



## Breakfast and Lunch Ingredients

**Spring 2010: 23/08/10 - 14/11/10**

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](http://www.foodstandards.gov.au)

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

[www.NutritionAustralia.org](http://www.NutritionAustralia.org) or

[www.health.gov.au](http://www.health.gov.au)

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## Apple & Vanilla Custard

**Ingredients:** Custard (55%) (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)), Apples (45%)

**Serving Size:** 110g

	per serving	per 100g
<b>Energy</b>	316kJ (75Cal)	287kJ (69Cal)
<b>Protein</b>	2.8g	2.6g
<b>Fat, Total</b>	0.6g	0.5g
<b>- Saturated</b>	0.4g	0.3g
<b>Carbohydrate</b>	14.5g	13.2g
<b>- Sugars</b>	11.9g	10.8g
<b>Dietary Fibre</b>	0.4g	0.3g
<b>Sodium</b>	63mg	57mg

**CONTAINS:** Milk

## Apple, Green

**Ingredients:** Apple

**Serving Size:** 150g

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

## Apple, Red

**Ingredients:** Apple

**Serving Size:** 135g

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

## Apricot Snack Pack

**Ingredients:** Apricots, Preservative (220)

**Serving Size:** 30g

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

**CONTAINS:** Sulphites

**MAY CONTAIN:** Wheat, Peanuts, Soybean, Tree Nuts

## Apricot Yoghurt Crumble

**Ingredients:** Yoghurt (30%) (Skim Milk, Cultures), Custard (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)), Apricot (23%), Muesli (13%) (Rolled Oats, Nuts (Almonds, Hazelnuts, Pecans), Dried Fruit (9%) (Sultanas, Raisins, Apricots), Sunflower Seeds, Honey, Sunflower Oil, Sesame Seeds, Cinnamon), Golden Syrup

**Serving Size:** 150g

	per serving	per 100g
<b>Energy</b>	781kJ (187Cal)	521kJ (124Cal)
<b>Protein</b>	7.3g	4.8g
<b>Fat, Total</b>	4.2g	2.8g
<b>- Saturated</b>	0.8g	0.5g
<b>Carbohydrate</b>	29.1g	19.4g
<b>- Sugars</b>	18.3g	12.2g
<b>Dietary Fibre</b>	2.8g	1.8g
<b>Sodium</b>	104mg	70mg

**CONTAINS:** Oats, Milk, Tree Nuts, Sesame Seeds

**MAY CONTAIN:** Soybean

## Asian Coleslaw

**Ingredients:** Cabbage, Carrot, Daikon, Shallot

**Serving Size:** 80g

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

## Asian Dim Sims

**Ingredients:** Chicken Dim Sims (Chicken (41%), Wheat Flour, Vegetables (Cabbage, Spring Onion), Water, Wheat Starch, Bamboo Shoots, Sugar, Thickener (1422), Salt, Mushroom, Flavour Enhancer (621), Sesame Oil, Spice), Chinese Cabbage, Carrot, Zucchini, Cauliflower, Broccoli, Corn

**Serving Size:** 232g

	per serving	per 100g
<b>Energy</b>	723kJ (173Cal)	312kJ (74Cal)
<b>Protein</b>	13.2g	5.7g
<b>Fat, Total</b>	1.6g	0.7g
<b>- Saturated</b>	1.0g	0.4g
<b>Carbohydrate</b>	23.8g	10.2g
<b>- Sugars</b>	7.0g	3.0g
<b>Dietary Fibre</b>	5.5g	2.4g
<b>Sodium</b>	641mg	276mg

**CONTAINS:** Wheat, Sesame Seeds

**MAY CONTAIN:** Egg

## Asian Rice Bowl

**Ingredients:** Rice (35%), Chicken, Red Capsicum, Broccoli, Champignons, Water, Chicken Stock, Sweet Soy Sauce (Contains Soy, Wheat), Oyster Sauce (Contains Fish, Wheat, Flavour Enhancer (621), Colour (150c)), Thickener (1422), Garlic, Sherry, Sesame Oil, Light Soy Sauce (Contains Wheat, Soy, Flavour Enhancers (621, 627), Sweetener (950)), Sugar, Ginger, Raising Agent (500), Pepper

**Serving Size:** 255g

	per serving	per 100g
<b>Energy</b>	1050kJ (250Cal)	410kJ (98Cal)
<b>Protein</b>	13.4g	5.3g
<b>Fat, Total</b>	4.4g	1.7g
<b>- Saturated</b>	1.2g	0.5g
<b>Carbohydrate</b>	36.9g	14.5g
<b>- Sugars</b>	8.5g	3.4g
<b>Dietary Fibre</b>	3.4g	1.3g
<b>Sodium</b>	712mg	279mg

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

## Asian Slaw

**Ingredients:** Cabbage, Carrot, Spinach, Shallot

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	67kJ (16Cal)	112kJ (27Cal)
<b>Protein</b>	1.0g	1.6g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	2.2g	3.7g
<b>- Sugars</b>	1.9g	3.2g
<b>Dietary Fibre</b>	1.5g	2.5g
<b>Sodium</b>	31mg	51mg

## Bacon, Breakfast

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

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	283kJ (68Cal)	566kJ (135Cal)
<b>Protein</b>	11.5g	23.0g
<b>Fat, Total</b>	2.4g	4.7g
<b>- Saturated</b>	0.9g	1.8g
<b>Carbohydrate</b>	less than 0.1g	0.1g
<b>- Sugars</b>	less than 0.1g	0.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	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
<b>Energy</b>	517kJ (123Cal)	369kJ (88Cal)
<b>Protein</b>	6.2g	4.4g
<b>Fat, Total</b>	1.0g	0.7g
<b>- Saturated</b>	0.4g	0.3g
<b>Carbohydrate</b>	18.9g	13.5g
<b>- Sugars</b>	4.8g	3.4g
<b>Dietary Fibre</b>	6.7g	4.8g
<b>Sodium</b>	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, Mustard (Contains Preservative (224)), Olive Oil, Mixed Herbs, Pepper, Oregano

**Serving Size:** 310g

	per serving	per 100g
<b>Energy</b>	925kJ (221Cal)	299kJ (71Cal)
<b>Protein</b>	14.5g	4.7g
<b>Fat, Total</b>	4.1g	1.3g
<b>- Saturated</b>	1.7g	0.5g
<b>Carbohydrate</b>	29.4g	9.5g
<b>- Sugars</b>	6.1g	2.0g
<b>Dietary Fibre</b>	4.7g	1.5g
<b>Sodium</b>	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
<b>Energy</b>	340kJ (81Cal)	523kJ (125Cal)
<b>Protein</b>	5.8g	9.0g
<b>Fat, Total</b>	1.4g	2.1g
<b>- Saturated</b>	0.6g	0.9g
<b>Carbohydrate</b>	10.0g	15.4g
<b>- Sugars</b>	2.3g	3.6g
<b>Dietary Fibre</b>	3.0g	4.5g
<b>Sodium</b>	151mg	233mg

**CONTAINS:** Wheat, Egg, Milk

## Beef & Polenta Bake

**Ingredients:** Chicken Stock, Beef Mince (18%), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Onion, Beef Stock, Polenta (6%), Chickpeas, Kidney Beans, Tomato Paste, Parmesan Cheese, Skim Milk Concentrate, Garlic, Canola Oil, Chilli, Yeast Extract, Lite Salt, Margarine, Cumin, Cinnamon, Pepper

**Serving Size:** 260g

	per serving	per 100g
<b>Energy</b>	1020kJ (243Cal)	392kJ (94Cal)
<b>Protein</b>	19.3g	7.4g
<b>Fat, Total</b>	7.2g	2.8g
<b>- Saturated</b>	2.8g	1.1g
<b>Carbohydrate</b>	23.6g	9.1g
<b>- Sugars</b>	5.8g	2.2g
<b>Dietary Fibre</b>	4.5g	1.8g
<b>Sodium</b>	545mg	209mg

**CONTAINS:** 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
<b>Energy</b>	318kJ (76Cal)	636kJ (152Cal)
<b>Protein</b>	8.6g	17.2g
<b>Fat, Total</b>	3.0g	5.9g
<b>- Saturated</b>	1.4g	2.7g
<b>Carbohydrate</b>	3.6g	7.2g
<b>- Sugars</b>	0.9g	1.8g
<b>Dietary Fibre</b>	0.7g	1.3g
<b>Sodium</b>	180mg	360mg

**CONTAINS:** Wheat, Egg, Soybean

## Beef Rissoles

**Ingredients:** Beef Mince (57%), Onion, Carrot, Textured Vegetable Protein, Cereal Binder (Contains Wheat), Tomato Paste, Salt, Garlic, Roast Onion Extract, Yeast Extract, Pepper, Oregano

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	521kJ (124Cal)	521kJ (124Cal)
<b>Protein</b>	15.5g	15.5g
<b>Fat, Total</b>	4.1g	4.1g
<b>- Saturated</b>	1.7g	1.7g
<b>Carbohydrate</b>	5.9g	5.9g
<b>- Sugars</b>	2.3g	2.3g
<b>Dietary Fibre</b>	2.5g	2.5g
<b>Sodium</b>	417mg	417mg

**CONTAINS:** Wheat, Soybean

## Beetroot & Carrot Salad

**Ingredients:** Lettuce, Carrot, Beetroot

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	65kJ (16Cal)	93kJ (22Cal)
<b>Protein</b>	0.9g	1.2g
<b>Fat, Total</b>	0.1g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	1.9g	2.7g
<b>- Sugars</b>	1.9g	2.7g
<b>Dietary Fibre</b>	1.6g	2.3g
<b>Sodium</b>	20mg	28mg

## 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
<b>Energy</b>	120kJ (29Cal)	401kJ (96Cal)
<b>Protein</b>	0.4g	1.2g
<b>Fat, Total</b>	less than 0.1g	less than 0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	6.2g	20.7g
<b>- Sugars</b>	5.5g	18.4g
<b>Dietary Fibre</b>	0.6g	2.0g
<b>Sodium</b>	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
<b>Energy</b>	408kJ (98Cal)	1360kJ (325Cal)
<b>Protein</b>	2.3g	7.7g
<b>Fat, Total</b>	2.0g	6.7g
<b>- Saturated</b>	0.7g	2.5g
<b>Carbohydrate</b>	16.4g	54.8g
<b>- Sugars</b>	8.0g	26.7g
<b>Dietary Fibre</b>	1.6g	5.5g
<b>Sodium</b>	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
<b>Energy</b>	464kJ (111Cal)	1450kJ (347Cal)
<b>Protein</b>	1.5g	4.8g
<b>Fat, Total</b>	2.5g	7.7g
<b>- Saturated</b>	0.6g	1.9g
<b>Carbohydrate</b>	21.5g	67.1g
<b>- Sugars</b>	14.5g	45.2g
<b>Dietary Fibre</b>	1.4g	4.4g
<b>Sodium</b>	30mg	95mg

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

**MAY CONTAIN:** 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
<b>Energy</b>	252kJ (60Cal)	1680kJ (401Cal)
<b>Protein</b>	1.5g	10.1g
<b>Fat, Total</b>	0.6g	4.2g
<b>- Saturated</b>	0.2g	1.5g
<b>Carbohydrate</b>	11.9g	79.5g
<b>- Sugars</b>	0.8g	5.5g
<b>Dietary Fibre</b>	0.4g	2.8g
<b>Sodium</b>	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
<b>Energy</b>	301kJ (72Cal)	251kJ (60Cal)
<b>Protein</b>	0.4g	0.3g
<b>Fat, Total</b>	0.1g	less than 0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	16.3g	13.6g
<b>- Sugars</b>	14.2g	11.8g
<b>Dietary Fibre</b>	1.5g	1.2g
<b>Sodium</b>	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
<b>Energy</b>	826kJ (197Cal)	1180kJ (282Cal)
<b>Protein</b>	6.5g	9.3g
<b>Fat, Total</b>	4.7g	6.7g
<b>- Saturated</b>	1.9g	2.7g
<b>Carbohydrate</b>	32.4g	46.3g
<b>- Sugars</b>	1.1g	1.6g
<b>Dietary Fibre</b>	4.3g	6.1g
<b>Sodium</b>	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
<b>Energy</b>	367kJ (88Cal)	918kJ (219Cal)
<b>Protein</b>	3.1g	7.8g
<b>Fat, Total</b>	1.2g	3.0g
<b>- Saturated</b>	0.1g	0.3g
<b>Carbohydrate</b>	15.0g	37.6g
<b>- Sugars</b>	0.4g	0.9g
<b>Dietary Fibre</b>	2.4g	6.0g
<b>Sodium</b>	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
<b>Energy</b>	650kJ (155Cal)	1000kJ (239Cal)
<b>Protein</b>	5.5g	8.4g
<b>Fat, Total</b>	0.8g	1.2g
<b>- Saturated</b>	0.7g	1.0g
<b>Carbohydrate</b>	32.0g	49.2g
<b>- Sugars</b>	0.8g	1.2g
<b>Dietary Fibre</b>	3.5g	5.4g
<b>Sodium</b>	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
<b>Energy</b>	805kJ (192Cal)	1150kJ (275Cal)
<b>Protein</b>	6.7g	9.6g
<b>Fat, Total</b>	4.1g	5.8g
<b>- Saturated</b>	1.8g	2.5g
<b>Carbohydrate</b>	31.5g	45.0g
<b>- Sugars</b>	0.9g	1.3g
<b>Dietary Fibre</b>	4.2g	6.0g
<b>Sodium</b>	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
<b>Energy</b>	472kJ (113Cal)	1180kJ (282Cal)
<b>Protein</b>	4.0g	9.9g
<b>Fat, Total</b>	2.2g	5.4g
<b>- Saturated</b>	0.3g	0.7g
<b>Carbohydrate</b>	18.3g	45.8g
<b>- Sugars</b>	5.6g	14.0g
<b>Dietary Fibre</b>	1.6g	4.0g
<b>Sodium</b>	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
<b>Energy</b>	944kJ (226Cal)	1180kJ (282Cal)
<b>Protein</b>	7.9g	9.9g
<b>Fat, Total</b>	4.3g	5.4g
<b>- Saturated</b>	0.6g	0.7g
<b>Carbohydrate</b>	36.6g	45.8g
<b>- Sugars</b>	11.2g	14.0g
<b>Dietary Fibre</b>	3.2g	4.0g
<b>Sodium</b>	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
<b>Energy</b>	328kJ (78Cal)	1020kJ (245Cal)
<b>Protein</b>	2.9g	9.2g
<b>Fat, Total</b>	0.9g	2.9g
<b>- Saturated</b>	less than 0.1g	0.3g
<b>Carbohydrate</b>	13.6g	42.6g
<b>- Sugars</b>	0.7g	2.3g
<b>Dietary Fibre</b>	1.5g	4.8g
<b>Sodium</b>	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
<b>Energy</b>	656kJ (157Cal)	1020kJ (245Cal)
<b>Protein</b>	5.9g	9.2g
<b>Fat, Total</b>	1.9g	2.9g
<b>- Saturated</b>	0.2g	0.3g
<b>Carbohydrate</b>	27.3g	42.6g
<b>- Sugars</b>	1.5g	2.3g
<b>Dietary Fibre</b>	3.1g	4.8g
<b>Sodium</b>	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
<b>Energy</b>	428kJ (102Cal)	1070kJ (256Cal)
<b>Protein</b>	6.2g	15.5g
<b>Fat, Total</b>	2.8g	7.0g
<b>- Saturated</b>	0.4g	1.1g
<b>Carbohydrate</b>	11.9g	29.8g
<b>- Sugars</b>	1.0g	2.4g
<b>Dietary Fibre</b>	2.2g	5.5g
<b>Sodium</b>	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
<b>Energy</b>	856kJ (204Cal)	1070kJ (256Cal)
<b>Protein</b>	12.4g	15.5g
<b>Fat, Total</b>	5.6g	7.0g
<b>- Saturated</b>	0.9g	1.1g
<b>Carbohydrate</b>	23.8g	29.8g
<b>- Sugars</b>	1.9g	2.4g
<b>Dietary Fibre</b>	4.4g	5.5g
<b>Sodium</b>	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, Thickener (1442), Onion, Cheddar Cheese, Salt, Garlic, Mustard (Contains Preservative (224)), Yeast Extract, Roast Onion Extract, Pepper

**Serving Size:** 227g

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

**CONTAINS:** Wheat, Milk, Sulphites

**MAY CONTAIN:** Egg

## 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
<b>Energy</b>	575kJ (137Cal)	1440kJ (344Cal)
<b>Protein</b>	3.2g	8.1g
<b>Fat, Total</b>	0.8g	2.0g
<b>- Saturated</b>	0.2g	0.6g
<b>Carbohydrate</b>	26.2g	65.6g
<b>- Sugars</b>	12.8g	31.9g
<b>Dietary Fibre</b>	6.3g	15.7g
<b>Sodium</b>	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
<b>Energy</b>	681kJ (163Cal)	1700kJ (407Cal)
<b>Protein</b>	4.1g	10.1g
<b>Fat, Total</b>	6.2g	15.5g
<b>- Saturated</b>	0.8g	2.0g
<b>Carbohydrate</b>	21.4g	53.4g
<b>- Sugars</b>	5.1g	12.7g
<b>Dietary Fibre</b>	2.2g	5.6g
<b>Sodium</b>	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
<b>Energy</b>	284kJ (68Cal)	1420kJ (339Cal)
<b>Protein</b>	6.2g	31.2g
<b>Fat, Total</b>	4.8g	24.0g
<b>- Saturated</b>	3.0g	15.2g
<b>Carbohydrate</b>	0.0g	0.0g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	120mg	600mg

**CONTAINS:** Milk

## Cheese, Sachet

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

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	228kJ (55Cal)	1140kJ (272Cal)
<b>Protein</b>	6.9g	34.4g
<b>Fat, Total</b>	3.0g	15.0g
<b>- Saturated</b>	2.0g	9.8g
<b>Carbohydrate</b>	0.0g	0.0g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	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
<b>Energy</b>	176kJ (42Cal)	857kJ (205Cal)
<b>Protein</b>	4.7g	22.9g
<b>Fat, Total</b>	1.8g	8.6g
<b>- Saturated</b>	1.3g	6.2g
<b>Carbohydrate</b>	1.7g	8.1g
<b>- Sugars</b>	0.5g	2.4g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	356mg	1740mg

**CONTAINS:** Milk

## 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
<b>Energy</b>	969kJ (231Cal)	334kJ (80Cal)
<b>Protein</b>	19.1g	6.6g
<b>Fat, Total</b>	5.3g	1.8g
<b>- Saturated</b>	1.4g	0.5g
<b>Carbohydrate</b>	23.9g	8.2g
<b>- Sugars</b>	8.3g	2.9g
<b>Dietary Fibre</b>	6.0g	2.1g
<b>Sodium</b>	692mg	239mg

**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
<b>Energy</b>	873kJ (209Cal)	364kJ (87Cal)
<b>Protein</b>	17.4g	7.3g
<b>Fat, Total</b>	3.7g	1.5g
<b>- Saturated</b>	1.7g	0.7g
<b>Carbohydrate</b>	23.4g	9.8g
<b>- Sugars</b>	2.7g	1.1g
<b>Dietary Fibre</b>	5.2g	2.2g
<b>Sodium</b>	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
<b>Energy</b>	347kJ (83Cal)	534kJ (127Cal)
<b>Protein</b>	11.2g	17.3g
<b>Fat, Total</b>	1.0g	1.5g
<b>- Saturated</b>	0.3g	0.4g
<b>Carbohydrate</b>	6.2g	9.5g
<b>- Sugars</b>	0.7g	1.1g
<b>Dietary Fibre</b>	2.1g	3.2g
<b>Sodium</b>	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
<b>Energy</b>	1020kJ (244Cal)	365kJ (87Cal)
<b>Protein</b>	18.5g	6.6g
<b>Fat, Total</b>	4.5g	1.6g
<b>- Saturated</b>	0.8g	0.3g
<b>Carbohydrate</b>	32.5g	11.6g
<b>- Sugars</b>	8.3g	3.0g
<b>Dietary Fibre</b>	5.3g	1.9g
<b>Sodium</b>	431mg	154mg

**CONTAINS:** Wheat

## Chicken Chow Mein

**Ingredients:** Chicken (24%), Hokkien Noodles (23%) (Wheat Flour, Water, Gluten, Colours (101, 110), Preservative (202)), Cabbage, Onion, 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
<b>Energy</b>	921kJ (220Cal)	419kJ (100Cal)
<b>Protein</b>	19.8g	9.0g
<b>Fat, Total</b>	3.8g	1.7g
<b>- Saturated</b>	0.7g	0.3g
<b>Carbohydrate</b>	24.4g	11.1g
<b>- Sugars</b>	9.5g	4.3g
<b>Dietary Fibre</b>	4.1g	1.8g
<b>Sodium</b>	760mg	345mg

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

## Chicken Fettuccine with Pesto

**Ingredients:** Pasta (51%) (Water, Durum Wheat Semolina), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Chicken (11%), Onion, Carrot, Celery, Parmesan Cheese, Basil (1%), Tomato Paste, Pine Nuts, Olive Oil, Sugar, Garlic, Salt, Thickener (1422), Yeast Extract, Roast Onion Extract, Parsley, Food Acid (330), Pepper

**Serving Size:** 217g

	per serving	per 100g
<b>Energy</b>	905kJ (216Cal)	417kJ (100Cal)
<b>Protein</b>	12.0g	5.5g
<b>Fat, Total</b>	3.9g	1.8g
<b>- Saturated</b>	1.1g	0.5g
<b>Carbohydrate</b>	31.9g	14.7g
<b>- Sugars</b>	3.3g	1.5g
<b>Dietary Fibre</b>	3.6g	1.7g
<b>Sodium</b>	366mg	168mg

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

**MAY CONTAIN:** Egg

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

**CONTAINS:** Wheat, Milk

## Chicken Pesto Pasta

**Ingredients:** Pumpkin (27%), Pasta (23%) (Water, Durum Wheat Semolina), Chicken (15%), Chicken Stock, Pesto Sauce (8%) (Basil, Spinach, Semi Dried Tomatoes, Almonds, Garlic, Olive Oil, Lemon Juice, Parmesan Cheese, Salt, Pepper), Onion, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Garlic, Parmesan Cheese, Thickener (1422), Canola Oil, Salt, Pepper

**Serving Size:** 263g

	per serving	per 100g
<b>Energy</b>	961kJ (230Cal)	366kJ (87Cal)
<b>Protein</b>	20.0g	7.6g
<b>Fat, Total</b>	6.6g	2.5g
<b>- Saturated</b>	1.7g	0.6g
<b>Carbohydrate</b>	20.7g	7.9g
<b>- Sugars</b>	4.0g	1.5g
<b>Dietary Fibre</b>	5.0g	1.9g
<b>Sodium</b>	484mg	184mg

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

**MAY CONTAIN:** Egg

## Chicken Spaghetti

**Ingredients:** Pasta (44%) (Water, Durum Wheat Semolina), Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Chicken (5%) (Chicken (5%)), Onion, Parmesan Cheese, Carrot, Tomato Paste, Sugar, Garlic, Salt, Yeast Extract, Thickener (1422), Seasoning, Olive Oil, Parsley

**Serving Size:** 275g

	per serving	per 100g
<b>Energy</b>	996kJ (238Cal)	362kJ (87Cal)
<b>Protein</b>	12.0g	4.4g
<b>Fat, Total</b>	3.6g	1.3g
<b>- Saturated</b>	1.4g	0.5g
<b>Carbohydrate</b>	38.4g	14.0g
<b>- Sugars</b>	5.9g	2.2g
<b>Dietary Fibre</b>	4.3g	1.6g
<b>Sodium</b>	499mg	181mg

**CONTAINS:** Wheat, Milk

**MAY CONTAIN:** Egg

## Chicken Tender, Roast

**Ingredients:** Chicken (96%), Parsley, Paprika, Salt, Olive Oil, Roast Onion Extract, Oregano, Coriander, Roast Garlic Extract, Pepper

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	389kJ (93Cal)	556kJ (133Cal)
<b>Protein</b>	18.1g	25.8g
<b>Fat, Total</b>	1.9g	2.7g
<b>- Saturated</b>	0.5g	0.7g
<b>Carbohydrate</b>	0.9g	1.2g
<b>- Sugars</b>	0.4g	0.6g
<b>Dietary Fibre</b>	0.5g	0.7g
<b>Sodium</b>	283mg	404mg

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

**CONTAINS:** Wheat, Soybean

## Chicken Tender, Tandoori

**Ingredients:** Chicken (78%), Yoghurt (Milk, Milk Solids, Inulin, Cultures, Soy Solids), Curry Paste (6%) (Water, Lentils, Vegetable Oil, Malt Vinegar, Lemon Juice, Cumin, Ginger Puree, Cayenne Pepper, Mustard Powder, Salt, Ginger Powder, Coriander, Cardamon, Paprika, Garlic Powder, Spices, Onion Powder, Celery Powder, Colours (110, 124))

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	304kJ (73Cal)	506kJ (121Cal)
<b>Protein</b>	14.8g	24.6g
<b>Fat, Total</b>	1.0g	1.6g
<b>- Saturated</b>	0.2g	0.4g
<b>Carbohydrate</b>	0.5g	0.9g
<b>- Sugars</b>	0.5g	0.8g
<b>Dietary Fibre</b>	1.0g	1.7g
<b>Sodium</b>	163mg	271mg

**CONTAINS:** Barley, Milk, Soybean

**MAY CONTAIN:** Peanuts, Sesame Seeds

## Chickpeas, Roasted

**Ingredients:** Chickpeas, Vegetable Oil, Salt

**Serving Size:** 35g

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

## 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
<b>Energy</b>	132kJ (31Cal)	470kJ (112Cal)
<b>Protein</b>	0.2g	0.7g
<b>Fat, Total</b>	0.3g	1.1g
<b>- Saturated</b>	less than 0.1g	0.1g
<b>Carbohydrate</b>	6.8g	24.3g
<b>- Sugars</b>	6.4g	22.8g
<b>Dietary Fibre</b>	0.6g	2.0g
<b>Sodium</b>	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
<b>Energy</b>	132kJ (32Cal)	472kJ (113Cal)
<b>Protein</b>	0.4g	1.5g
<b>Fat, Total</b>	1.7g	6.0g
<b>- Saturated</b>	0.1g	0.5g
<b>Carbohydrate</b>	3.6g	12.7g
<b>- Sugars</b>	2.9g	10.5g
<b>Dietary Fibre</b>	0.3g	1.0g
<b>Sodium</b>	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
<b>Energy</b>	700kJ (167Cal)	1750kJ (418Cal)
<b>Protein</b>	2.4g	6.1g
<b>Fat, Total</b>	4.6g	11.6g
<b>- Saturated</b>	0.6g	1.5g
<b>Carbohydrate</b>	27.0g	67.5g
<b>- Sugars</b>	13.9g	34.7g
<b>Dietary Fibre</b>	3.5g	8.7g
<b>Sodium</b>	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
<b>Energy</b>	654kJ (156Cal)	1630kJ (390Cal)
<b>Protein</b>	2.4g	5.9g
<b>Fat, Total</b>	3.9g	9.7g
<b>- Saturated</b>	0.5g	1.2g
<b>Carbohydrate</b>	26.3g	65.8g
<b>- Sugars</b>	14.8g	37.1g
<b>Dietary Fibre</b>	2.7g	6.7g
<b>Sodium</b>	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
<b>Energy</b>	409kJ (98Cal)	2050kJ (489Cal)
<b>Protein</b>	1.7g	8.7g
<b>Fat, Total</b>	4.4g	22.2g
<b>- Saturated</b>	1.9g	9.3g
<b>Carbohydrate</b>	12.2g	61.2g
<b>- Sugars</b>	0.3g	1.4g
<b>Dietary Fibre</b>	2.6g	12.9g
<b>Sodium</b>	48mg	240mg

**MAY CONTAIN:** Milk

## Corn Fritters

**Ingredients:** Creamed Corn (44%) (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
<b>Energy</b>	574kJ (137Cal)	574kJ (137Cal)
<b>Protein</b>	5.7g	5.7g
<b>Fat, Total</b>	1.5g	1.5g
<b>- Saturated</b>	0.3g	0.3g
<b>Carbohydrate</b>	24.6g	24.6g
<b>- Sugars</b>	3.4g	3.4g
<b>Dietary Fibre</b>	2.4g	2.4g
<b>Sodium</b>	490mg	490mg

**CONTAINS:** Wheat, Egg

## Corned Beef

**Ingredients:** Corned Beef (Beef, Water, Cure (Mineral Salts (451, 452, 500), Antioxidant (316), Preservative (250), Honey, Flavour), Salt)

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	293kJ (70Cal)	587kJ (140Cal)
<b>Protein</b>	10.3g	20.6g
<b>Fat, Total</b>	3.2g	6.4g
<b>- Saturated</b>	1.4g	2.8g
<b>Carbohydrate</b>	less than 0.1g	0.1g
<b>- Sugars</b>	less than 0.1g	0.1g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	453mg	905mg

## 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
<b>Energy</b>	475kJ (113Cal)	1900kJ (454Cal)
<b>Protein</b>	3.1g	12.5g
<b>Fat, Total</b>	4.7g	18.7g
<b>- Saturated</b>	0.7g	2.6g
<b>Carbohydrate</b>	14.6g	58.6g
<b>- Sugars</b>	1.2g	4.6g
<b>Dietary Fibre</b>	1.0g	3.9g
<b>Sodium</b>	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
<b>Energy</b>	111kJ (27Cal)	556kJ (133Cal)
<b>Protein</b>	less than 0.1g	0.1g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	6.5g	32.3g
<b>- Sugars</b>	6.3g	31.6g
<b>Dietary Fibre</b>	less than 0.1g	less than 0.1g
<b>Sodium</b>	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
<b>Energy</b>	414kJ (99Cal)	2070kJ (495Cal)
<b>Protein</b>	1.5g	7.4g
<b>Fat, Total</b>	4.8g	24.1g
<b>- Saturated</b>	1.3g	6.5g
<b>Carbohydrate</b>	12.3g	61.7g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.4g	1.8g
<b>Sodium</b>	121mg	604mg

**CONTAINS:** Wheat

## 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
<b>Energy</b>	529kJ (126Cal)	2120kJ (505Cal)
<b>Protein</b>	5.0g	19.8g
<b>Fat, Total</b>	5.9g	23.5g
<b>- Saturated</b>	0.6g	2.5g
<b>Carbohydrate</b>	13.3g	53.3g
<b>- Sugars</b>	0.6g	2.3g
<b>Dietary Fibre</b>	1.3g	5.2g
<b>Sodium</b>	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
<b>Energy</b>	76kJ (18Cal)	252kJ (60Cal)
<b>Protein</b>	1.0g	3.3g
<b>Fat, Total</b>	0.6g	2.1g
<b>- Saturated</b>	0.4g	1.3g
<b>Carbohydrate</b>	1.9g	6.3g
<b>- Sugars</b>	1.3g	4.4g
<b>Dietary Fibre</b>	less than 0.1g	0.2g
<b>Sodium</b>	105mg	348mg

**CONTAINS:** Milk

## Dessert, Apple Crumble

**Ingredients:** Apple (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
<b>Energy</b>	799kJ (191Cal)	484kJ (116Cal)
<b>Protein</b>	3.5g	2.1g
<b>Fat, Total</b>	2.6g	1.6g
<b>- Saturated</b>	1.2g	0.7g
<b>Carbohydrate</b>	37.7g	22.9g
<b>- Sugars</b>	27.5g	16.6g
<b>Dietary Fibre</b>	2.1g	1.3g
<b>Sodium</b>	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
<b>Energy</b>	742kJ (177Cal)	450kJ (107Cal)
<b>Protein</b>	3.9g	2.4g
<b>Fat, Total</b>	2.2g	1.3g
<b>- Saturated</b>	0.8g	0.5g
<b>Carbohydrate</b>	35.0g	21.2g
<b>- Sugars</b>	25.5g	15.5g
<b>Dietary Fibre</b>	3.9g	2.4g
<b>Sodium</b>	207mg	126mg

**CONTAINS:** Wheat, Egg, Milk

## Dessert, Raspberry & Apple Crumble

**Ingredients:** Water, Apple (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
<b>Energy</b>	840kJ (201Cal)	509kJ (122Cal)
<b>Protein</b>	3.8g	2.3g
<b>Fat, Total</b>	2.6g	1.6g
<b>- Saturated</b>	1.2g	0.7g
<b>Carbohydrate</b>	38.5g	23.3g
<b>- Sugars</b>	27.2g	16.5g
<b>Dietary Fibre</b>	2.4g	1.5g
<b>Sodium</b>	121mg	73mg

**CONTAINS:** Wheat, Oats, Milk

## Dessert, Rice Pudding

**Ingredients:** Water, Rice (29%), 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
<b>Energy</b>	855kJ (204Cal)	486kJ (116Cal)
<b>Protein</b>	4.3g	2.5g
<b>Fat, Total</b>	3.7g	2.1g
<b>- Saturated</b>	2.4g	1.4g
<b>Carbohydrate</b>	36.2g	20.6g
<b>- Sugars</b>	17.5g	10.0g
<b>Dietary Fibre</b>	0.7g	0.4g
<b>Sodium</b>	118mg	67mg

**CONTAINS:** Milk

## Dressing, Asian Coleslaw

**Ingredients:** Water, Vinegar, Sugar, Sesame Oil, Salt, Modified Starch (1442), Herbs & Spices, Vegetable Gums (415, 412)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	106kJ (25Cal)	530kJ (127Cal)
<b>Protein</b>	0.0g	0.0g
<b>Fat, Total</b>	0.2g	1.0g
<b>- Saturated</b>	less than 0.1g	0.1g
<b>Carbohydrate</b>	5.6g	27.9g
<b>- Sugars</b>	5.5g	27.3g
<b>Dietary Fibre</b>	less than 0.1g	0.3g
<b>Sodium</b>	79mg	393mg

**CONTAINS:** Sesame Seeds

## Dressing, Canton

**Ingredients:** Water, Sweet Soy Sauce (Palm Sugar, Water, Salt, Soybean, Wheat, Preservative (211)), Apricot (Contains Firming Agent (509)), Sugar, Plum Sauce (Plums, Water, Starch, Salt, Sugar, Vinegar), Malt Vinegar, Salt, Capsicum, Modified Starch (1422), Vinegar, Tomato Paste, Chilli, Garlic, Herbs & Spices, Vegetable Gums (415, 412)

**Serving Size:** 28g

	per serving	per 100g
<b>Energy</b>	110kJ (26Cal)	394kJ (94Cal)
<b>Protein</b>	0.4g	1.4g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	6.1g	21.8g
<b>- Sugars</b>	5.4g	19.3g
<b>Dietary Fibre</b>	0.4g	1.4g
<b>Sodium</b>	462mg	1650mg

**CONTAINS:** Wheat, Barley, Soybean

## Dressing, Moroccan

**Ingredients:** Water, Lemon Juice, Brown Sugar, Olive Oil, Vinegar, Herbs & Spices, Tapioca Maltodextrin, Modified Sarch (1442), Lemon Zest, Vegetable Gum (415)

**Serving Size:** 20g

	per serving	per 100g
<b>Energy</b>	148kJ (36Cal)	742kJ (177Cal)
<b>Protein</b>	0.1g	0.7g
<b>Fat, Total</b>	2.1g	10.3g
<b>- Saturated</b>	0.3g	1.4g
<b>Carbohydrate</b>	4.0g	20.2g
<b>- Sugars</b>	3.5g	17.6g
<b>Dietary Fibre</b>	less than 0.1g	less than 0.1g
<b>Sodium</b>	2mg	9mg

## 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
<b>Energy</b>	110kJ (26Cal)	552kJ (132Cal)
<b>Protein</b>	0.2g	0.8g
<b>Fat, Total</b>	0.9g	4.6g
<b>- Saturated</b>	0.1g	0.6g
<b>Carbohydrate</b>	4.4g	22.2g
<b>- Sugars</b>	3.8g	19.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	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
<b>Energy</b>	113kJ (27Cal)	753kJ (180Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	less than 0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	6.5g	43.5g
<b>- Sugars</b>	6.1g	40.8g
<b>Dietary Fibre</b>	0.7g	4.4g
<b>Sodium</b>	149mg	996mg

## Dressing, Vietnamese Vinaigrette

**Ingredients:** Rice Vinegar (Distilled Vinegar (Wheat, Rice, Corn Extract), Water, Salt), Fish Sauce (Water, Anchovy, Salt, Sugar), Sugar, Water, Onion, Coriander, Sesame Oil, Chilli, Vegetable Gum (415)

**Serving Size:** 20g

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

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

## Egg, Raw

**Ingredients:** Egg

**Serving Size:** 48g

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

**CONTAINS:** Egg

## Fettuccine Bolognese

**Ingredients:** Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Pasta (37%) (Water, Durum Wheat Semolina), Beef Mince (10%), Onion, Carrot, Sweet Potato, Parmesan Cheese, Tomato Paste, Sugar, Thickener (1422), Garlic, Salt, Chicken Booster (Contains Flavour Enhancers (627, 631)), Beef Booster (Contains Flavour Enhancers (627, 631), Colour (150a)), Olive Oil, Oregano

**Serving Size:** 273g

	per serving	per 100g
<b>Energy</b>	934kJ (223Cal)	342kJ (82Cal)
<b>Protein</b>	12.0g	4.4g
<b>Fat, Total</b>	3.4g	1.2g
<b>- Saturated</b>	1.4g	0.5g
<b>Carbohydrate</b>	35.3g	12.9g
<b>- Sugars</b>	6.2g	2.3g
<b>Dietary Fibre</b>	4.1g	1.5g
<b>Sodium</b>	497mg	182mg

**CONTAINS:** Wheat, Milk, Soybean

**MAY CONTAIN:** Egg

## Fruit Bun

**Ingredients:** Wholemeal Flour (Wheat Flour, Thiamine, Folate), Water, Sultanas (Sultanas, Vegetable Oil, Preservative (220)), Currants, Yeast, Canola Oil, Gluten, Salt, Malted Wheat Flour, Enzymes, Food Acid (300), Spices

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	600kJ (143Cal)	1200kJ (287Cal)
<b>Protein</b>	4.2g	8.3g
<b>Fat, Total</b>	2.2g	4.3g
<b>- Saturated</b>	0.3g	0.6g
<b>Carbohydrate</b>	24.7g	49.5g
<b>- Sugars</b>	8.8g	17.6g
<b>Dietary Fibre</b>	7.7g	15.3g
<b>Sodium</b>	198mg	396mg

**CONTAINS:** Wheat

**MAY CONTAIN:** Tree Nuts, 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
<b>Energy</b>	585kJ (140Cal)	974kJ (233Cal)
<b>Protein</b>	3.6g	6.1g
<b>Fat, Total</b>	0.5g	0.8g
<b>- Saturated</b>	less than 0.1g	0.1g
<b>Carbohydrate</b>	27.6g	46.0g
<b>- Sugars</b>	18.9g	31.6g
<b>Dietary Fibre</b>	4.6g	7.7g
<b>Sodium</b>	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
<b>Energy</b>	385kJ (92Cal)	641kJ (153Cal)
<b>Protein</b>	1.0g	1.7g
<b>Fat, Total</b>	0.1g	0.2g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	21.9g	36.4g
<b>- Sugars</b>	20.4g	34.0g
<b>Dietary Fibre</b>	2.4g	3.9g
<b>Sodium</b>	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
<b>Energy</b>	333kJ (80Cal)	238kJ (57Cal)
<b>Protein</b>	0.7g	0.5g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	0.1g	0.1g
<b>Carbohydrate</b>	17.9g	12.8g
<b>- Sugars</b>	12.7g	9.1g
<b>Dietary Fibre</b>	2.1g	1.5g
<b>Sodium</b>	8mg	6mg

## Fruit Cup, Peach

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

**Serving Size:** 140g

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

## Fruit Cup, Pear

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

**Serving Size:** 140g

	per serving	per 100g
<b>Energy</b>	346kJ (83Cal)	247kJ (59Cal)
<b>Protein</b>	0.3g	0.2g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	19.7g	14.1g
<b>- Sugars</b>	13.2g	9.4g
<b>Dietary Fibre</b>	2.4g	1.7g
<b>Sodium</b>	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
<b>Energy</b>	255kJ (61Cal)	182kJ (44Cal)
<b>Protein</b>	0.6g	0.4g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	0.1g	0.1g
<b>Carbohydrate</b>	14.3g	10.2g
<b>- Sugars</b>	10.2g	7.3g
<b>Dietary Fibre</b>	2.2g	1.6g
<b>Sodium</b>	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
<b>Energy</b>	436kJ (104Cal)	1090kJ (260Cal)
<b>Protein</b>	0.9g	2.2g
<b>Fat, Total</b>	0.4g	0.9g
<b>- Saturated</b>	0.3g	0.8g
<b>Carbohydrate</b>	25.1g	62.7g
<b>- Sugars</b>	21.2g	53.1g
<b>Dietary Fibre</b>	3.3g	8.2g
<b>Sodium</b>	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
<b>Energy</b>	443kJ (106Cal)	1770kJ (423Cal)
<b>Protein</b>	2.5g	9.8g
<b>Fat, Total</b>	5.2g	20.6g
<b>- Saturated</b>	0.7g	2.6g
<b>Carbohydrate</b>	12.5g	50.2g
<b>- Sugars</b>	10.7g	43.0g
<b>Dietary Fibre</b>	1.4g	5.7g
<b>Sodium</b>	7mg	29mg

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

**CONTAINS:** Wheat, Egg

## 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
<b>Energy</b>	502kJ (120Cal)	433kJ (103Cal)
<b>Protein</b>	14.0g	12.1g
<b>Fat, Total</b>	5.6g	4.8g
<b>- Saturated</b>	1.9g	1.7g
<b>Carbohydrate</b>	3.7g	3.2g
<b>- Sugars</b>	1.6g	1.3g
<b>Dietary Fibre</b>	0.5g	0.5g
<b>Sodium</b>	474mg	409mg

**CONTAINS:** Egg, Milk

## Hawaiian Chicken

**Ingredients:** Chicken (21%), Rice, Daikon, Soybeans, Carrot, Soy Sauce (Water, Soybean, Wheat, Salt), Pineapple (5%), Red Capsicum, Onion, Sugar, Mirin Wine, Thickener (1422), Shallot, Sesame Oil, Sesame Seeds, Ginger

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	1080kJ (259Cal)	434kJ (104Cal)
<b>Protein</b>	18.6g	7.5g
<b>Fat, Total</b>	5.5g	2.2g
<b>- Saturated</b>	1.2g	0.5g
<b>Carbohydrate</b>	31.7g	12.7g
<b>- Sugars</b>	14.3g	5.7g
<b>Dietary Fibre</b>	3.3g	1.3g
<b>Sodium</b>	608mg	243mg

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

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

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

## Hokkien Stir Fry Noodles

**Ingredients:** Hokkien Noodles (26%) (Wheat Flour, Water, Gluten, Colours (101, 110), Preservative (202)), Chicken (16%) (Chicken (16%)), Beans, Carrot, Choy Sum Cabbage, Cabbage, Roasted Capsicum, Shallots, Oyster Sauce (Contains Fish, Wheat, Flavour Enhancer (621), Colour (150c)), Onion, Chicken Stock, Soy Sauce (Contains Soy, Wheat), Thickener (1422), Sugar, Olive Oil, Garlic, Salt, Pepper

**Serving Size:** 227g

	per serving	per 100g
<b>Energy</b>	865kJ (207Cal)	381kJ (91Cal)
<b>Protein</b>	15.3g	6.7g
<b>Fat, Total</b>	5.0g	2.2g
<b>- Saturated</b>	1.4g	0.6g
<b>Carbohydrate</b>	23.9g	10.5g
<b>- Sugars</b>	6.5g	2.9g
<b>Dietary Fibre</b>	3.2g	1.4g
<b>Sodium</b>	874mg	385mg

**CONTAINS:** Wheat, Fish, Soybean

## Honey

**Ingredients:** Honey

**Serving Size:** 13g

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

## 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
<b>Energy</b>	171kJ (41Cal)	1220kJ (292Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	10.0g	71.7g
<b>- Sugars</b>	10.0g	71.2g
<b>Dietary Fibre</b>	0.2g	1.3g
<b>Sodium</b>	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
<b>Energy</b>	171kJ (41Cal)	1220kJ (291Cal)
<b>Protein</b>	less than 0.1g	0.1g
<b>Fat, Total</b>	0.0g	0.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	10.0g	71.3g
<b>- Sugars</b>	9.9g	70.9g
<b>Dietary Fibre</b>	0.2g	1.3g
<b>Sodium</b>	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
<b>Energy</b>	171kJ (41Cal)	1220kJ (292Cal)
<b>Protein</b>	less than 0.1g	0.3g
<b>Fat, Total</b>	less than 0.1g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	10.0g	71.4g
<b>- Sugars</b>	10.0g	71.1g
<b>Dietary Fibre</b>	0.2g	1.3g
<b>Sodium</b>	2mg	15mg

## Kiwifruit

**Ingredients:** Kiwifruit

**Serving Size:** 78g

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

## Mandarin

**Ingredients:** Mandarin

**Serving Size:** 135g

	per serving	per 100g
<b>Energy</b>	236kJ (56Cal)	175kJ (42Cal)
<b>Protein</b>	1.2g	0.9g
<b>Fat, Total</b>	0.3g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	10.8g	8.0g
<b>- Sugars</b>	10.8g	8.0g
<b>Dietary Fibre</b>	2.7g	2.0g
<b>Sodium</b>	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
<b>Energy</b>	278kJ (66Cal)	2780kJ (664Cal)
<b>Protein</b>	less than 0.1g	0.4g
<b>Fat, Total</b>	7.5g	75.0g
<b>- Saturated</b>	2.0g	19.6g
<b>Carbohydrate</b>	less than 0.1g	0.5g
<b>- Sugars</b>	less than 0.1g	0.5g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	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
<b>Energy</b>	62kJ (15Cal)	623kJ (149Cal)
<b>Protein</b>	0.1g	1.1g
<b>Fat, Total</b>	1.0g	10.4g
<b>- Saturated</b>	0.1g	1.3g
<b>Carbohydrate</b>	1.3g	12.9g
<b>- Sugars</b>	1.0g	10.3g
<b>Dietary Fibre</b>	less than 0.1g	0.4g
<b>Sodium</b>	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
<b>Energy</b>	943kJ (225Cal)	382kJ (91Cal)
<b>Protein</b>	16.4g	6.6g
<b>Fat, Total</b>	5.4g	2.2g
<b>- Saturated</b>	1.7g	0.7g
<b>Carbohydrate</b>	27.2g	11.0g
<b>- Sugars</b>	7.8g	3.2g
<b>Dietary Fibre</b>	6.2g	2.5g
<b>Sodium</b>	359mg	145mg

**CONTAINS:** Wheat, Egg

## Moroccan Relish

**Ingredients:** Onion, Tomatoes (Diced Peeled Tomatoes, Water, Tomato Puree, Salt, Food Acid (330), Mineral Salt (509)), Sweet Potato, Vinegar, Sultanas (Sultanas, Vegetable Oil), Olive Oil, Sugar, Coriander, Sambal Oelek, Garlic, Cumin, Food Acid (330)

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	216kJ (52Cal)	308kJ (74Cal)
<b>Protein</b>	1.2g	1.7g
<b>Fat, Total</b>	0.9g	1.4g
<b>- Saturated</b>	0.1g	0.2g
<b>Carbohydrate</b>	9.1g	13.0g
<b>- Sugars</b>	7.0g	10.0g
<b>Dietary Fibre</b>	1.3g	1.9g
<b>Sodium</b>	53mg	76mg

## Muesli Bar, Apricot

**Ingredients:** Cereals (Oats (25%), Honey Toasted Oats (Oats, Brown Sugar, Honey), Rice Crisps (Rice, Sugar, Salt, Barley Malt Extract), Glucose Syrup, Nuts (Peanuts, Almonds), Dried Apricots (8%) (Dried Apricots, Sulphur Dioxide), Seeds (Pepitas, Sesame Seeds, Sunflower Seeds), Coconut (Contains Sulphites), Brown Sugar, Vegetable Oil, Flavours, Emulsifier (Soy Lecithin), Food Acid (330)

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	528kJ (126Cal)	1760kJ (420Cal)
<b>Protein</b>	2.9g	9.6g
<b>Fat, Total</b>	5.5g	18.2g
<b>- Saturated</b>	1.5g	5.1g
<b>Carbohydrate</b>	16.3g	54.5g
<b>- Sugars</b>	6.4g	21.2g
<b>Dietary Fibre</b>	1.9g	6.4g
<b>Sodium</b>	17mg	56mg

**CONTAINS:** Barley, Oats, Peanuts, Soybean, Tree Nuts, Sesame Seeds, Sulphites

**MAY CONTAIN:** Milk

## Muesli Bar, Chocolate

**Ingredients:** Cereals (Oats (23%), Honey Toasted Oats (Oats, Brown Sugar, Honey), Rice Crisps (Rice, Sugar, Salt, Barley Malt Extract)), Glucose Syrup, Milk Chocolate (15%) (Sugar, Milk Solids, Cocoa Butter, Cocoa Liquor, Emulsifiers (Soy Lecithin, 476), Flavour), Nuts (Peanuts, Almonds), Seeds (Pepitas, Sesame Seeds, Sunflower Seeds), Coconut (Contains Sulphites), Brown Sugar, Vegetable Oil, Flavours, Emulsifier (Soy Lecithin)

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	564kJ (135Cal)	1880kJ (449Cal)
<b>Protein</b>	2.9g	9.5g
<b>Fat, Total</b>	6.4g	21.3g
<b>- Saturated</b>	2.2g	7.3g
<b>Carbohydrate</b>	16.6g	55.4g
<b>- Sugars</b>	7.5g	25.0g
<b>Dietary Fibre</b>	1.6g	5.4g
<b>Sodium</b>	19mg	62mg

**CONTAINS:** Barley, Oats, Milk, Peanuts, Soybean, Tree Nuts, Sesame Seeds, 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
<b>Energy</b>	690kJ (165Cal)	575kJ (137Cal)
<b>Protein</b>	7.1g	5.9g
<b>Fat, Total</b>	4.4g	3.6g
<b>- Saturated</b>	0.6g	0.5g
<b>Carbohydrate</b>	22.6g	18.8g
<b>- Sugars</b>	14.4g	12.0g
<b>Dietary Fibre</b>	3.1g	2.6g
<b>Sodium</b>	61mg	51mg

**CONTAINS:** Oats, Milk, Tree Nuts, Sesame Seeds

## Muesli, Classic Fruit

**Ingredients:** Rolled Oats, Nuts (Almonds, Hazelnuts, Pecans), Dried Fruit (9%) (Sultanas, Raisins, Apricots), Sunflower Seeds, Honey, Sunflower Oil, Sesame Seeds, Cinnamon

**Serving Size:** 35g

	per serving	per 100g
<b>Energy</b>	653kJ (156Cal)	1870kJ (446Cal)
<b>Protein</b>	4.2g	11.9g
<b>Fat, Total</b>	6.3g	18.1g
<b>- Saturated</b>	0.8g	2.2g
<b>Carbohydrate</b>	19.0g	54.2g
<b>- Sugars</b>	3.6g	10.2g
<b>Dietary Fibre</b>	3.2g	9.0g
<b>Sodium</b>	12mg	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 (13%) (Cranberries, Sugar, Sunflower Oil), Golden Syrup, Apple Sauce (11%) (Apples, Sugar, Antioxidants (331, 300), Food Acid (330)), Apples (11%), Water, Yoghurt (Milk, Milk Solids, Inulin, Cultures, Soy Solids), Egg, Wheat Bran, Baking Powder (Contains Raising Agents (450, 500)), Salt, Mixed Spice, Cinnamon

**Serving Size:** 72g

	per serving	per 100g
<b>Energy</b>	581kJ (139Cal)	807kJ (193Cal)
<b>Protein</b>	3.2g	4.4g
<b>Fat, Total</b>	1.1g	1.5g
<b>- Saturated</b>	0.3g	0.4g
<b>Carbohydrate</b>	27.9g	38.8g
<b>- Sugars</b>	14.8g	20.5g
<b>Dietary Fibre</b>	3.6g	5.0g
<b>Sodium</b>	204mg	283mg

**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 (12%) (Dates, Rice Flour), Sugar, Wheat Bran, Water, Cottage Cheese (Skim Milk, Cream, Milk Solids, Salt, Preservative (202), Thickeners (412, 415, 410, 407), Acidity Regulator (330), Cultures), Egg, Skim Milk Powder, Baking Powder (Contains Raising Agents (450, 500)), Salt, Mixed Spice

**Serving Size:** 72g

	per serving	per 100g
<b>Energy</b>	689kJ (165Cal)	957kJ (229Cal)
<b>Protein</b>	4.3g	6.0g
<b>Fat, Total</b>	1.1g	1.6g
<b>- Saturated</b>	0.3g	0.4g
<b>Carbohydrate</b>	31.3g	43.4g
<b>- Sugars</b>	18.3g	25.4g
<b>Dietary Fibre</b>	5.7g	8.0g
<b>Sodium</b>	217mg	301mg

**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
<b>Energy</b>	630kJ (150Cal)	940kJ (225Cal)
<b>Protein</b>	5.1g	7.6g
<b>Fat, Total</b>	1.7g	2.5g
<b>- Saturated</b>	0.6g	0.9g
<b>Carbohydrate</b>	27.1g	40.5g
<b>- Sugars</b>	5.6g	8.4g
<b>Dietary Fibre</b>	2.0g	3.0g
<b>Sodium</b>	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
<b>Energy</b>	643kJ (154Cal)	960kJ (229Cal)
<b>Protein</b>	3.6g	5.3g
<b>Fat, Total</b>	4.0g	5.9g
<b>- Saturated</b>	0.6g	0.9g
<b>Carbohydrate</b>	23.8g	35.5g
<b>- Sugars</b>	1.9g	2.8g
<b>Dietary Fibre</b>	4.2g	6.3g
<b>Sodium</b>	245mg	365mg

**CONTAINS:** Wheat, Soybean

## Muffin, Corn & Parmesan

**Ingredients:** Self Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Corn (22%), Water, Onion, Carrot, Bacon (Pork, Water, Salt, Acidity Regulators (327, 330, 450, 451), Thickeners (1414, 415, 407), Dextrose, Soy Protein, Maltodextrin, Flavour Enhancer (621), Hydrolysed Maize Protein, Antioxidant (316), Preservative (250), Gelling Agent (508), Canola Oil, Honey, Rice Flour, Flavour), Yoghurt (Contains Milk, Soy), Skim Milk Powder, Parmesan Cheese (1%), Raising Agent (500), Pepper, Parsley, Cayenne Pepper

**Serving Size:** 65g

	per serving	per 100g
<b>Energy</b>	461kJ (110Cal)	708kJ (169Cal)
<b>Protein</b>	4.1g	6.3g
<b>Fat, Total</b>	1.2g	1.8g
<b>- Saturated</b>	0.4g	0.6g
<b>Carbohydrate</b>	20.3g	31.1g
<b>- Sugars</b>	2.2g	3.4g
<b>Dietary Fibre</b>	1.6g	2.5g
<b>Sodium</b>	251mg	386mg

**CONTAINS:** Wheat, Milk, Soybean

**MAY CONTAIN:** Egg

## 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
<b>Energy</b>	598kJ (143Cal)	920kJ (220Cal)
<b>Protein</b>	7.1g	10.9g
<b>Fat, Total</b>	4.9g	7.5g
<b>- Saturated</b>	2.1g	3.3g
<b>Carbohydrate</b>	17.9g	27.6g
<b>- Sugars</b>	2.7g	4.2g
<b>Dietary Fibre</b>	2.8g	4.3g
<b>Sodium</b>	284mg	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
<b>Energy</b>	134kJ (32Cal)	479kJ (114Cal)
<b>Protein</b>	0.3g	1.0g
<b>Fat, Total</b>	0.7g	2.6g
<b>- Saturated</b>	less than 0.1g	0.2g
<b>Carbohydrate</b>	6.0g	21.3g
<b>- Sugars</b>	5.0g	17.9g
<b>Dietary Fibre</b>	0.2g	0.7g
<b>Sodium</b>	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, Thickener (1422), Lemongrass, Salt, Sambal Oelek, Sesame Oil, Cumin, Turmeric, Kaffir Lime Leaves

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	1480kJ (353Cal)	527kJ (126Cal)
<b>Protein</b>	20.6g	7.4g
<b>Fat, Total</b>	6.3g	2.2g
<b>- Saturated</b>	1.7g	0.6g
<b>Carbohydrate</b>	50.4g	18.0g
<b>- Sugars</b>	22.4g	8.0g
<b>Dietary Fibre</b>	4.9g	1.7g
<b>Sodium</b>	768mg	274mg

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

## Oats - Creamy Almond & Vanilla

**Ingredients:** Oats (63%), Sugar, Currants, Barley, Almond (5%), Linseed, Lite Salt, Vanilla Flavour

**Serving Size:** 30g

	per serving	per 100g
<b>Energy</b>	483kJ (116Cal)	1610kJ (385Cal)
<b>Protein</b>	2.9g	9.6g
<b>Fat, Total</b>	2.8g	9.2g
<b>- Saturated</b>	0.4g	1.3g
<b>Carbohydrate</b>	18.0g	60.1g
<b>- Sugars</b>	5.3g	17.7g
<b>Dietary Fibre</b>	2.4g	7.9g
<b>Sodium</b>	19mg	63mg

**CONTAINS:** Barley, Oats, Tree Nuts

## Orange

**Ingredients:** Orange

**Serving Size:** 135g

	per serving	per 100g
<b>Energy</b>	231kJ (55Cal)	171kJ (41Cal)
<b>Protein</b>	1.4g	1.0g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	10.7g	7.9g
<b>- Sugars</b>	10.7g	7.9g
<b>Dietary Fibre</b>	2.7g	2.0g
<b>Sodium</b>	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
<b>Energy</b>	520kJ (124Cal)	694kJ (166Cal)
<b>Protein</b>	2.2g	3.0g
<b>Fat, Total</b>	1.3g	1.7g
<b>- Saturated</b>	0.2g	0.3g
<b>Carbohydrate</b>	25.8g	34.5g
<b>- Sugars</b>	16.6g	22.1g
<b>Dietary Fibre</b>	1.6g	2.1g
<b>Sodium</b>	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
<b>Energy</b>	253kJ (60Cal)	1010kJ (242Cal)
<b>Protein</b>	4.5g	17.9g
<b>Fat, Total</b>	3.9g	15.7g
<b>- Saturated</b>	1.3g	5.0g
<b>Carbohydrate</b>	1.4g	5.7g
<b>- Sugars</b>	0.4g	1.6g
<b>Dietary Fibre</b>	less than 0.1g	0.2g
<b>Sodium</b>	108mg	430mg

**CONTAINS:** Wheat, Egg, Sulphites

## Peach Melba

**Ingredients:** Peaches, Raspberries, Concentrated Fruit Juice (Pear, Apple), Sugar

**Serving Size:** 140g

	per serving	per 100g
<b>Energy</b>	263kJ (63Cal)	188kJ (45Cal)
<b>Protein</b>	1.1g	0.8g
<b>Fat, Total</b>	less than 0.1g	less than 0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	12.5g	8.9g
<b>- Sugars</b>	12.4g	8.9g
<b>Dietary Fibre</b>	2.4g	1.7g
<b>Sodium</b>	8mg	5mg

## Peaches & Apricots

**Ingredients:** Apricots, Peaches, Concentrated Fruit Juice (Pear, Apple), Prune

**Serving Size:** 155g

	per serving	per 100g
<b>Energy</b>	324kJ (77Cal)	209kJ (50Cal)
<b>Protein</b>	1.2g	0.8g
<b>Fat, Total</b>	less than 0.1g	less than 0.1g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	16.3g	10.5g
<b>- Sugars</b>	16.2g	10.4g
<b>Dietary Fibre</b>	3.0g	2.0g
<b>Sodium</b>	8mg	5mg

## Peanut Butter

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

**Serving Size:** 11g

	per serving	per 100g
<b>Energy</b>	290kJ (69Cal)	2640kJ (631Cal)
<b>Protein</b>	2.2g	20.3g
<b>Fat, Total</b>	5.9g	53.5g
<b>- Saturated</b>	1.1g	10.0g
<b>Carbohydrate</b>	1.7g	15.2g
<b>- Sugars</b>	0.8g	7.4g
<b>Dietary Fibre</b>	1.2g	10.7g
<b>Sodium</b>	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, Thickener (1422), Pepper, Chilli, Food Acid (330)

**Serving Size:** 196g

	per serving	per 100g
<b>Energy</b>	799kJ (191Cal)	408kJ (97Cal)
<b>Protein</b>	6.9g	3.5g
<b>Fat, Total</b>	4.8g	2.5g
<b>- Saturated</b>	0.8g	0.4g
<b>Carbohydrate</b>	30.5g	15.6g
<b>- Sugars</b>	4.5g	2.3g
<b>Dietary Fibre</b>	4.9g	2.5g
<b>Sodium</b>	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
<b>Energy</b>	473kJ (113Cal)	716kJ (171Cal)
<b>Protein</b>	3.5g	5.3g
<b>Fat, Total</b>	1.4g	2.1g
<b>- Saturated</b>	0.4g	0.6g
<b>Carbohydrate</b>	20.6g	31.3g
<b>- Sugars</b>	7.5g	11.4g
<b>Dietary Fibre</b>	1.6g	2.4g
<b>Sodium</b>	191mg	289mg

**CONTAINS:** Wheat, Barley, Egg

## Pizza, BBQ Chicken

**Ingredients:** Pizza Base (Wheat Flour, Water, Wheat Bran, Sugar, Iodised Salt, Vinegar, Yeast, Soy Flour, Emulsifiers (481, 472e), Malt Flour), Chicken (12%), Champignons, Roasted Capsicum, Tomatoes (Tomatoes, Sugar, Thickener (1422), Salt, Mineral Salt (509)), Barbeque Sauce (6%) (Fruit & Vegetables, Sugar, Vinegar, Lemon Juice, Salt, Thickener (Modified Potato And Corn Starch), Yeast Extract, Natural Smoke Flavour, Spices (Contains Wheat), Bourbon, Colour (150c), Vegetable Gum (415), Natural Bourbon Flavour), Red Onion, Cheddar Cheese (Cheese, Anti-Caking Agent (460), Preservative (200)), Tomato Paste, Corn, Oregano

**Serving Size:** 160g

	per serving	per 100g
<b>Energy</b>	930kJ (222Cal)	581kJ (139Cal)
<b>Protein</b>	13.5g	8.5g
<b>Fat, Total</b>	7.7g	4.8g
<b>- Saturated</b>	2.1g	1.3g
<b>Carbohydrate</b>	30.2g	18.9g
<b>- Sugars</b>	7.6g	4.7g
<b>Dietary Fibre</b>	4.3g	2.7g
<b>Sodium</b>	583mg	364mg

**CONTAINS:** Wheat, Milk, Soybean

**MAY CONTAIN:** Sesame Seeds

## Popcorn, Lightly Salted

**Ingredients:** Popping Corn, Sunflower Oil, Salt

**Serving Size:** 20g

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

## Pumpkin Soup

**Ingredients:** Pumpkin (50%), Water, Evaporated Skim Milk, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Salt, Thickener (1422), Yeast Extract, Roast Onion Extract

**Serving Size:** 270g

	per serving	per 100g
<b>Energy</b>	268kJ (64Cal)	99kJ (24Cal)
<b>Protein</b>	2.0g	0.8g
<b>Fat, Total</b>	1.7g	0.6g
<b>- Saturated</b>	1.1g	0.4g
<b>Carbohydrate</b>	8.8g	3.3g
<b>- Sugars</b>	7.8g	2.9g
<b>Dietary Fibre</b>	2.6g	1.0g
<b>Sodium</b>	773mg	286mg

**CONTAINS:** Milk

## 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
<b>Energy</b>	342kJ (82Cal)	1710kJ (409Cal)
<b>Protein</b>	2.0g	10.0g
<b>Fat, Total</b>	1.0g	5.0g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	15.3g	76.7g
<b>- Sugars</b>	0.0g	0.0g
<b>Dietary Fibre</b>	0.4g	2.0g
<b>Sodium</b>	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
<b>Energy</b>	435kJ (104Cal)	622kJ (149Cal)
<b>Protein</b>	9.1g	13.0g
<b>Fat, Total</b>	3.7g	5.2g
<b>- Saturated</b>	2.1g	3.0g
<b>Carbohydrate</b>	7.9g	11.2g
<b>- Sugars</b>	3.2g	4.6g
<b>Dietary Fibre</b>	1.7g	2.4g
<b>Sodium</b>	329mg	470mg

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

**CONTAINS:** Wheat, Milk

## Salad Bowl - Garden

**Ingredients:** Lettuce, Carrot

**Serving Size:** 70g

	per serving	per 100g
<b>Energy</b>	58kJ (14Cal)	83kJ (20Cal)
<b>Protein</b>	0.8g	1.1g
<b>Fat, Total</b>	0.1g	0.2g
<b>- Saturated</b>	0.0g	0.0g
<b>Carbohydrate</b>	1.6g	2.3g
<b>- Sugars</b>	1.6g	2.2g
<b>Dietary Fibre</b>	1.6g	2.2g
<b>Sodium</b>	19mg	27mg

## Salad Pot, Mesclun

**Ingredients:** Tomato, Lettuce, Carrot, Red Cabbage

**Serving Size:** 45g

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

## Salad Roll, Mesclun

**Ingredients:** Tomato, Carrot, Cucumber, Lettuce

**Serving Size:** 75g

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

## Salad Roll, Spinach

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

**Serving Size:** 75g

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

## Salsa, Spicy Tomato

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

## Savoury Meatballs

**Ingredients:** Beef Mince, Onion, Parsley, Mint, Paprika, Salt, Garlic, Cumin, Allspice, Chilli

**Serving Size:** 60g

	per serving	per 100g
<b>Energy</b>	382kJ (91Cal)	636kJ (152Cal)
<b>Protein</b>	12.2g	20.4g
<b>Fat, Total</b>	4.2g	7.1g
<b>- Saturated</b>	1.7g	2.9g
<b>Carbohydrate</b>	0.9g	1.5g
<b>- Sugars</b>	0.4g	0.7g
<b>Dietary Fibre</b>	0.7g	1.1g
<b>Sodium</b>	267mg	445mg

## 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
<b>Energy</b>	968kJ (231Cal)	346kJ (83Cal)
<b>Protein</b>	19.6g	7.0g
<b>Fat, Total</b>	6.9g	2.5g
<b>- Saturated</b>	3.3g	1.2g
<b>Carbohydrate</b>	20.6g	7.4g
<b>- Sugars</b>	5.9g	2.1g
<b>Dietary Fibre</b>	3.7g	1.3g
<b>Sodium</b>	683mg	244mg

**CONTAINS:** Egg, Milk

## Smoked Beef

**Ingredients:** Smoked Beef (Beef, Water, Salt, Dextrose, Mineral Salts (451, 450), Sugar, Hydrolysed Vegetable Protein, Antioxidant (316), Food Acid (330), Preservative (250), Vegetable Oil)

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	265kJ (63Cal)	531kJ (127Cal)
<b>Protein</b>	10.5g	21.0g
<b>Fat, Total</b>	2.1g	4.1g
<b>- Saturated</b>	1.0g	2.0g
<b>Carbohydrate</b>	0.8g	1.5g
<b>- Sugars</b>	0.8g	1.5g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	575mg	1150mg

## 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
<b>Energy</b>	232kJ (55Cal)	464kJ (111Cal)
<b>Protein</b>	11.1g	22.1g
<b>Fat, Total</b>	1.1g	2.2g
<b>- Saturated</b>	0.4g	0.7g
<b>Carbohydrate</b>	0.2g	0.4g
<b>- Sugars</b>	0.2g	0.4g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	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
<b>Energy</b>	821kJ (196Cal)	342kJ (82Cal)
<b>Protein</b>	9.6g	4.0g
<b>Fat, Total</b>	2.8g	1.2g
<b>- Saturated</b>	1.2g	0.5g
<b>Carbohydrate</b>	32.2g	13.4g
<b>- Sugars</b>	3.6g	1.5g
<b>Dietary Fibre</b>	3.4g	1.4g
<b>Sodium</b>	558mg	232mg

**CONTAINS:** Wheat, Milk

**MAY CONTAIN:** Egg

## Soy Nuts

**Ingredients:** Soy Beans, Vegetable Oil, Salt

**Serving Size:** 30g

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

**CONTAINS:** Soybean

## Steak & Mushroom Pie

**Ingredients:** Potatoes, Beef (16%), Onion, Mushroom (10%), Beef Stock, Tomatoes (Diced Tomatoes, Tomato Juice, Food Acid (330)), Peas, Skim Milk Concentrate, Carrot, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Egg, Butter, Garlic, Thickener (1422), Sugar, Canola Oil, Lite Salt, Yeast Extract, Salt, Thyme, Pepper, Parsley

**Serving Size:** 280g

	per serving	per 100g
<b>Energy</b>	961kJ (230Cal)	343kJ (82Cal)
<b>Protein</b>	20.4g	7.3g
<b>Fat, Total</b>	6.0g	2.1g
<b>- Saturated</b>	2.8g	1.0g
<b>Carbohydrate</b>	21.1g	7.6g
<b>- Sugars</b>	6.2g	2.2g
<b>Dietary Fibre</b>	4.9g	1.7g
<b>Sodium</b>	480mg	171mg

**CONTAINS:** Egg, Milk

## Sultana Tea Cake

**Ingredients:** Sweet Potato, Wholemeal Self Raising Flour (Wholemeal Wheat Flour, Raising Agents (339, 341, 450, 500)), Egg, Sugar, Orange Juice (Orange Juice, Reconstituted Orange Juice, Sugar, Vitamin C, Preservative (202), Flavour), Sultanas (7%) (Sultanas, Vegetable Oil), Canola Oil, Vanilla Essence, Raising Agent (500), Gluten, Mixed Spice, Salt, Ground Ginger, Nutmeg

**Serving Size:** 50g

	per serving	per 100g
<b>Energy</b>	494kJ (118Cal)	989kJ (236Cal)
<b>Protein</b>	3.0g	6.0g
<b>Fat, Total</b>	3.1g	6.1g
<b>- Saturated</b>	0.4g	0.8g
<b>Carbohydrate</b>	18.5g	37.1g
<b>- Sugars</b>	8.6g	17.1g
<b>Dietary Fibre</b>	2.1g	4.3g
<b>Sodium</b>	206mg	411mg

**CONTAINS:** Wheat, Egg

## Szechwan Hokkien Noodles

**Ingredients:** Red Capsicum, Carrot, Hokkien Noodles (21%) (Wheat Flour, Water, Salt, Vegetable Oil), Szechwan Sauce (14%) (Water, Sugar, Szechwan Seasoning (Water, Salt, Gluten, Wheat, Sugar, Colour (150c), Wheat Bran, Food Acid (260), Flavour Enhancers (627, 631), Flavour, Dextrose), Chinkiang Vinegar (Water, Rice, Salt), Oyster Sauce (Contains Fish, Crustacea), Tomato Paste, Chilli Bean Sauce, Garlic, Sesame Oil, Vinegar, Modified Starch (1422), Vegetable Gums (440, 410, 415, 412), Salt, Herbs & Spices, Worcestershire Sauce, Soy Sauce, Onion Powder, Food Acid (331)), Shallot, Chicken

**Serving Size:** 282g

	per serving	per 100g
<b>Energy</b>	998kJ (239Cal)	354kJ (85Cal)
<b>Protein</b>	11.9g	4.2g
<b>Fat, Total</b>	3.7g	1.3g
<b>- Saturated</b>	0.7g	0.3g
<b>Carbohydrate</b>	37.1g	13.2g
<b>- Sugars</b>	13.5g	4.8g
<b>Dietary Fibre</b>	4.6g	1.6g
<b>Sodium</b>	705mg	250mg

**CONTAINS:** Wheat, Crustacea, Fish, Soybean

## 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
<b>Energy</b>	699kJ (167Cal)	699kJ (167Cal)
<b>Protein</b>	17.0g	17.0g
<b>Fat, Total</b>	3.9g	3.9g
<b>- Saturated</b>	1.2g	1.2g
<b>Carbohydrate</b>	15.0g	15.0g
<b>- Sugars</b>	4.7g	4.7g
<b>Dietary Fibre</b>	1.4g	1.4g
<b>Sodium</b>	318mg	318mg

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

## Thai Chicken Strips

**Ingredients:** Chicken (58%), Chicken Stock, Onion, Green Curry Paste (Contains Shrimp), Fish Sauce, Oyster Sauce (Contains Fish, Wheat, Flavour Enhancer (621), Colour (150c)), Sugar, Lime Juice, Thickener (1422), Garlic, Ginger, Sesame Oil, Coriander, Mint, Kaffir Lime Leaves

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	418kJ (100Cal)	418kJ (100Cal)
<b>Protein</b>	16.8g	16.8g
<b>Fat, Total</b>	1.7g	1.7g
<b>- Saturated</b>	0.5g	0.5g
<b>Carbohydrate</b>	4.0g	4.0g
<b>- Sugars</b>	2.8g	2.8g
<b>Dietary Fibre</b>	0.5g	0.5g
<b>Sodium</b>	312mg	312mg

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

## Thai Salad

**Ingredients:** Lettuce, Carrot, Cucumber, Tomato, Almonds

**Serving Size:** 125g

	per serving	per 100g
<b>Energy</b>	211kJ (50Cal)	168kJ (40Cal)
<b>Protein</b>	2.1g	1.7g
<b>Fat, Total</b>	2.3g	1.9g
<b>- Saturated</b>	0.2g	0.1g
<b>Carbohydrate</b>	4.0g	3.2g
<b>- Sugars</b>	3.3g	2.7g
<b>Dietary Fibre</b>	2.5g	2.0g
<b>Sodium</b>	29mg	23mg

**CONTAINS:** Tree Nuts

## Tomato

**Ingredients:** Tomato

**Serving Size:** 60g

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

## Tomato Soup

**Ingredients:** Water, Tomatoes (35%) (Diced Tomatoes, Tomato Juice, Food Acid (330)), Tomato Paste, Evaporated Skim Milk (Milk, Vegetable Gum (407)), Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Sugar, Salt, Roast Onion Extract, Roast Garlic Extract, Yeast Extract, Pepper

**Serving Size:** 250g

	per serving	per 100g
<b>Energy</b>	501kJ (120Cal)	200kJ (48Cal)
<b>Protein</b>	4.0g	1.6g
<b>Fat, Total</b>	4.0g	1.6g
<b>- Saturated</b>	2.5g	1.0g
<b>Carbohydrate</b>	17.3g	6.9g
<b>- Sugars</b>	14.0g	5.6g
<b>Dietary Fibre</b>	2.5g	1.0g
<b>Sodium</b>	1170mg	469mg

**CONTAINS:** Milk

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

**CONTAINS:** Wheat

**MAY CONTAIN:** Spelt, Milk, Soybean

## Tropical Crush

**Ingredients:** Pineapple (40%), Apple, Passionfruit Pulp (Passionfruit, Sugar, Vegetable Gum (415)), Orange Juice (Orange Juice, Reconstituted Orange Juice, Sugar, Vitamin C, Preservative (202), Flavour), Sugar

**Serving Size:** 125g

	per serving	per 100g
<b>Energy</b>	365kJ (87Cal)	292kJ (70Cal)
<b>Protein</b>	0.6g	0.5g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	20.1g	16.1g
<b>- Sugars</b>	18.9g	15.1g
<b>Dietary Fibre</b>	3.2g	2.6g
<b>Sodium</b>	6mg	5mg

## Tropical Nut Mix

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

**Serving Size:** 30g

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

**CONTAINS:** Tree Nuts, Sulphites

## Tuna Chunks in Springwater

**Ingredients:** Tuna (65%), Springwater, Salt

**Serving Size:** 65g

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

**CONTAINS:** Fish

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

## Turkey Oven Roasted

**Ingredients:** Turkey Breast (Turkey, 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
<b>Energy</b>	222kJ (53Cal)	445kJ (106Cal)
<b>Protein</b>	9.1g	18.2g
<b>Fat, Total</b>	1.6g	3.1g
<b>- Saturated</b>	0.6g	1.1g
<b>Carbohydrate</b>	0.6g	1.2g
<b>- Sugars</b>	0.5g	1.0g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	398mg	796mg

**CONTAINS:** Sulphites

## Turkish Meatballs & Cous Cous

**Ingredients:** Beef Meatballs (33%) (Beef, Soy Protein (Contains Colour (150d), Emulsifier (322), Preservative (223)), Canola Oil, Tomato Paste, Wheat, Salt, Garlic, Herb, Spices), Water, Couscous (12%), Chickpeas, Red Capsicum, Corn, Onion, Sultanas, Parsley, Lemon Juice (Contains Food Acid (300), Preservatives (211, 223)), Vegetable Booster (Contains Flavour Enhancers (627, 631), Colour (150a)), Salt, Pepper

**Serving Size:** 165g

	per serving	per 100g
<b>Energy</b>	853kJ (204Cal)	517kJ (124Cal)
<b>Protein</b>	18.6g	11.3g
<b>Fat, Total</b>	3.0g	1.8g
<b>- Saturated</b>	0.7g	0.4g
<b>Carbohydrate</b>	26.3g	16.0g
<b>- Sugars</b>	3.1g	1.9g
<b>Dietary Fibre</b>	4.5g	2.8g
<b>Sodium</b>	428mg	259mg

**CONTAINS:** Wheat, Milk, Soybean

## Vanilla Pears with Orange Syrup

**Ingredients:** Pear (82%), Orange Juice (14%) (Orange Juice, Reconstituted Orange Juice, Sugar, Vitamin C, Preservative (202), Flavour), Sugar, Dried Cranberries, Vanilla Essence (0.5%)

**Serving Size:** 110g

	per serving	per 100g
<b>Energy</b>	320kJ (77Cal)	291kJ (70Cal)
<b>Protein</b>	0.4g	0.3g
<b>Fat, Total</b>	0.1g	0.1g
<b>- Saturated</b>	less than 0.1g	less than 0.1g
<b>Carbohydrate</b>	18.3g	16.7g
<b>- Sugars</b>	12.7g	11.5g
<b>Dietary Fibre</b>	2.0g	1.8g
<b>Sodium</b>	4mg	4mg

## 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
<b>Energy</b>	41kJ (10Cal)	811kJ (194Cal)
<b>Protein</b>	1.3g	25.6g
<b>Fat, Total</b>	less than 0.1g	1.0g
<b>- Saturated</b>	less than 0.1g	1.0g
<b>Carbohydrate</b>	1.0g	19.5g
<b>- Sugars</b>	less than 0.1g	1.7g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	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
<b>Energy</b>	506kJ (121Cal)	422kJ (101Cal)
<b>Protein</b>	8.3g	6.9g
<b>Fat, Total</b>	3.8g	3.2g
<b>- Saturated</b>	1.9g	1.6g
<b>Carbohydrate</b>	13.7g	11.4g
<b>- Sugars</b>	4.5g	3.7g
<b>Dietary Fibre</b>	2.9g	2.4g
<b>Sodium</b>	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
<b>Energy</b>	1060kJ (254Cal)	518kJ (124Cal)
<b>Protein</b>	8.2g	4.0g
<b>Fat, Total</b>	3.0g	1.5g
<b>- Saturated</b>	0.7g	0.4g
<b>Carbohydrate</b>	46.3g	22.6g
<b>- Sugars</b>	18.8g	9.2g
<b>Dietary Fibre</b>	3.5g	1.7g
<b>Sodium</b>	774mg	378mg

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

## Virginia Ham

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

**Serving Size:** 50g

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

## 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
<b>Energy</b>	619kJ (148Cal)	1240kJ (296Cal)
<b>Protein</b>	3.3g	6.6g
<b>Fat, Total</b>	2.1g	4.3g
<b>- Saturated</b>	0.2g	0.4g
<b>Carbohydrate</b>	26.9g	53.8g
<b>- Sugars</b>	14.9g	29.8g
<b>Dietary Fibre</b>	3.4g	6.9g
<b>Sodium</b>	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
<b>Energy</b>	447kJ (107Cal)	1490kJ (356Cal)
<b>Protein</b>	3.7g	12.4g
<b>Fat, Total</b>	0.4g	1.4g
<b>- Saturated</b>	less than 0.1g	0.3g
<b>Carbohydrate</b>	20.1g	67.0g
<b>- Sugars</b>	1.0g	3.3g
<b>Dietary Fibre</b>	3.3g	11.0g
<b>Sodium</b>	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
<b>Energy</b>	490kJ (117Cal)	490kJ (117Cal)
<b>Protein</b>	6.2g	6.2g
<b>Fat, Total</b>	3.2g	3.2g
<b>- Saturated</b>	2.3g	2.3g
<b>Carbohydrate</b>	16.0g	16.0g
<b>- Sugars</b>	12.1g	12.1g
<b>Dietary Fibre</b>	0.5g	0.5g
<b>Sodium</b>	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
<b>Energy</b>	479kJ (114Cal)	479kJ (114Cal)
<b>Protein</b>	6.2g	6.2g
<b>Fat, Total</b>	3.2g	3.2g
<b>- Saturated</b>	2.2g	2.2g
<b>Carbohydrate</b>	15.1g	15.1g
<b>- Sugars</b>	11.1g	11.1g
<b>Dietary Fibre</b>	0.5g	0.5g
<b>Sodium</b>	61mg	61mg

**CONTAINS:** Milk

## Yoghurt, Vanilla

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

**Serving Size:** 100g

	per serving	per 100g
<b>Energy</b>	454kJ (108Cal)	454kJ (108Cal)
<b>Protein</b>	5.4g	5.4g
<b>Fat, Total</b>	4.3g	4.3g
<b>- Saturated</b>	2.9g	2.9g
<b>Carbohydrate</b>	11.9g	11.9g
<b>- Sugars</b>	11.9g	11.9g
<b>Dietary Fibre</b>	0.0g	0.0g
<b>Sodium</b>	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
<b>Energy</b>	588kJ (141Cal)	1180kJ (281Cal)
<b>Protein</b>	2.9g	5.8g
<b>Fat, Total</b>	3.4g	6.7g
<b>- Saturated</b>	0.5g	0.9g
<b>Carbohydrate</b>	23.8g	47.6g
<b>- Sugars</b>	11.4g	22.9g
<b>Dietary Fibre</b>	1.4g	2.8g
<b>Sodium</b>	180mg	361mg

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

Published at 07:26 am on 16/11/2010