1.6g
Dietary Fibre	less than 0.1g	0.2g
Sodium	108mg	430mg

CONTAINS: Wheat, Egg, Sulphites

Peanut Butter

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

Serving Size: 11g

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

CONTAINS: Peanuts

Penne Pesto Pasta

Ingredients: Pasta (51%) (Water, Durum Wheat Semolina), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Tomato, Chicken Stock, Semi Dried Tomatoes (Semi Dried Tomatoes, Vinaigrette (Vinegar, Water), Garlic, Salt, Herbs), Onion, Olives, Basil (2.5%), Parmesan Cheese, Pine Nuts, Olive Oil, Garlic, Salt, Thickeners (1422), Pepper, Chilli, Food Acid (330)

Serving Size: 196g

	per serving	per 100g
Energy	799kJ (191Cal)	408kJ (97Cal)
Protein	6.9g	3.5g
Fat, Total	4.8g	2.5g
- Saturated	0.8g	0.4g
Carbohydrate	30.5g	15.6g
- Sugars	4.5g	2.3g
Dietary Fibre	4.9g	2.5g
Sodium	456mg	233mg

CONTAINS: Wheat, Milk, Tree Nuts

MAY CONTAIN: Egg

Pikelets

Ingredients: Water, Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Egg, Sugar, Barley Malt Extract, Wheat Bran, Baking Powder (Contains Raising Agents (450, 500))

Serving Size: 66g

	per serving	per 100g
Energy	473kJ (113Cal)	716kJ (171Cal)
Protein	3.5g	5.3g
Fat, Total	1.4g	2.1g
- Saturated	0.4g	0.6g
Carbohydrate	20.6g	31.3g
- Sugars	7.5g	11.4g
Dietary Fibre	1.6g	2.4g
Sodium	191mg	289mg

CONTAINS: Wheat, Barley, Egg

Pizza, Pineapple Supreme

Ingredients: Pizza Base (Wheat Flour, Water, Wheat Bran, Sugar, Iodised Salt, Vinegar, Yeast, Soy Flour, Emulsifiers (481, 472e), Malt Flour), Tomatoes (Tomatoes, Sugar, Thickeners (1422), Salt, Mineral Salt (509)), Red Capsicum, Green Capsicum, Ham (9%) (Pork, Water, Salt, Potato Starch, Mineral Salts (451, 452), Sucrose, Dextrose, Antioxidant (316), Vegetable Gum (415), Preservative (250)), Champignons, Pineapple (9%), Tomato Paste, Onion, Semi Dried Tomatoes, Cheddar Cheese, Olives

Serving Size: 219g

	per serving	per 100g
Energy	917kJ (219Cal)	419kJ (100Cal)
Protein	12.2g	5.6g
Fat, Total	7.1g	3.2g
- Saturated	1.8g	0.8g
Carbohydrate	34.3g	15.6g
- Sugars	12.0g	5.5g
Dietary Fibre	6.2g	2.9g
Sodium	762mg	348mg

CONTAINS: Wheat, Milk, Soybean

MAY CONTAIN: Sesame Seeds

Popcorn, Lightly Salted

Ingredients: Popping Corn, Sunflower Oil, Salt

Serving Size: 20g

	per serving	per 100g
Energy	350kJ (84Cal)	1750kJ (418Cal)
Protein	2.0g	10.2g
Fat, Total	2.0g	10.0g
- Saturated	0.3g	1.3g
Carbohydrate	13.4g	67.0g
- Sugars	0.4g	1.8g
Dietary Fibre	1.7g	8.6g
Sodium	52mg	260mg

Potato Salad

Ingredients: Potato (57%), Corn, Red Capsicum, Vinaigrette (White Wine Vinegar, Canola Oil, Garlic, Salt, Water, Herbs & Spices, Vegetable Gum (415), Sugar, Food Acid (330)), Red Onion, Parsley, Shallot, Parmesan Cheese

Serving Size: 180g

	per serving	per 100g
Energy	615kJ (147Cal)	342kJ (82Cal)
Protein	4.7g	2.6g
Fat, Total	5.0g	2.8g
- Saturated	0.7g	0.4g
Carbohydrate	19.2g	10.6g
- Sugars	2.3g	1.3g
Dietary Fibre	4.2g	2.3g
Sodium	194mg	108mg

CONTAINS: Milk

MAY CONTAIN: Egg

Rice Crackers, Multigrain

Ingredients: Rice (50%), Wheat Flour, Oats, Rice Bran, Soy Sauce (Soy Bean, Wheat, Salt, Water), Black Sesame Seed, Inulin, Potato Starch, Sugar, Salt

Serving Size: 20g

	per serving	per 100g
Energy	342kJ (82Cal)	1710kJ (409Cal)
Protein	2.0g	10.0g
Fat, Total	1.0g	5.0g
- Saturated	0.0g	0.0g
Carbohydrate	15.3g	76.7g
- Sugars	0.0g	0.0g
Dietary Fibre	0.4g	2.0g
Sodium	43mg	213mg

CONTAINS: Wheat, Oats, Sesame Seeds, Sulphites

Ricotta Spinach Cake

Ingredients: Ricotta Cheese (47%) (Cheese Whey, Skim Milk, Salt, Food Acid (270)), Chickpeas, Spinach (12%), Skim Milk Concentrate, Cereal Binder (Contains Wheat), Parmesan Cheese, Egg, Basil, Garlic, Salt, Pepper, Nutmeg

Serving Size: 70g

	per serving	per 100g
Energy	445kJ (106Cal)	635kJ (152Cal)
Protein	9.3g	13.2g
Fat, Total	3.7g	5.2g
- Saturated	2.1g	3.0g
Carbohydrate	8.1g	11.5g
- Sugars	3.2g	4.6g
Dietary Fibre	2.1g	3.0g
Sodium	325mg	465mg

CONTAINS: Wheat, Egg, Milk

Roast Chicken Linguine

Ingredients: Mushroom, Pasta (25%) (Water, Durum Wheat Semolina), Chicken (17%), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Roasted Capsicum, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Semi Dried Tomatoes, Sugar, Garlic, Olive Oil, Basil, Thickener (1422), Balsamic Vinegar, Salt, Pepper, Coriander, Oregano, Thyme

Serving Size: 240g

	per serving	per 100g
Energy	951kJ (227Cal)	396kJ (95Cal)
Protein	16.0g	6.7g
Fat, Total	8.4g	3.5g
- Saturated	3.3g	1.4g
Carbohydrate	21.8g	9.1g
- Sugars	5.3g	2.2g
Dietary Fibre	3.8g	1.6g
Sodium	309mg	129mg

CONTAINS: Wheat, Milk

Salad Pot, Baby Spinach

Ingredients: Tomato, Spinach (22%), Carrot, Red Cabbage

Serving Size: 45g

	per serving	per 100g
Energy	48kJ (12Cal)	107kJ (26Cal)
Protein	0.7g	1.6g
Fat, Total	less than 0.1g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	1.5g	3.3g
- Sugars	1.2g	2.6g
Dietary Fibre	1.2g	2.6g
Sodium	19mg	43mg

Salad Pot, Mesclun

Ingredients: Tomato, Lettuce, Carrot, Red Cabbage

Serving Size: 45g

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

Salad Roll, Mesclun

Ingredients: Tomato, Carrot, Cucumber, Lettuce

Serving Size: 75g

	per serving	per 100g
Energy	58kJ (14Cal)	77kJ (18Cal)
Protein	0.7g	0.9g
Fat, Total	less than 0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	2.0g	2.6g
- Sugars	1.9g	2.5g
Dietary Fibre	1.2g	1.6g
Sodium	15mg	20mg

Salad Roll, Spinach

Ingredients: Tomato, Carrot, Cucumber, Spinach (20%)

Serving Size: 75g

	per serving	per 100g
Energy	65kJ (16Cal)	86kJ (21Cal)
Protein	0.9g	1.2g
Fat, Total	0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	2.3g	3.0g
- Sugars	1.8g	2.4g
Dietary Fibre	1.3g	1.7g
Sodium	30mg	40mg

Shepherd's Pie

Ingredients: Potatoes (30%), Beef Mince (21%), Beef Stock, Onion, Carrot, Skim Milk Concentrate, Leek, Celery, Tomato Paste, Egg, Thickener (1422), Butter, Salt, Yeast Extract, Pepper, Parsley

Serving Size: 280g

	per serving	per 100g
Energy	904kJ (216Cal)	323kJ (77Cal)
Protein	19.0g	6.8g
Fat, Total	6.6g	2.3g
- Saturated	3.1g	1.1g
Carbohydrate	18.4g	6.6g
- Sugars	5.5g	2.0g
Dietary Fibre	3.4g	1.2g
Sodium	653mg	233mg

CONTAINS: Egg, Milk

Smoked Beef

Ingredients: Smoked Beef (Beef, Water, Salt, Dextrose, Mineral Salt (451), Sugar, Antioxidant (318), Hydrolysed Vegetable Protein, Preservative (250), Natural Smoke)

Serving Size: 50g

	per serving	per 100g
Energy	187kJ (45Cal)	374kJ (89Cal)
Protein	7.1g	14.2g
Fat, Total	2.0g	4.0g
- Saturated	0.7g	1.4g
Carbohydrate	0.7g	1.3g
- Sugars	0.6g	1.2g
Dietary Fibre	0.0g	0.0g
Sodium	625mg	1250mg

Smoked Chicken

Ingredients: Smoked Chicken Breast (Chicken Breast, Water, Wheat Protein, Dextrose, Acidity Regulator (451), Thickener (407), Spice Extracts, Onion Powder, Hydrolysed Maize Protein, Flavour, Salt, Rice Flour, Yeast Extract, Canola Oil, Celery Extract)

Serving Size: 50g

	per serving	per 100g
Energy	232kJ (55Cal)	464kJ (111Cal)
Protein	11.1g	22.1g
Fat, Total	1.1g	2.2g
- Saturated	0.4g	0.7g
Carbohydrate	0.2g	0.4g
- Sugars	0.2g	0.4g
Dietary Fibre	0.0g	0.0g
Sodium	395mg	790mg

CONTAINS: Wheat

Smokey Bacon & Tomato Pasta

Ingredients: Pasta (44%) (Water, Durum Wheat Semolina), Tomatoes (35%) (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Bacon (5%) (Pork, Acidity Regulator (451, 500), Stabiliser (452), Antioxidant (316), Preservative (250), Honey, Flavour), Chicken Stock, Parmesan Cheese, Thickener (1422), Salt, Chilli, Olive Oil, Pepper

Serving Size: 240g

	per serving	per 100g
Energy	821kJ (196Cal)	342kJ (82Cal)
Protein	9.6g	4.0g
Fat, Total	2.8g	1.2g
- Saturated	1.2g	0.5g
Carbohydrate	32.2g	13.4g
- Sugars	3.6g	1.5g
Dietary Fibre	3.4g	1.4g
Sodium	558mg	232mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Soy Nuts

Ingredients: Soy Beans, Vegetable Oil, Salt

Serving Size: 30g

	per serving	per 100g
Energy	585kJ (140Cal)	1950kJ (466Cal)
Protein	11.1g	37.0g
Fat, Total	7.2g	24.0g
- Saturated	1.0g	3.2g
Carbohydrate	7.8g	26.0g
- Sugars	2.0g	6.7g
Dietary Fibre	6.0g	20.1g
Sodium	49mg	163mg

CONTAINS: Soybean

Spicy Chicken Laksa

Ingredients: Chicken Stock, Rice Noodles, Chicken (10%), Choy Sum Cabbage, Tomato, Carrot, Bean Sprouts, Laksa Paste (Contains Soy, Wheat, Flavour Enhancers (621, 635), Colours (150a, 160c)), Shallot, Skim Milk Concentrate, Thickener (1442), Curry Powder, Kaffir Lime Leaves, Coconut Cream Powder

Serving Size: 290g

	per serving	per 100g
Energy	576kJ (138Cal)	199kJ (47Cal)
Protein	9.4g	3.2g
Fat, Total	4.9g	1.7g
- Saturated	1.9g	0.7g
Carbohydrate	13.0g	4.5g
- Sugars	2.9g	1.0g
Dietary Fibre	1.8g	0.6g
Sodium	743mg	256mg

CONTAINS: Wheat, Crustacea, Milk, Soybean

Spicy Tomato Salsa

Ingredients: Tomato Paste, Tomato Pulp (Tomatoes, Tomato Juice, Salt, Food Acid (330)), Onion, Tomato, Vinegar, Water, Sugar, Capsicum, Salt, Modified Starch (1422), Herbs & Spices, Garlic, Canola Oil, Vegetable Gums (415, 412)

Serving Size: 28g

	per serving	per 100g
Energy	84kJ (20Cal)	301kJ (72Cal)
Protein	0.5g	1.9g
Fat, Total	0.2g	0.8g
- Saturated	less than 0.1g	0.1g
Carbohydrate	3.7g	13.1g
- Sugars	2.9g	10.2g
Dietary Fibre	0.5g	1.8g
Sodium	196mg	699mg

Sweet Chilli Beef

Ingredients: Beef (45%), Chicken Stock, Sweet Chilli Sauce (20%) (Sugar, Water, Chilli, Vinegar, Garlic, Salt, Vegetable Gum (415)), Lemon Juice, Sherry, Coriander, Thickener (1422), Garlic, Sweet Soy Sauce (Contains Soy, Wheat), Black Rice Vinegar, Sugar, Sesame Oil

Serving Size: 100g

	per serving	per 100g
Energy	619kJ (148Cal)	619kJ (148Cal)
Protein	16.7g	16.7g
Fat, Total	2.0g	2.0g
- Saturated	0.6g	0.6g
Carbohydrate	14.8g	14.8g
- Sugars	11.5g	11.5g
Dietary Fibre	1.1g	1.1g
Sodium	362mg	362mg

CONTAINS: Wheat, Soybean, Sesame Seeds

Thai Chicken Cakes

Ingredients: Chicken (57%), Onion, Breadcrumbs (Wheat Flour, Rice Flour, Salt, Canola Oil, Yeast, Sugar), Sweet Chilli Sauce, Coriander, Egg, Lime Juice, Fish Sauce, Lemongrass, Garlic, Sweet Soy Sauce (Contains Soy, Wheat), Kaffir Lime Leaves

Serving Size: 100g

	per serving	per 100g
Energy	699kJ (167Cal)	699kJ (167Cal)
Protein	17.0g	17.0g
Fat, Total	3.9g	3.9g
- Saturated	1.2g	1.2g
Carbohydrate	15.0g	15.0g
- Sugars	4.7g	4.7g
Dietary Fibre	1.4g	1.4g
Sodium	318mg	318mg

CONTAINS: Wheat, Egg, Fish, Soybean

Tomato

Ingredients: Tomato

Serving Size: 60g

	per serving	per 100g
Energy	43kJ (10Cal)	71kJ (17Cal)
Protein	0.6g	1.0g
Fat, Total	less than 0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	1.4g	2.3g
- Sugars	1.4g	2.3g
Dietary Fibre	0.8g	1.4g
Sodium	5mg	8mg

Tomato Sauce

Ingredients: Water, Tomato Paste, Sugar, Vinegar, Salt, Worcestershire Sauce, Modified Starch (1422), Soy Sauce, Vegetable Gums (415, 412), Herbs & Spices, Onion Powder, Garlic, Flavour

Serving Size: 15g

	per serving	per 100g
Energy	66kJ (16Cal)	441kJ (105Cal)
Protein	0.2g	1.4g
Fat, Total	less than 0.1g	0.2g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	3.5g	23.3g
- Sugars	3.2g	21.1g
Dietary Fibre	0.2g	1.3g
Sodium	202mg	1350mg

CONTAINS: Wheat, Fish, Soybean

Tortilla Wrap

Ingredients: Wheat Flour, Water, Rice Bran Oil, Gluten, Vegetable Gum (412), Modified Wheat Starch, Humectant, Emulsifier (471), Sugar, Salt, Raising Agents (450, 500), Corn Starch, Food Acids (297, 300), Preservatives (282, 202)

Serving Size: 43g

	per serving	per 100g
Energy	554kJ (132Cal)	1290kJ (308Cal)
Protein	2.8g	6.5g
Fat, Total	3.1g	7.3g
- Saturated	0.8g	1.8g
Carbohydrate	21.8g	50.6g
- Sugars	1.9g	4.3g
Dietary Fibre	2.6g	6.0g
Sodium	243mg	566mg

CONTAINS: Wheat

MAY CONTAIN: Spelt, Milk

Tropical Nut Mix

Ingredients: Sultanas (Sultanas, Vegetable Oil), Pineapple, Dried Apricot (Apricot, Rice Flour, Preservative (220)), Cashew

Serving Size: 30g

	per serving	per 100g
Energy	447kJ (107Cal)	1490kJ (356Cal)
Protein	1.7g	5.7g
Fat, Total	2.5g	8.2g
- Saturated	0.5g	1.8g
Carbohydrate	18.8g	62.7g
- Sugars	16.2g	54.0g
Dietary Fibre	2.1g	6.9g
Sodium	18mg	60mg

CONTAINS: Tree Nuts, Sulphites

Tuna Chunks in Springwater

Ingredients: Tuna (65%), Springwater, Salt

Serving Size: 65g

	per serving	per 100g
Energy	299kJ (71Cal)	460kJ (110Cal)
Protein	16.0g	24.6g
Fat, Total	0.7g	1.1g
- Saturated	0.3g	0.5g
Carbohydrate	0.0g	0.0g
- Sugars	0.0g	0.0g
Dietary Fibre	0.0g	0.0g
Sodium	156mg	240mg

CONTAINS: Fish

MAY CONTAIN: Wheat, Crustacea, Egg, Milk, Soybean, Sesame Seeds

Turkey Oven Roasted

Ingredients: Turkey Breast (Turkey (73%), Salt, Thickeners (1442), Water, Dextrose, Vegetable Gum (407), Mineral Salts (451, 452), Preservative (223), Humectant (422), Colour (150c))

Serving Size: 50g

	per serving	per 100g
Energy	222kJ (53Cal)	445kJ (106Cal)
Protein	9.1g	18.2g
Fat, Total	1.6g	3.1g
- Saturated	0.6g	1.1g
Carbohydrate	0.6g	1.2g
- Sugars	0.5g	1.0g
Dietary Fibre	0.0g	0.0g
Sodium	398mg	796mg

CONTAINS: Sulphites

Vegemite

Ingredients: Yeast Extract, Salt, Mineral Salt (508), Barley Malt Extract, Colour (150d), Flavours, Vitamins (Niacin, Thiamine, Riboflavin, Folate)

Serving Size: 5g

	per serving	per 100g
Energy	41kJ (10Cal)	811kJ (194Cal)
Protein	1.3g	25.6g
Fat, Total	less than 0.1g	1.0g
- Saturated	less than 0.1g	1.0g
Carbohydrate	1.0g	19.5g
- Sugars	less than 0.1g	1.7g
Dietary Fibre	0.0g	0.0g
Sodium	169mg	3380mg

CONTAINS: Barley, Sulphites

Vegetable Frittata

Ingredients: Zucchini (12%), Egg White, Carrot, Cheddar Cheese (Cheese, Anti-Caking Agent (460), Preservative (200)), Red Capsicum, Onion, Corn, Potatoes, Sweet Potato, Breadcrumbs (Wheat Flour, Rice Flour, Salt, Canola Oil, Yeast, Sugar), Egg, Silverbeet, Semi Dried Tomatoes, Paprika, Salt, Pepper

Serving Size: 120g

	per serving	per 100g
Energy	506kJ (121Cal)	422kJ (101Cal)
Protein	8.3g	6.9g
Fat, Total	3.8g	3.2g
- Saturated	1.9g	1.6g
Carbohydrate	13.7g	11.4g
- Sugars	4.5g	3.7g
Dietary Fibre	2.9g	2.4g
Sodium	252mg	210mg

CONTAINS: Wheat, Egg, Milk

Vietnamese Rice Bowl

Ingredients: Rice (44%), Red Capsicum, Carrot, Chicken, Onion, Snow Peas, Honey, Hoisin Sauce (Contains Soy, Sesame Seeds, Colours (150a, 129)), Soy Sauce (Contains Soy, Wheat), Sweet Chilli Sauce, Garlic, Sesame Oil, Chilli, Colour (150c)

Serving Size: 205g

	per serving	per 100g
Energy	1070kJ (254Cal)	520kJ (124Cal)
Protein	8.2g	4.0g
Fat, Total	3.0g	1.5g
- Saturated	0.7g	0.4g
Carbohydrate	46.3g	22.6g
- Sugars	18.8g	9.2g
Dietary Fibre	3.5g	1.7g
Sodium	774mg	378mg

CONTAINS: Wheat, Soybean, Sesame Seeds

Walnut & Date Cake

Ingredients: Skim Milk, Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Dates (11%) (Dates, Rice Flour), Sultanas (Sultanas, Vegetable Oil), Apples, Wheat Bran, Sugar, Walnuts (4%), Honey, Maltodextrin, Raising Agent (500)

Serving Size: 50g

	per serving	per 100g
Energy	619kJ (148Cal)	1240kJ (296Cal)
Protein	3.3g	6.6g
Fat, Total	2.1g	4.3g
- Saturated	0.2g	0.4g
Carbohydrate	26.9g	53.8g
- Sugars	14.9g	29.8g
Dietary Fibre	3.4g	6.9g
Sodium	156mg	312mg

CONTAINS: Wheat, Milk, Tree Nuts

Weet-Bix

Ingredients: Whole Grain Wheat (97%), Raw Sugar, Salt, Barley Malt Extract, Minerals (Zinc Gluconate, Iron), Vitamins (Niacin, Thiamin, Riboflavin, Folate)

Serving Size: 30g

	per serving	per 100g
Energy	447kJ (107Cal)	1490kJ (356Cal)
Protein	3.7g	12.4g
Fat, Total	0.4g	1.4g
- Saturated	less than 0.1g	0.3g
Carbohydrate	20.1g	67.0g
- Sugars	1.0g	3.3g
Dietary Fibre	3.3g	11.0g
Sodium	81mg	270mg

CONTAINS: Wheat, Barley

Yoghurt Greek Style, Forest Berry

Ingredients: Milk, Berry Sauce (10%) (Mixed Berry Fruits (Blueberry, Boysenberry, Blackberry, Raspberry), Sugar, Apple Pulp, Water, Vegetable Gums (410, 415), Lemon Juice Concentrate), Milk Solids, Sugar, Tapioca Starch, Yoghurt Culture

Serving Size: 100g

	per serving	per 100g
Energy	490kJ (117Cal)	490kJ (117Cal)
Protein	6.2g	6.2g
Fat, Total	3.2g	3.2g
- Saturated	2.3g	2.3g
Carbohydrate	16.0g	16.0g
- Sugars	12.1g	12.1g
Dietary Fibre	0.5g	0.5g
Sodium	58mg	58mg

CONTAINS: Milk

Yoghurt Greek Style, Passionfruit

Ingredients: Milk, Passionfruit Sauce (11%) (Passionfruit, Water, Sugar, Lemon Juice Concentrate, Vegetable Gums (415, 440), Food Acid (300)), Milk Solids, Sugar, Tapioca Starch, Yoghurt Culture

Serving Size: 100g

	per serving	per 100g
Energy	479kJ (114Cal)	479kJ (114Cal)
Protein	6.2g	6.2g
Fat, Total	6.2g	6.2g
- Saturated	2.2g	2.2g
Carbohydrate	15.1g	15.1g
- Sugars	11.1g	11.1g
Dietary Fibre	0.5g	0.5g
Sodium	61mg	61mg

CONTAINS: Milk

Yoghurt, Vanilla

Ingredients: Milk, Milk Solids, Sugar, Vanilla Flavour, Yoghurt Culture

Serving Size: 100g

	per serving	per 100g
Energy	454kJ (108Cal)	454kJ (108Cal)
Protein	5.4g	5.4g
Fat, Total	4.3g	4.3g
- Saturated	2.9g	2.9g
Carbohydrate	11.9g	11.9g
- Sugars	11.9g	11.9g
Dietary Fibre	0.0g	0.0g
Sodium	80mg	80mg

CONTAINS: Milk

Zucchini & Carrot Bread

Ingredients: Zucchini (31%), Wheat Flour, Sugar, Carrot (10%), Yoghurt (Milk, Milk Solids, Inulin, Cultures, Soy Solids), Egg, Oats, Olive Oil, Walnuts, Citrus Peel (Contains Preservative (223)), Baking Powder (Contains Raising Agents (450, 500)), Salt, Cinnamon, Raising Agent (500), Cloves

Serving Size: 50g

	per serving	per 100g
Energy	588kJ (141Cal)	1180kJ (281Cal)
Protein	2.9g	5.8g
Fat, Total	3.4g	6.7g
- Saturated	0.5g	0.9g
Carbohydrate	23.8g	47.6g
- Sugars	11.4g	22.9g
Dietary Fibre	1.4g	2.8g
Sodium	180mg	361mg

CONTAINS: Wheat, Oats, Egg, Milk, Soybean, Tree Nuts, Sulphites

