



Breakfast and Lunch Ingredients

Autumn 2012: 05/03/12 - 27/05/12

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

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

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

If you have a food allergy or intolerance:

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

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

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

For more information about food labelling requirements visit the web site:

www.foodstandards.gov.au

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

www.NutritionAustralia.org or

www.health.gov.au

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Apple & Cranberry Fruit Mix

Ingredients: Sultanas, Cranberries (25%) (Sugar), Raisins, Apples (15%) (Preservative (220)), Vegetable Oil, Cinnamon

Serving Size: 35g

	per serving	per 100g
Energy	466kJ (111Cal)	1330kJ (318Cal)
Protein	0.7g	1.9g
Fat, Total	0.2g	0.7g
- Saturated	0.0g	0.0g
Carbohydrate	25.8g	73.6g
- Sugars	24.5g	70.0g
Dietary Fibre	2.1g	6.0g
Sodium	13mg	37mg

CONTAINS: Sulphites

Packed in Australia from Local & Imported Ingredients

Apple, Green

Ingredients: Apple

Serving Size: 150g

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

Product of Australia

Apple, Red

Ingredients: Apple

Serving Size: 135g

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

Product of Australia

Apricot Snack Pack

Ingredients: Apricots, Preservative (220)

Serving Size: 30g

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

CONTAINS: Sulphites

MAY CONTAIN: Wheat, Peanuts, Soybean, Tree Nuts

Product of Turkey

Apricot Yoghurt Crumble

Ingredients: Yoghurt (45%) (Milk, Cultures), Apricot (23%), Custard (Milk, Milk Solids, Thickener (1442), Fructose, Sugar, Flavours, Vegetable Gums (407), Mineral Salt (452), Colour (160a)), Muesli (Oats, Nuts (Almonds, Hazelnuts, Pecans), Dried Fruit (Sultanas, Raisins, Apricots), Honey, Sunflower Seeds, Sunflower Oil, Sesame Seeds, Cinnamon), Golden Syrup

Serving Size: 150g

	per serving	per 100g
Energy	732kJ (175Cal)	488kJ (117Cal)
Protein	7.6g	5.1g
Fat, Total	4.0g	2.7g
- Saturated	0.6g	0.4g
Carbohydrate	26.6g	17.7g
- Sugars	16.0g	10.7g
Dietary Fibre	2.8g	1.8g
Sodium	102mg	68mg

CONTAINS: Oats, Milk, Tree Nuts, Sesame Seeds

MAY CONTAIN: Soybean

Product of Australia

Apricots & Pears

Ingredients: Apricots (42%), Pear (38%), Pineapple Juice, Sultanas, Vanilla Essence, Lemon Juice, Honey

Serving Size: 118g

	per serving	per 100g
Energy	325kJ (78Cal)	275kJ (66Cal)
Protein	0.6g	0.5g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	0.0g	0.0g
Carbohydrate	16.4g	13.9g
- Sugars	14.9g	12.6g
Dietary Fibre	1.8g	1.5g
Sodium	8mg	6mg

Product of Australia

Avocado

Ingredients: Avocado

Serving Size: 30g

	per serving	per 100g
Energy	266kJ (64Cal)	887kJ (212Cal)
Protein	0.6g	1.9g
Fat, Total	6.8g	22.6g
- Saturated	1.5g	4.9g
Carbohydrate	0.1g	0.4g
- Sugars	0.1g	0.4g
Dietary Fibre	0.5g	1.5g
Sodium	less than 1mg	2mg

Product of Australia

Baby Leaf Pot

Ingredients: Tomato, Lettuce, Carrot, Cabbage

Serving Size: 45g

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

Product of Australia

Baby Spinach Bowl 15g

Ingredients: Spinach

Serving Size: 15g

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

Product of Australia

Baby Spinach Salad

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

Serving Size: 75g

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

Product of Australia

Bacon, Breakfast

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

Serving Size: 40g

	per serving	per 100g
Energy	226kJ (54Cal)	566kJ (135Cal)
Protein	9.2g	23.0g
Fat, Total	1.9g	4.7g
- Saturated	0.7g	1.8g
Carbohydrate	less than 0.1g	0.1g
- Sugars	less than 0.1g	0.1g
Dietary Fibre	0.0g	0.0g
Sodium	416mg	1040mg

Product of Australia

Baked Beans

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

Serving Size: 140g

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

CONTAINS: Soybean

Made in Australia

Baked Potato Bolognese

Ingredients: Potatoes (48%), Water, Tomato, Beef (12%), Onion, Evaporated Milk, Milk Powder, Parmesan, Modified Starch (1442, 1422), Tomato Paste, Salt, Garlic, Sugar, Cheese, Onion Extract, Yeast Extract, Dijon Mustard, Herbs, Olive Oil, Spices

Serving Size: 309g

	per serving	per 100g
Energy	903kJ (216Cal)	292kJ (70Cal)
Protein	15.4g	5.0g
Fat, Total	3.5g	1.1g
- Saturated	1.3g	0.4g
Carbohydrate	28.1g	9.1g
- Sugars	6.4g	2.1g
Dietary Fibre	4.3g	1.4g
Sodium	519mg	168mg

CONTAINS: Milk, Sulphites

MAY CONTAIN: Egg

Made in Australia

Banana & Apple Bread

Ingredients: Flour (Raising Agents (339, 341, 450, 500)), Banana (24%) (Food Acids (297, 300)), Apple (20%), Sugar, Egg White, Chia, Milk Powder, Bran, Honey, Spices

Serving Size: 50g

	per serving	per 100g
Energy	424kJ (101Cal)	849kJ (203Cal)
Protein	3.1g	6.1g
Fat, Total	0.6g	1.3g
- Saturated	less than 0.1g	0.2g
Carbohydrate	19.5g	38.9g
- Sugars	9.4g	18.9g
Dietary Fibre	3.0g	5.9g
Sodium	114mg	227mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Basil Chicken & Roasted Tomato Salad

Ingredients: Pasta, Barbecue Chicken (26%) (Marinade (Fruit, Vegetables, Sugar, Vinegar, Lemon Juice, Salt, Thickeners, Yeast Extract, Flavours, Spice, Bourbon, Vegetable Gum (415))), Tomatoes (10%) (Salt), Basil Dressing (Basil, Vegetable Oil (Antioxidant (306)), Vinegar, Modified Starch (1442, 1440), Sugar, Egg Yolk, Milk Solids, Parmesan Cheese, Salt, Garlic, Food Acids (330, 270), Herbs & Spices, Flavour, Colours (171, 160a, 102), Vegetable Gums (415, 401), Spice Extract, Mineral Salt (500), Egg White Powder), Cucumber, Lettuce, Carrot, Onion

Serving Size: 195g

	per serving	per 100g
Energy	925kJ (221Cal)	474kJ (113Cal)
Protein	18.4g	9.5g
Fat, Total	5.7g	2.9g
- Saturated	1.4g	0.7g
Carbohydrate	22.0g	11.3g
- Sugars	4.7g	2.4g
Dietary Fibre	2.6g	1.3g
Sodium	249mg	128mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Beef Burger Pattie

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

Serving Size: 50g

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

CONTAINS: Wheat, Egg, Soybean

Made in New Zealand

Beef Enchilada

Ingredients: Tomato, Beef (17%), Rice, Lavash Bread (9%) (Flour, Water, Cultured Flour, Iodised Salt, Milk Powder), Capsicum, Onion, Black Beans, Corn, Celery, Cheese, Tomato Jam (Tomato, Vinegar, Olive Oil, Onion, Salt, Garlic), Shallots, Beans, Beef Stock, Tomato Paste, Corn Flour, Port, Olive Oil, Lime Juice, Garlic, Sugar, Yoghurt, Spices, Evaporated Milk, Salt, Vinegar, Kaffir Lime Leaves, Herbs, Yeast Extract, Chilli

Serving Size: 232g

	per serving	per 100g
Energy	1010kJ (241Cal)	434kJ (104Cal)
Protein	17.6g	7.6g
Fat, Total	4.8g	2.1g
- Saturated	2.2g	1.0g
Carbohydrate	29.8g	12.9g
- Sugars	6.0g	2.6g
Dietary Fibre	3.9g	1.7g
Sodium	502mg	216mg

CONTAINS: Wheat, Milk

Made in Australia

Beetroot Pickled

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

Serving Size: 30g

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

CONTAINS: Wheat, Barley, Sulphites

Made in Australia

Beetroot Slices

Ingredients: Beetroot

Serving Size: 35g

	per serving	per 100g
Energy	88kJ (21Cal)	250kJ (60Cal)
Protein	0.5g	1.3g
Fat, Total	less than 0.1g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	4.3g	12.2g
- Sugars	4.2g	11.9g
Dietary Fibre	0.9g	2.5g
Sodium	115mg	330mg

Product of Australia

Biscuit, Citrus Sultana Oat

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

Serving Size: 30g

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

CONTAINS: Wheat, Oats, Egg, Milk, Sulphites

Product of Australia

Blueberry Yoghurt Crumble

Ingredients: Yoghurt (43%) (Milk, Cultures), Blueberries (22%), Custard (Milk, Milk Solids, Thickener (1442), Fructose, Sugar, Flavours, Vegetable Gums (407), Mineral Salt (452), Colour (160a)), Muesli (Oats, Nuts (Almonds, Hazelnuts, Pecans), Dried Fruit (Sultanas, Raisins, Apricots), Honey, Sunflower Seeds, Sunflower Oil, Sesame Seeds, Cinnamon), Apple, Golden Syrup, Lemon Juice (Contains Preservative (223))

Serving Size: 160g

	per serving	per 100g
Energy	744kJ (178Cal)	465kJ (111Cal)
Protein	7.6g	4.8g
Fat, Total	4.0g	2.5g
- Saturated	0.6g	0.4g
Carbohydrate	26.6g	16.6g
- Sugars	16.9g	10.6g
Dietary Fibre	2.6g	1.6g
Sodium	100mg	62mg

CONTAINS: Oats, Milk, Tree Nuts, Sesame Seeds

MAY CONTAIN: Soybean

Product of Australia

Bread Ciabatta (1 slice)

Ingredients: Flour, Water, Rye Flour, Sunflower Seeds, Pepitas, Linseed, Bread Improver (Iodised Salt, Flour, Gluten, Malt, Mineral Salt (516), Soy Flour, Inactive Yeast, Flour Treatment Agent (300), Enzyme), Yeast, Sesame, Poppy Seed, Fennel Seed

Serving Size: 30g

	per serving	per 100g
Energy	353kJ (84Cal)	1180kJ (281Cal)
Protein	3.2g	10.7g
Fat, Total	2.2g	7.2g
- Saturated	0.3g	1.0g
Carbohydrate	13.0g	43.4g
- Sugars	0.3g	0.9g
Dietary Fibre	1.3g	4.3g
Sodium	127mg	422mg

CONTAINS: Wheat, Rye, Soybean, Sesame Seeds

Product of Australia

Bread Ciabatta (2 slices)

Ingredients: Flour, Water, Rye Flour, Sunflower Seeds, Pepitas, Linseed, Bread Improver (Iodised Salt, Flour, Gluten, Malt, Mineral Salt (516), Soy Flour, Inactive Yeast, Flour Treatment Agent (300), Enzyme), Yeast, Sesame, Poppy Seed, Fennel Seed

Serving Size: 60g

	per serving	per 100g
Energy	707kJ (169Cal)	1180kJ (281Cal)
Protein	6.4g	10.7g
Fat, Total	4.3g	7.2g
- Saturated	0.6g	1.0g
Carbohydrate	26.1g	43.4g
- Sugars	0.6g	0.9g
Dietary Fibre	2.6g	4.3g
Sodium	253mg	422mg

CONTAINS: Wheat, Rye, Soybean, Sesame Seeds

Product of Australia

Bread Grain & Oats (1 slice)

Ingredients: Water, Flour, Wholegrains (13%) (Corn, Oats (3%), Rye, Wheat, Barley), Gluten, Oat Bran (6%), Linseed, Vegetable Oil, Yeast, Honey, Vinegar, Iodised Salt, Cultured Whey, Vitamins (Thiamin, Folate)

Serving Size: 41.5g

	per serving	per 100g
Energy	347kJ (83Cal)	835kJ (199Cal)
Protein	4.5g	10.9g
Fat, Total	1.8g	4.4g
- Saturated	0.2g	0.5g
Carbohydrate	10.6g	25.6g
- Sugars	1.2g	2.9g
Dietary Fibre	2.7g	6.4g
Sodium	116mg	280mg

CONTAINS: Wheat, Rye, Barley, Oats, Soybean

MAY CONTAIN: Sesame Seeds

Made in Australia

Bread Grain & Oats (2 slices)

Ingredients: Water, Flour, Wholegrains (13%) (Corn, Oats (3%), Rye, Wheat, Barley), Gluten, Oat Bran (6%), Linseed, Vegetable Oil, Yeast, Honey, Vinegar, Iodised Salt, Cultured Whey, Vitamins (Thiamin, Folate)

Serving Size: 83g

	per serving	per 100g
Energy	693kJ (166Cal)	835kJ (199Cal)
Protein	9.1g	10.9g
Fat, Total	3.7g	4.4g
- Saturated	0.4g	0.5g
Carbohydrate	21.2g	25.6g
- Sugars	2.4g	2.9g
Dietary Fibre	5.3g	6.4g
Sodium	232mg	280mg

CONTAINS: Wheat, Rye, Barley, Oats, Soybean

MAY CONTAIN: Sesame Seeds

Made in Australia

Bread Roll, Long Grain

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

Serving Size: 70g

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

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

Made in Australia

Bread Roll, Small Multigrain

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

Serving Size: 40g

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

CONTAINS: Wheat, Rye, Soybean

MAY CONTAIN: Sesame Seeds

Made in Australia

Bread Roll, Sour Dough

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

Serving Size: 65g

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

CONTAINS: Wheat, Soybean

Made in Australia

Bread Roll, Soy & Linseed

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

Serving Size: 70g

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

CONTAINS: Wheat, Rye, Milk, Soybean

Made in Australia

Bread, Fruit n Muesli (1 slice)

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

Serving Size: 40g

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

CONTAINS: Wheat, Rye, Oats, Milk

MAY CONTAIN: Soybean, Sesame Seeds

Made in Australia

Bread, Fruit n Muesli (2 slices)

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

Serving Size: 80g

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

CONTAINS: Wheat, Rye, Oats, Milk

MAY CONTAIN: Soybean, Sesame Seeds

Made in Australia

Bread, Multigrain (1 slice)

Ingredients: Wholemeal Flour (30%), Water, Flour, Wholegrains (10%) (Rye, Wheat, Corn, Buckwheat, Tritacale, Purple Wheat, Millet, Oats, Barley), Linseed, Yeast, Gluten, Soy, Emulsifiers (472e, 481), Sunflower Seeds, Vitamins (Thiamin, Folate)

Serving Size: 39.5g

	per serving	per 100g
Energy	411kJ (98Cal)	1040kJ (248Cal)
Protein	4.9g	12.4g
Fat, Total	2.5g	6.4g
- Saturated	0.3g	0.7g
Carbohydrate	12.1g	30.6g
- Sugars	0.8g	1.9g
Dietary Fibre	3.4g	8.7g
Sodium	146mg	370mg

CONTAINS: Wheat, Rye, Barley, Oats, Soybean

MAY CONTAIN: Sesame Seeds

Made in Australia

Bread, Multigrain (2 slices)

Ingredients: Wholemeal Flour (30%), Water, Flour, Wholegrains (10%) (Rye, Wheat, Corn, Buckwheat, Tritacale, Purple Wheat, Millet, Oats, Barley), Linseed, Yeast, Gluten, Soy, Emulsifiers (472e, 481), Sunflower Seeds, Vitamins (Thiamin, Folate)

Serving Size: 79g

	per serving	per 100g
Energy	822kJ (196Cal)	1040kJ (248Cal)
Protein	9.8g	12.4g
Fat, Total	5.1g	6.4g
- Saturated	0.6g	0.7g
Carbohydrate	24.2g	30.6g
- Sugars	1.5g	1.9g
Dietary Fibre	6.9g	8.7g
Sodium	292mg	370mg

CONTAINS: Wheat, Rye, Barley, Oats, Soybean

MAY CONTAIN: Sesame Seeds

Made in Australia

Broccoli & Chicken Pasta Bake

Ingredients: Pasta (29%), Broccoli (26%), Water, Chicken (13%), Evaporated Milk, Milk Powder, Parmesan, Corn Flour, Onion, Cheese, Salt, Garlic, Dijon Mustard, Yeast Extract, Onion Extract, Spices

Serving Size: 227g

	per serving	per 100g
Energy	862kJ (206Cal)	380kJ (91Cal)
Protein	17.2g	7.6g
Fat, Total	4.7g	2.1g
- Saturated	1.8g	0.8g
Carbohydrate	21.6g	9.5g
- Sugars	3.9g	1.7g
Dietary Fibre	3.6g	1.6g
Sodium	424mg	187mg

CONTAINS: Wheat, Milk, Sulphites

MAY CONTAIN: Egg

Made in Australia

Cereal, 4-Grain Cinnamon

Ingredients: Grains (77%) (Rolled Oats, Honey Toasted Oats (Honey, Vegetable Oil, Flavour, Antioxidant (Vitamin E)), Corn Flakes (Maize Flour, Sugar, Maltodextrin, Salt, Emulsifier (471), Vitamins (Niacin, Thiamin, Riboflavin, Folate), Mineral (Iron)), Wheat Bran (Bran, Flour, Sugar, Salt), Barley), Apples, Cranberries (Sugar, Vegetable Oil), Apricots (Preservative (220)), Currants, Pepitas, Cinnamon (0.5%)

Serving Size: 35g

	per serving	per 100g
Energy	522kJ (125Cal)	1490kJ (356Cal)
Protein	2.9g	8.2g
Fat, Total	2.1g	5.9g
- Saturated	0.5g	1.3g
Carbohydrate	21.4g	61.1g
- Sugars	6.3g	18.0g
Dietary Fibre	4.7g	13.3g
Sodium	44mg	125mg

CONTAINS: Wheat, Barley, Oats, Sulphites

MAY CONTAIN: Peanuts, Tree Nuts

Packed in Australia from Local & Imported Ingredients

Cereal, Fruit n Bran

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

Serving Size: 40g

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

CONTAINS: Wheat

MAY CONTAIN: Soybean, Tree Nuts, Sesame Seeds

Packed in Australia from Local & Imported Ingredients

Cereal, Vanilla Crunch

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

Serving Size: 40g

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

CONTAINS: Oats

MAY CONTAIN: Soybean, Tree Nuts, Sesame Seeds

Made in Australia

Cheese & Chive Crackers

Ingredients: Flour, Cheese (9.1%) (Cheddar (Milk, Culture, Salt, Rennet), Parmesan, Pecorino, Romano (Milk, Salt, Culture, Enzymes (Rennet, Lipase))), Butter, Rice Bran Oil, Milk Powder, Sea Salt, Garlic, Sugar, Chives (0.5%)

Serving Size: 25g

	per serving	per 100g
Energy	472kJ (113Cal)	1890kJ (452Cal)
Protein	4.0g	16.1g
Fat, Total	3.8g	15.1g
- Saturated	2.1g	8.3g
Carbohydrate	15.5g	62.0g
- Sugars	0.8g	3.0g
Dietary Fibre	0.9g	3.5g
Sodium	180mg	720mg

CONTAINS: Wheat, Milk

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

Product of Australia

Cheese, Block

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

Serving Size: 20g

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

CONTAINS: Milk

Product of Australia

Cheese, Sachet

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

Serving Size: 20g

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

CONTAINS: Milk

Product of Australia

Cheese, Slice

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

Serving Size: 20.5g

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

CONTAINS: Milk

Product of Australia

Cheesy Creamed Corn

Ingredients: Creamed Corn (55%) (Corn, Water, Sugar, Modified Starch (1412), Salt), Corn, Parmesan (4.5%), Cheese (4.5%)

Serving Size: 100g

	per serving	per 100g
Energy	523kJ (125Cal)	523kJ (125Cal)
Protein	5.1g	5.1g
Fat, Total	3.1g	3.1g
- Saturated	1.5g	1.5g
Carbohydrate	16.2g	16.2g
- Sugars	3.9g	3.9g
Dietary Fibre	2.4g	2.4g
Sodium	269mg	269mg

CONTAINS: Milk

MAY CONTAIN: Egg

Made in Australia

Chicken & Pasta Bake

Ingredients: Water, Pasta (26%), Chicken (16%), Carrot, Onion, Peas, Milk Powder, Cheese, Modified Starch (1442), Parmesan, Maltodextrin, Salt, Herbs, Yeast Extract, Spices

Serving Size: 252g

	per serving	per 100g
Energy	1000kJ (240Cal)	398kJ (95Cal)
Protein	19.1g	7.6g
Fat, Total	4.5g	1.8g
- Saturated	2.1g	0.8g
Carbohydrate	28.7g	11.4g
- Sugars	4.5g	1.8g
Dietary Fibre	3.3g	1.3g
Sodium	440mg	174mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Made in Australia

Chicken Alfredo

Ingredients: Pasta (29%), Peas, Chicken (14%), Chicken Stock, Mushroom, Onion, Evaporated Milk, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Wine, Parmesan, Cream, Modified Starch (1442), Garlic, Salt, Yeast Extract, Olive Oil, Spices

Serving Size: 240g

	per serving	per 100g
Energy	865kJ (207Cal)	360kJ (86Cal)
Protein	17.8g	7.4g
Fat, Total	3.3g	1.4g
- Saturated	1.6g	0.7g
Carbohydrate	23.5g	9.8g
- Sugars	2.7g	1.1g
Dietary Fibre	5.2g	2.2g
Sodium	461mg	192mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Made in Australia

Chicken Burger Pattie

Ingredients: Chicken (82%), Onion, Egg White, Breadcrumbs, Parmesan, Salt, Herbs, Spices

Serving Size: 65g

	per serving	per 100g
Energy	333kJ (80Cal)	513kJ (123Cal)
Protein	15.6g	24.0g
Fat, Total	0.7g	1.0g
- Saturated	0.2g	0.3g
Carbohydrate	2.3g	3.6g
- Sugars	0.4g	0.6g
Dietary Fibre	0.5g	0.8g
Sodium	170mg	261mg

CONTAINS: Wheat, Egg, Milk

Product of Australia

Chicken Cacciatore Pasta

Ingredients: Pasta (32%), Tomato, Chicken (12%), Mushroom, Onion, Capsicum, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Semi Dried Tomatoes, Olives, Sugar, Garlic, Olive Oil, Balsamic Vinegar (Contains Colour (150d)), Herbs, Salt, Spices

Serving Size: 280g

	per serving	per 100g
Energy	1010kJ (242Cal)	362kJ (87Cal)
Protein	18.7g	6.7g
Fat, Total	4.3g	1.5g
- Saturated	0.7g	0.2g
Carbohydrate	29.9g	10.7g
- Sugars	7.6g	2.7g
Dietary Fibre	4.5g	1.6g
Sodium	353mg	126mg

CONTAINS: Wheat

Made in Australia

Chicken Noodle Soup

Ingredients: Chicken Stock, Onion, Carrot, Pasta (8%), Chicken (8%), Celery, Leek, Salt, Onion Extract, Butter, Yeast Extract, Sugar, Spices

Serving Size: 250g

	per serving	per 100g
Energy	439kJ (105Cal)	175kJ (42Cal)
Protein	9.0g	3.6g
Fat, Total	2.6g	1.0g
- Saturated	1.0g	0.4g
Carbohydrate	10.0g	4.0g
- Sugars	4.6g	1.8g
Dietary Fibre	3.1g	1.2g
Sodium	531mg	212mg

CONTAINS: Wheat, Milk

Made in Australia

Chicken Spaghetti

Ingredients: Pasta (44%), Tomato, Chicken (5%), Onion, Parmesan, Carrot, Tomato Paste, Sugar, Garlic, Salt, Yeast Extract, Modified Starch (1422), Spices, Olive Oil, Herbs

Serving Size: 275g

	per serving	per 100g
Energy	988kJ (236Cal)	359kJ (86Cal)
Protein	12.4g	4.5g
Fat, Total	3.9g	1.4g
- Saturated	1.3g	0.5g
Carbohydrate	35.6g	13.0g
- Sugars	6.6g	2.4g
Dietary Fibre	3.7g	1.4g
Sodium	418mg	152mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Made in Australia

Chicken Tender, Pesto

Ingredients: Chicken (83%), Herbs (5%), Spinach, Semi Dried Tomatoes, Almonds, Garlic, Olive Oil, Lemon Juice, Parmesan, Salt, Spices

Serving Size: 60g

	per serving	per 100g
Energy	366kJ (88Cal)	611kJ (146Cal)
Protein	15.8g	26.3g
Fat, Total	2.2g	3.7g
- Saturated	0.4g	0.7g
Carbohydrate	0.8g	1.3g
- Sugars	0.3g	0.5g
Dietary Fibre	0.7g	1.1g
Sodium	113mg	188mg

CONTAINS: Milk, Tree Nuts

MAY CONTAIN: Egg

Product of Australia

Chicken Tender, Roast

Ingredients: Chicken (96%), Herbs, Spices, Salt, Olive Oil, Onion Extract, Garlic Extract

Serving Size: 60g

	per serving	per 100g
Energy	352kJ (84Cal)	586kJ (140Cal)
Protein	17.5g	29.2g
Fat, Total	1.1g	1.8g
- Saturated	0.2g	0.4g
Carbohydrate	0.8g	1.3g
- Sugars	0.4g	0.7g
Dietary Fibre	0.4g	0.7g
Sodium	264mg	440mg

Product of Australia

Chicken Tender, Soy

Ingredients: Chicken (87%), Soy Sauce (3.5%), Sugar, Sweet Soy Sauce, Ginger, Garlic, Rice Wine, Spices, Vegetable Gum (415)

Serving Size: 60g

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

CONTAINS: Wheat, Soybean

Product of Australia

Chopped Salad

Ingredients: Lettuce, Cabbage, Cucumber, Tomato, Capsicum, Carrot, Celery, Herbs, Shallots

Serving Size: 145g

	per serving	per 100g
Energy	115kJ (27Cal)	79kJ (19Cal)
Protein	1.6g	1.1g
Fat, Total	0.2g	0.1g
- Saturated	0.0g	0.0g
Carbohydrate	3.3g	2.3g
- Sugars	3.2g	2.2g
Dietary Fibre	2.9g	2.0g
Sodium	37mg	25mg

Product of Australia

Chutney, Fruit

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

Serving Size: 28g

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

CONTAINS: Wheat, Barley

Made in Australia

Chutney, Onion

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

Serving Size: 28g

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

CONTAINS: Sulphites

Made in Australia

Cinnamon Oat Bar

Ingredients: Oats (29%), Glucose, Sugar, Rice, Pepitas, Buckwheat, Sunflower Seeds, Linseeds, Sesame Seeds, Sunflower Oil, Cinnamon (0.5%), Flavours, Salt, Barley Malt Extract

Serving Size: 30g

	per serving	per 100g
Energy	489kJ (117Cal)	1630kJ (389Cal)
Protein	2.5g	8.3g
Fat, Total	3.3g	11.0g
- Saturated	0.5g	1.7g
Carbohydrate	19.0g	63.4g
- Sugars	7.1g	23.7g
Dietary Fibre	1.7g	5.6g
Sodium	55mg	184mg

CONTAINS: Barley, Oats, Sesame Seeds

MAY CONTAIN: Milk, Peanuts, Soybean, Tree Nuts

Made in Australia

Classic Choc & Oats Bar

Ingredients: Oats (28%), Glucose, Sugar, Rice, Pepitas, Buckwheat, Sunflower Seeds, Linseeds, Sesame Seeds, Sunflower Oil, Milk Solids, Cocoa Butter, Cocoa Mass (0.5%), Cinnamon, Flavours, Salt, Barley Malt Extract, Emulsifiers (322, 476, 492)

Serving Size: 32g

	per serving	per 100g
Energy	531kJ (127Cal)	1660kJ (397Cal)
Protein	2.7g	8.3g
Fat, Total	3.8g	11.8g
- Saturated	0.8g	2.4g
Carbohydrate	20.2g	63.1g
- Sugars	8.0g	25.0g
Dietary Fibre	1.8g	5.5g
Sodium	58mg	180mg

CONTAINS: Barley, Oats, Sesame Seeds

MAY CONTAIN: Milk, Peanuts, Soybean, Tree Nuts

Made in Australia

Cookie, Fig & Pecan

Ingredients: Figs (25%), Oats (15%), Sugar, Wholemeal Flour, Pecan Nuts (10%), Butter, Egg, Flour, Honey, Fruit Juice, Grain Dextrin, Cultured Dextrose, Salt, Raising Agent (500), Flavour

Serving Size: 30g

	per serving	per 100g
Energy	513kJ (123Cal)	1710kJ (409Cal)
Protein	2.0g	6.5g
Fat, Total	4.4g	14.8g
- Saturated	1.5g	4.9g
Carbohydrate	17.4g	58.1g
- Sugars	10.7g	35.7g
Dietary Fibre	2.3g	7.8g
Sodium	84mg	280mg

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

MAY CONTAIN: Soybean, Sesame Seeds

Made in Australia

Cookie, Muesli

Ingredients: Oats (18%), Sugar, Wholemeal Flour, Butter, Currants, Cranberries, Apricot (Preservative (220)), Almonds, Egg, Flour, Honey, Grape Juice, Grain Dextrins, Sunflower Seeds, Linseeds, Cultured Dextrose, Salt, Raising Agent (500), Flavour

Serving Size: 30g

	per serving	per 100g
Energy	516kJ (123Cal)	1720kJ (411Cal)
Protein	2.5g	8.3g
Fat, Total	4.4g	14.7g
- Saturated	1.8g	6.1g
Carbohydrate	17.5g	58.2g
- Sugars	10.0g	33.3g
Dietary Fibre	1.9g	6.3g
Sodium	74mg	248mg

CONTAINS: Wheat, Oats, Egg, Milk, Sulphites

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

Made in Australia

Cookies, Cranberry & Walnut

Ingredients: Oats, Sugar, Wholemeal Flour, Cranberries (15%), Walnuts (8%), Butter, Egg, Honey, Flour, Grape Juice, Grain Dextrins, Cultured Dextrose, Salt, Raising Agent (500), Flavour

Serving Size: 30g

	per serving	per 100g
Energy	531kJ (127Cal)	1770kJ (423Cal)
Protein	2.3g	7.7g
Fat, Total	4.2g	13.9g
- Saturated	1.2g	4.1g
Carbohydrate	19.1g	63.7g
- Sugars	10.8g	36.1g
Dietary Fibre	1.6g	5.4g
Sodium	95mg	317mg

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

MAY CONTAIN: Soybean, Sesame Seeds

Made in Australia

Cookies, Honey & Oat

Ingredients: Rolled Oats (23%), Sugar, Wholemeal Wheat Flour, Butter, Honey (9%), Coconut (6%) (Contains Preservative (220)), Wheat Flour, Raising Agent (500), Salt, Spice

Serving Size: 25g

	per serving	per 100g
Energy	438kJ (105Cal)	1750kJ (418Cal)
Protein	1.6g	6.3g
Fat, Total	3.4g	13.5g
- Saturated	2.1g	8.2g
Carbohydrate	16.2g	64.9g
- Sugars	8.2g	32.8g
Dietary Fibre	1.3g	5.3g
Sodium	95mg	379mg

CONTAINS: Wheat, Oats, Milk, Soybean, Sulphites

MAY CONTAIN: Egg, Tree Nuts, Sesame Seeds

Made in Australia

Cookies, Spicy Fruit

Ingredients: Wholemeal Flour, Sugar, Butter, Sultanas (11%), Dates (11%), Oats, Walnuts, Glacé Ginger (Sugar, Ginger), Egg, Flour, Cornflour, Cultured Dextrose, Salt, Raising Agent (500), Spices, Flavour

Serving Size: 25g

	per serving	per 100g
Energy	470kJ (112Cal)	1880kJ (449Cal)
Protein	1.7g	6.9g
Fat, Total	5.1g	20.5g
- Saturated	2.2g	8.8g
Carbohydrate	14.2g	56.7g
- Sugars	9.2g	36.9g
Dietary Fibre	1.3g	5.3g
Sodium	67mg	266mg

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

MAY CONTAIN: Soybean, Sesame Seeds

Made in Australia

Corn Chips

Ingredients: Corn, Sunflower Oil, Salt

Serving Size: 20g

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

MAY CONTAIN: Milk

Product of Australia

Corn Fritters

Ingredients: Creamed Corn (44%) (Sugar, Thickener (1412), Salt), Corn (21%), Flour (Raising Agents (339, 341, 450, 500)), Egg White, Egg, Raising Agents (450, 500), Salt, Spices

Serving Size: 100g

	per serving	per 100g
Energy	579kJ (138Cal)	579kJ (138Cal)
Protein	5.7g	5.7g
Fat, Total	1.5g	1.5g
- Saturated	0.3g	0.3g
Carbohydrate	24.6g	24.6g
- Sugars	3.4g	3.4g
Dietary Fibre	3.1g	3.1g
Sodium	507mg	507mg

CONTAINS: Wheat, Egg

Made in Australia

Corned Beef

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

Serving Size: 50g

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

Product of Australia

Cracker & Nut Mix

Ingredients: Crackers (63%) (Rice, Soy Sauce (Soy, Wheat, Salt, Water), Sugar, Seaweed, Colours (102, 110, 122, 133), Chilli, Modified Tapioca Starch, Flour, Yeast, Vegetable Oil), Nuts (36%) (Almonds, Cashews, Peanuts), Vegetable Oil, Salt

Serving Size: 25g

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

CONTAINS: Wheat, Peanuts, Soybean, Tree Nuts

MAY CONTAIN: Sesame Seeds

Packed in Australia from Local & Imported Ingredients

Cranberry Sauce

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

Serving Size: 20g

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

Made in Australia

Creamy Chicken & Potato Pie

Ingredients: Chicken Stock, Chicken (15%), Cauliflower, Potato (9%), Cannelini Beans, Leek, Evaporated Milk, Carrot, Peas, Corn, Celery, Corn Flour, Herbs, Egg, Dijon Mustard, Parmesan, Flavour, Butter, Sunflower Oil, Maltodextrin, Garlic, Yeast Extract, Salt, Spices

Serving Size: 283g

	per serving	per 100g
Energy	919kJ (220Cal)	325kJ (78Cal)
Protein	20.6g	7.3g
Fat, Total	4.5g	1.6g
- Saturated	1.7g	0.6g
Carbohydrate	21.1g	7.5g
- Sugars	7.0g	2.5g
Dietary Fibre	6.6g	2.3g
Sodium	496mg	175mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Crispy Noodles

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

Serving Size: 15g

	per serving	per 100g
Energy	311kJ (74Cal)	2070kJ (495Cal)
Protein	1.1g	7.4g
Fat, Total	3.6g	24.1g
- Saturated	1.0g	6.5g
Carbohydrate	9.3g	61.7g
- Sugars	0.0g	0.0g
Dietary Fibre	0.3g	1.8g
Sodium	91mg	604mg

CONTAINS: Wheat

Product of Australia

Crispy Salad

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

Serving Size: 155g

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

Product of Australia

Croutons, Wholemeal

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

Serving Size: 10g

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

CONTAINS: Wheat, Rye, Milk

Made in Australia

Crunchy Flatbread

Ingredients: Flour, Water, Milk, Yeast, Salt

Serving Size: 25g

	per serving	per 100g
Energy	393kJ (94Cal)	1570kJ (376Cal)
Protein	3.7g	14.7g
Fat, Total	0.5g	1.8g
- Saturated	0.1g	0.5g
Carbohydrate	17.7g	70.9g
- Sugars	0.3g	1.3g
Dietary Fibre	1.6g	6.4g
Sodium	187mg	748mg

CONTAINS: Wheat, Milk

Product of Australia

Crunchy Noodle Snack

Ingredients: Multigrain Noodles & Chips (63%) (Yellow Peas, Chickpeas, Rice, Potato, Tapioca, Sunflower Oil, Sesame Seeds), Green Peas, Chickpeas, Sunflower Oil, Salt, Herbs & Spices, Sugar

Serving Size: 25g

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

CONTAINS: Sesame Seeds

Made in Australia

Cucumber Raita

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

Serving Size: 30g

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

CONTAINS: Milk

Made in Australia

Dessert, Apple Crumble

Ingredients: Apple (48%), Water, Sugar, Sultanas, Flour (Contains Raising Agents (339, 341, 450, 500)), Milk Powder, Oats, Margarine, Modified Starch (1442), Coconut, Vanilla Essence, Spices, Salt, Colour (Carotene)

Serving Size: 165g

	per serving	per 100g
Energy	799kJ (191Cal)	484kJ (116Cal)
Protein	3.6g	2.2g
Fat, Total	2.2g	1.3g
- Saturated	1.0g	0.6g
Carbohydrate	38.4g	23.3g
- Sugars	27.7g	16.8g
Dietary Fibre	2.1g	1.3g
Sodium	113mg	69mg

CONTAINS: Wheat, Oats, Milk

Made in Australia

Dessert, Apricot Pudding

Ingredients: Apricot (47%), Water, Golden Syrup, Sugar, Egg, Flour (Contains Raising Agents (339, 341, 450, 500)), Milk Powder, Bran, Margarine, Modified Starch (1442), Raising Agent (500), Vanilla Essence, Salt, Colour (Carotene)

Serving Size: 165g

	per serving	per 100g
Energy	745kJ (178Cal)	452kJ (108Cal)
Protein	3.9g	2.4g
Fat, Total	2.2g	1.3g
- Saturated	0.8g	0.5g
Carbohydrate	35.2g	21.3g
- Sugars	25.6g	15.5g
Dietary Fibre	3.9g	2.4g
Sodium	206mg	125mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Dessert, Raspberry & Apple Crumble

Ingredients: Water, Apple (25%), Raspberries (12%), Sugar, Milk Powder, Flour (Contains Raising Agents (339, 341, 450, 500)), Modified Starch (1442, 1422), Oats, Margarine, Sultanas, Coconut, Vanilla Essence, Spices, Salt, Colour (Carotene)

Serving Size: 165g

	per serving	per 100g
Energy	840kJ (201Cal)	509kJ (122Cal)
Protein	3.9g	2.4g
Fat, Total	2.3g	1.4g
- Saturated	1.0g	0.6g
Carbohydrate	39.2g	23.7g
- Sugars	27.4g	16.6g
Dietary Fibre	2.5g	1.5g
Sodium	121mg	73mg

CONTAINS: Wheat, Oats, Milk

Made in Australia

Dessert, Rice Pudding

Ingredients: Water, Rice (29%), Sugar, Cream, Milk Powder, Modified Starch (1442), Vanilla Essence, Spices, Salt

Serving Size: 176g

	per serving	per 100g
Energy	849kJ (203Cal)	482kJ (115Cal)
Protein	4.3g	2.5g
Fat, Total	3.6g	2.0g
- Saturated	2.3g	1.3g
Carbohydrate	36.2g	20.6g
- Sugars	17.5g	10.0g
Dietary Fibre	0.7g	0.4g
Sodium	117mg	66mg

CONTAINS: Milk

Made in Australia

Dip, Tomato Kasundi

Ingredients: Tomato, Water, Vinegar, Vegetable Oil, Ginger, Modified Starch (1422), Garlic, Fish Sauce, Herbs & Spices, Chilli, Salt

Serving Size: 28g

	per serving	per 100g
Energy	100kJ (24Cal)	357kJ (85Cal)
Protein	0.5g	1.7g
Fat, Total	1.7g	6.0g
- Saturated	0.1g	0.5g
Carbohydrate	1.4g	4.9g
- Sugars	0.4g	1.3g
Dietary Fibre	0.3g	1.0g
Sodium	93mg	333mg

CONTAINS: Wheat, Barley, Fish

Made in Australia

Double Chocolate Cake

Ingredients: Sugar, Flour, Apple, Yoghurt (Milk, Cultures), Evaporated Milk, Chocolate (7%) (Sugar, Vegetable Fat, Cocoa, Whey, Emulsifiers (492, Soy Lecithin), Salt), Cocoa (7%), Coffee, Egg, Egg White, Vanilla Essence, Oats, Bran, Raising Agents (450, 500)

Serving Size: 50g

	per serving	per 100g
Energy	534kJ (128Cal)	1070kJ (255Cal)
Protein	3.8g	7.5g
Fat, Total	2.3g	4.5g
- Saturated	1.8g	3.5g
Carbohydrate	21.3g	42.7g
- Sugars	13.8g	27.7g
Dietary Fibre	3.0g	6.0g
Sodium	204mg	408mg

CONTAINS: Wheat, Oats, Egg, Milk, Soybean

Made in Australia

Dressing, Basil

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

Serving Size: 20g

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

CONTAINS: Milk, Tree Nuts, Sulphites

Made in Australia

Dressing, Garlic & Lemon Vinaigrette

Ingredients: Sugar, Lemon Juice, Water, Olive Oil, Malt Vinegar, Garlic, Maltodextrin, Herbs & Spices, Vinegar, Capsicum, Onion, Vegetable Gum (Xanthan), Yeast Extract, Garlic, Flavour, Food Acid (Citric)

Serving Size: 20g

	per serving	per 100g
Energy	199kJ (48Cal)	994kJ (237Cal)
Protein	0.2g	1.2g
Fat, Total	2.5g	12.5g
- Saturated	0.3g	1.7g
Carbohydrate	5.7g	28.5g
- Sugars	5.2g	26.0g
Dietary Fibre	0.2g	1.2g
Sodium	181mg	903mg

CONTAINS: Wheat, Barley

Made in Australia

Dressing, Peking BBQ Sauce

Ingredients: Water, Sugar, Soy Bean Paste (Soy Beans, Rice, Salt, Sake, Rice Malt), Vinegar, Vegetable Oil, Molasses, Salt, Corn Starch, Herbs & Spices, Milk Solids, Food Acid (330), Yeast Extract, Vegetable Gum (415), Mustard, Lemon Juice

Serving Size: 20g

	per serving	per 100g
Energy	146kJ (35Cal)	728kJ (174Cal)
Protein	0.7g	3.6g
Fat, Total	1.0g	4.8g
- Saturated	less than 0.1g	0.3g
Carbohydrate	7.6g	37.9g
- Sugars	5.7g	28.6g
Dietary Fibre	0.6g	3.3g
Sodium	352mg	1760mg

CONTAINS: Barley, Milk, Soybean

Made in Australia

Dressing, Sweet Chilli & Sesame

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

Serving Size: 20g

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

CONTAINS: Wheat, Soybean, Sesame Seeds

Made in Australia

Dressing, Sweet Chilli Sauce

Ingredients: Sugar, Water, Vinegar, Chilli (5%), Salt, Modified Starch (1422), Garlic, Ginger, Capsicum, Vegetable Gums (415, 412), Spice Extract

Serving Size: 15g

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

Made in Australia

Dressing, Tomato Vinaigrette

Ingredients: Water, Vinegar, Vegetable Oil (Contains Antioxidant (306)), Lemon Juice, Tomato Paste, Sugar, Salt, Herbs & Spices, Onion Powder, Garlic, Vegetable Gum (415)

Serving Size: 15g

	per serving	per 100g
Energy	77kJ (18Cal)	512kJ (122Cal)
Protein	0.1g	0.8g
Fat, Total	1.5g	9.8g
- Saturated	0.1g	0.8g
Carbohydrate	1.1g	7.2g
- Sugars	0.9g	5.7g
Dietary Fibre	less than 0.1g	0.6g
Sodium	119mg	794mg

Made in Australia

Egg, Raw

Ingredients: Egg

Serving Size: 48g

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

CONTAINS: Egg

Fettuccine Bolognese

Ingredients: Tomato, Pasta (35%), Beef (20%), Onion, Tomato Paste, Parmesan, Garlic, Sugar, Corn Flour, Salt, Yeast Extract, Herbs, Olive Oil, Spices

Serving Size: 268g

	per serving	per 100g
Energy	1010kJ (241Cal)	377kJ (90Cal)
Protein	18.8g	7.0g
Fat, Total	4.3g	1.6g
- Saturated	1.6g	0.6g
Carbohydrate	29.7g	11.1g
- Sugars	6.2g	2.3g
Dietary Fibre	3.3g	1.3g
Sodium	373mg	139mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Made in Australia

Fig & Berry Compote

Ingredients: Apple, Fig (25%), Water, Plum, Sultanas, Dried Cranberries (5%), Sugar, Orange Juice, Corn Flour, Spices

Serving Size: 61g

	per serving	per 100g
Energy	341kJ (82Cal)	559kJ (134Cal)
Protein	0.8g	1.3g
Fat, Total	0.2g	0.3g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	18.1g	29.7g
- Sugars	17.1g	28.0g
Dietary Fibre	2.8g	4.6g
Sodium	8mg	14mg

Made in Australia

Fresh Tomato Salsa

Ingredients: Tomato (61%), Cucumber, Shallots, Capsicum, Herbs, Spices

Serving Size: 80g

	per serving	per 100g
Energy	57kJ (14Cal)	72kJ (17Cal)
Protein	0.8g	1.0g
Fat, Total	0.1g	0.2g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	2.1g	2.6g
- Sugars	1.9g	2.4g
Dietary Fibre	0.9g	1.1g
Sodium	20mg	25mg

Product of Australia

Fruit Bun

Ingredients: Wholemeal Flour, Water, Sultanas (12.6%) (Vegetable Oil, Preservative (220)), Currants (8.4%), Yeast, Vegetable Oil, Gluten, Salt, Malted Flour, Enzymes, Food Acid (300), Spices, Thiamin, Folate

Serving Size: 50g

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

CONTAINS: Wheat

MAY CONTAIN: Tree Nuts, Sesame Seeds

Made in Australia

Fruit Cake, Light

Ingredients: Water, Flour (Raising Agents (339, 341, 450, 500)), Dried Apricots (Preservative (220)), Sultanas (17%), Sugar, Bran, Milk Powder, Spices

Serving Size: 60g

	per serving	per 100g
Energy	516kJ (123Cal)	860kJ (205Cal)
Protein	3.2g	5.4g
Fat, Total	0.4g	0.7g
- Saturated	less than 0.1g	0.1g
Carbohydrate	24.3g	40.6g
- Sugars	16.7g	27.9g
Dietary Fibre	4.1g	6.8g
Sodium	94mg	157mg

CONTAINS: Wheat, Milk, Sulphites

Product of Australia

Fruit Cup, Fruit Salad

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

Serving Size: 140g

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

Product of Australia

Fruit Cup, Peach

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

Serving Size: 140g

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

Product of Australia

Fruit Cup, Pear

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

Serving Size: 140g

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

Product of Australia

Fruit Cup, Two Fruits

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

Serving Size: 140g

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

Product of Australia

Fruit n Nut Mix

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

Serving Size: 25g

	per serving	per 100g
Energy	442kJ (106Cal)	1770kJ (423Cal)
Protein	2.5g	9.9g
Fat, Total	5.2g	20.6g
- Saturated	0.7g	2.6g
Carbohydrate	12.6g	50.3g
- Sugars	11.0g	43.8g
Dietary Fibre	1.4g	5.7g
Sodium	3mg	13mg

CONTAINS: Tree Nuts

MAY CONTAIN: Wheat, Peanuts, Soybean

Packed in Australia from Local & Imported Ingredients

Greek Meatballs

Ingredients: Beef, Onion, Tomato, Breadcrumbs (Flour, Gluten, Vegetable Oil, Salt, Sugar, Yeast), Egg White, Herbs, Salt, Spices

Serving Size: 60g

	per serving	per 100g
Energy	318kJ (76Cal)	529kJ (126Cal)
Protein	9.7g	16.2g
Fat, Total	2.0g	3.3g
- Saturated	0.8g	1.3g
Carbohydrate	4.2g	7.0g
- Sugars	0.8g	1.3g
Dietary Fibre	1.0g	1.7g
Sodium	192mg	320mg

CONTAINS: Wheat, Egg

Product of Australia

Ham, Tomato & Cheese Omelette

Ingredients: Egg (36%), Egg White, Ham (14%) (Pork, Water, Potato Starch, Dextrose (Maize), Salt, Mineral Salts (451, 450), Vegetable Gum (407), Sugar, Antioxidant (316), Hydrolysed Vegetable Protein, Preservative (250)), Tomato (9%), Cheese (2.5%), Potato Starch, Milk Powder, Parmesan, Vegetable Gum (415), Modified Starch (1422), Salt, Food Acid (330)

Serving Size: 116g

	per serving	per 100g
Energy	521kJ (124Cal)	449kJ (107Cal)
Protein	15.2g	13.1g
Fat, Total	5.4g	4.6g
- Saturated	1.9g	1.7g
Carbohydrate	3.4g	3.0g
- Sugars	1.8g	1.5g
Dietary Fibre	0.5g	0.4g
Sodium	376mg	324mg

CONTAINS: Egg, Milk

Made in Australia

Hoisin Beef Noodles

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

Serving Size: 220g

	per serving	per 100g
Energy	922kJ (220Cal)	419kJ (100Cal)
Protein	21.3g	9.7g
Fat, Total	3.0g	1.4g
- Saturated	0.8g	0.4g
Carbohydrate	24.2g	11.0g
- Sugars	10.8g	4.9g
Dietary Fibre	4.8g	2.2g
Sodium	492mg	224mg

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

Made in Australia

Hollandaise

Ingredients: Water, Vegetable Oil, Butter, Egg Yolk, Lemon Juice, Milk Solids, Corn Starch, Salt, Food Acid (330), Vegetable Gum (415), Herbs & Spices, Colour (160a)

Serving Size: 20g

	per serving	per 100g
Energy	159kJ (38Cal)	794kJ (190Cal)
Protein	0.4g	1.8g
Fat, Total	3.9g	19.3g
- Saturated	1.0g	4.8g
Carbohydrate	0.4g	2.1g
- Sugars	less than 0.1g	0.3g
Dietary Fibre	less than 0.1g	less than 0.1g
Sodium	84mg	420mg

CONTAINS: Egg, Milk

Made in Australia

Honey

Ingredients: Honey

Serving Size: 14g

	per serving	per 100g
Energy	196kJ (47Cal)	1400kJ (335Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	11.5g	82.1g
- Sugars	11.5g	82.1g
Dietary Fibre	0.0g	0.0g
Sodium	2mg	14mg

Product of Australia

Jam, Apricot

Ingredients: Sugar, Apricot, Food Acid (330), Lemon Juice, Pectin

Serving Size: 14g

	per serving	per 100g
Energy	165kJ (40Cal)	1180kJ (282Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	9.7g	69.0g
- Sugars	9.5g	68.0g
Dietary Fibre	0.2g	1.3g
Sodium	less than 1mg	2mg

Made in Australia

Jam, Marmalade

Ingredients: Sugar, Orange, Water, Lemon Juice, Lemon, Grapefruit, Pectin, Food Acid (330)

Serving Size: 14g

	per serving	per 100g
Energy	156kJ (37Cal)	1120kJ (266Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	9.4g	67.0g
- Sugars	9.2g	66.0g
Dietary Fibre	0.2g	1.3g
Sodium	3mg	23mg

Made in Australia

Jam, Strawberry

Ingredients: Sugar, Strawberries, Lemon Juice, Pectin, Food Acid (330)

Serving Size: 14g

	per serving	per 100g
Energy	164kJ (39Cal)	1170kJ (281Cal)
Protein	less than 0.1g	0.3g
Fat, Total	0.0g	0.0g
- Saturated	0.0g	0.0g
Carbohydrate	9.7g	69.0g
- Sugars	9.5g	68.0g
Dietary Fibre	0.2g	1.3g
Sodium	less than 1mg	2mg

Made in Australia

Kiwifruit

Ingredients: Kiwifruit

Serving Size: 78g

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

Mandarin

Ingredients: Mandarin

Serving Size: 135g

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

Margarine

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

Serving Size: 10g

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

CONTAINS: Milk, Soybean

Made in Australia

Mayonnaise

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

Serving Size: 10g

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

CONTAINS: Egg, Sulphites

Made in Australia

Meatball Pasta Primavera

Ingredients: Wholemeal Pasta (21%), Broccoli, Carrot, Beef (16%), Chicken Stock, Onion, Oyster Sauce, Modified Starch (1422), Sherry, Sugar, Garlic, Sesame Oil, Ginger

Serving Size: 240g

	per serving	per 100g
Energy	926kJ (221Cal)	386kJ (92Cal)
Protein	18.2g	7.6g
Fat, Total	3.9g	1.6g
- Saturated	1.2g	0.5g
Carbohydrate	25.0g	10.4g
- Sugars	5.6g	2.3g
Dietary Fibre	6.0g	2.5g
Sodium	623mg	260mg

CONTAINS: Wheat, Fish, Sesame Seeds

Made in Australia

Mediterranean Vegetable & Meatball Pasta

Ingredients: Pasta (24%), Beef (18%), Tomato, Onion, Zucchini, Capsicum, Eggplant, Tomato Jam (Tomato, Vinegar, Olive Oil, Onion, Salt, Garlic), Semi Dried Tomatoes, Garlic, Breadcrumbs, Egg White, Olive Oil, Sugar, Herbs, Salt, Corn Flour, Spices, Yeast Extract

Serving Size: 252g

	per serving	per 100g
Energy	952kJ (227Cal)	378kJ (90Cal)
Protein	17.3g	6.9g
Fat, Total	5.4g	2.1g
- Saturated	1.4g	0.5g
Carbohydrate	24.9g	9.9g
- Sugars	7.1g	2.8g
Dietary Fibre	4.7g	1.9g
Sodium	527mg	209mg

CONTAINS: Wheat, Egg

Made in Australia

Mexican Chicken Mix

Ingredients: Tomato, Chicken (25%), Kidney Beans, Chicken Stock, Onion, Shallots, Garlic, Tomato Paste, Herbs, Chilli, Modified Starch (1422), Spices, Sunflower Oil, Sugar, Salt

Serving Size: 100g

	per serving	per 100g
Energy	273kJ (65Cal)	273kJ (65Cal)
Protein	8.0g	8.0g
Fat, Total	0.9g	0.9g
- Saturated	0.1g	0.1g
Carbohydrate	5.2g	5.2g
- Sugars	2.7g	2.7g
Dietary Fibre	2.2g	2.2g
Sodium	200mg	200mg

Made in Australia

Mixed Mesclun Salad

Ingredients: Egg, Lettuce, Tomato, Beetroot, Herbs, Shallots, Almonds

Serving Size: 138g

	per serving	per 100g
Energy	458kJ (109Cal)	332kJ (79Cal)
Protein	8.3g	6.0g
Fat, Total	6.9g	5.0g
- Saturated	1.8g	1.3g
Carbohydrate	2.7g	1.9g
- Sugars	2.3g	1.7g
Dietary Fibre	2.1g	1.5g
Sodium	85mg	61mg

CONTAINS: Egg, Tree Nuts

Product of Australia

Mixed Spinach Salad

Ingredients: Spinach, Tomato, Carrot, Cucumber

Serving Size: 140g

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

Product of Australia

Muesli, Bircher

Ingredients: Yoghurt (Milk, Cultures), Muesli (Oats, Dried Fruit (Sultanas, Raisins, Apricots), Nuts (Almonds, Hazelnuts, Pecans), Sunflower Seeds, Sesame Seeds, Honey, Cinnamon), Milk, Apple, Orange Juice (Vitamin C, Flavour, Food Acid (330), Folate), Honey, Sugar

Serving Size: 120g

	per serving	per 100g
Energy	689kJ (165Cal)	574kJ (137Cal)
Protein	7.1g	5.9g
Fat, Total	4.4g	3.6g
- Saturated	0.6g	0.5g
Carbohydrate	22.5g	18.8g
- Sugars	14.4g	12.0g
Dietary Fibre	3.1g	2.6g
Sodium	61mg	51mg

CONTAINS: Oats, Milk, Tree Nuts, Sesame Seeds

Made in Australia

Muesli, Classic Fruit

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

Serving Size: 35g

	per serving	per 100g
Energy	653kJ (156Cal)	1870kJ (446Cal)
Protein	4.2g	11.9g
Fat, Total	6.3g	18.1g
- Saturated	0.8g	2.2g
Carbohydrate	19.0g	54.2g
- Sugars	3.6g	10.2g
Dietary Fibre	3.2g	9.0g
Sodium	12mg	35mg

CONTAINS: Oats, Tree Nuts, Sesame Seeds, Sulphites

MAY CONTAIN: Soybean

Made in Australia

Muffin, Apple & Cranberry

Ingredients: Apple (22%), Flour (Raising Agents (339, 341, 450, 500)), Dried Cranberries (13%) (Sugar, Sunflower Oil), Golden Syrup, Water, Yoghurt (Milk, Cultures), Egg, Bran, Raising Agents (450, 500), Spices, Salt

Serving Size: 72g

	per serving	per 100g
Energy	566kJ (135Cal)	786kJ (188Cal)
Protein	3.1g	4.4g
Fat, Total	1.1g	1.5g
- Saturated	0.2g	0.3g
Carbohydrate	26.9g	37.4g
- Sugars	14.9g	20.7g
Dietary Fibre	3.7g	5.1g
Sodium	201mg	279mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Muffin, Banana & Date

Ingredients: Flour (Raising Agents (339, 341, 450, 500)), Banana (17%) (Food Acids (297, 300)), Dates (12%), Sugar, Bran, Water, Cottage Cheese (Milk, Cream, Salt, Preservative (202), Thickeners (412, 415, 410, 407), Acidity Regulator (330), Cultures), Egg, Milk Powder, Raising Agents (450, 500), Salt, Spices

Serving Size: 72g

	per serving	per 100g
Energy	685kJ (164Cal)	952kJ (227Cal)
Protein	4.3g	6.0g
Fat, Total	1.1g	1.5g
- Saturated	0.3g	0.4g
Carbohydrate	30.9g	42.9g
- Sugars	17.9g	24.8g
Dietary Fibre	5.7g	8.0g
Sodium	217mg	301mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Muffin, Breakfast - Fruit

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

Serving Size: 67g

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

CONTAINS: Wheat, Soybean

Made in Australia

Muffin, Breakfast - Multigrain

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

Serving Size: 67g

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

CONTAINS: Wheat, Soybean

Made in Australia

Muffin, Corn & Parmesan

Ingredients: Flour (Raising Agents (339, 341, 450, 500)), Corn (22%), Water, Onion, Carrot, Bacon (Pork, Acidity Regulator (451, 500), Stabiliser (452), Antioxidant (316), Preservative (250), Honey, Flavour), Yoghurt, Milk Powder, Parmesan (1%), Raising Agent (500), Spices, Herbs, Chilli

Serving Size: 65g

	per serving	per 100g
Energy	451kJ (108Cal)	693kJ (166Cal)
Protein	4.4g	6.8g
Fat, Total	0.8g	1.2g
- Saturated	0.2g	0.4g
Carbohydrate	20.1g	30.9g
- Sugars	2.2g	3.4g
Dietary Fibre	1.6g	2.5g
Sodium	235mg	360mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Made in Australia

Muffin, Spinach & Fetta

Ingredients: Flour (Raising Agents (339, 341, 450, 500)), Yoghurt (Milk, Cultures), Egg, Spinach (12%), Fetta (10%) (Milk, Rennet, Culture, Salt), Semi Dried Tomatoes, Parmesan, Olive Oil, Maltodextrin, Herbs

Serving Size: 65g

	per serving	per 100g
Energy	585kJ (140Cal)	900kJ (215Cal)
Protein	6.9g	10.6g
Fat, Total	4.6g	7.0g
- Saturated	2.0g	3.0g
Carbohydrate	16.6g	25.6g
- Sugars	1.8g	2.8g
Dietary Fibre	2.3g	3.6g
Sodium	254mg	390mg

CONTAINS: Wheat, Egg, Milk

Product of Australia

Mustard Relish

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

Serving Size: 28g

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

Made in Australia

Napoli Meatballs

Ingredients: Tomato (26%), Beef (25%), Pork (12%), Beef Stock, Celery, Carrot, Ricotta, Onion, Egg White, Tomato Paste, Breadcrumbs, Spinach, Sugar, Garlic, Yeast Extract, Corn Flour, Herbs, Salt, Olive Oil, Spices

Serving Size: 115g

	per serving	per 100g
Energy	518kJ (124Cal)	450kJ (108Cal)
Protein	14.4g	12.5g
Fat, Total	4.2g	3.6g
- Saturated	1.6g	1.4g
Carbohydrate	6.5g	5.6g
- Sugars	4.0g	3.4g
Dietary Fibre	1.5g	1.3g
Sodium	354mg	308mg

CONTAINS: Wheat, Egg, Milk

Made in Australia

Oats, Creamy Almond & Vanilla

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

Serving Size: 30g

	per serving	per 100g
Energy	481kJ (115Cal)	1600kJ (383Cal)
Protein	3.2g	10.7g
Fat, Total	2.6g	8.8g
- Saturated	0.4g	1.2g
Carbohydrate	18.0g	59.9g
- Sugars	5.8g	19.4g
Dietary Fibre	2.3g	7.5g
Sodium	25mg	84mg

CONTAINS: Barley, Oats, Milk, Tree Nuts

Made in Australia

Orange

Ingredients: Orange

Serving Size: 135g

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

Pancake, Apple & Sultana

Ingredients: Apple (36%), Water, Sultanas (14%), Flour (Raising Agents (339, 341, 450, 500)), Egg, Sugar, Malt Extract, Bran, Raising Agents (450, 500), Spices

Serving Size: 75g

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

CONTAINS: Wheat, Barley, Egg

Made in Australia

Pate

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

Serving Size: 25g

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

CONTAINS: Wheat, Egg, Sulphites

Made in Australia

Peaches & Apricots

Ingredients: Apricots (45%), Peaches (39%), Juice (Pear, Apple), Prune

Serving Size: 155g

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

Made in Australia

Peaches with Raspberry Sauce

Ingredients: Peaches (71%), Raspberries (14%), Juice (Pear, Apple), Sugar

Serving Size: 140g

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

Made in Australia

Peanut Butter

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

Serving Size: 11g

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

CONTAINS: Peanuts

Product of Australia

Penne Pesto Pasta

Ingredients: Pasta (51%), Tomato, Chicken Stock, Semi Dried Tomatoes (Vinegar, Water, Garlic, Salt, Herbs), Onion, Olives, Herbs, Parmesan, Pine Nuts, Olive Oil, Garlic, Salt, Corn Flour, Spices, Chilli, Food Acid (330)

Serving Size: 196g

	per serving	per 100g
Energy	804kJ (192Cal)	410kJ (98Cal)
Protein	7.0g	3.6g
Fat, Total	5.1g	2.6g
- Saturated	0.8g	0.4g
Carbohydrate	29.8g	15.2g
- Sugars	4.7g	2.4g
Dietary Fibre	4.7g	2.4g
Sodium	407mg	208mg

CONTAINS: Wheat, Milk, Tree Nuts

MAY CONTAIN: Egg

Made in Australia

Peri Peri Chicken

Ingredients: Chicken (22%), Rice, Beans, Chicken Stock, Cauliflower, Carrot, Capsicum, Black Beans, Onion, Vinegar, Sugar, Lime Juice, Corn Flour, Spices, Garlic, Lemon Juice, Salt, Sunflower Oil, Herbs, Chilli

Serving Size: 265g

	per serving	per 100g
Energy	973kJ (232Cal)	367kJ (88Cal)
Protein	20.8g	7.8g
Fat, Total	1.4g	0.5g
- Saturated	0.3g	0.1g
Carbohydrate	31.5g	11.9g
- Sugars	5.7g	2.1g
Dietary Fibre	4.3g	1.6g
Sodium	442mg	167mg

Made in Australia

Pikelets

Ingredients: Water, Flour (Raising Agents (339, 341, 450, 500)), Egg, Sugar, Malt Extract, Bran, Raising Agents (450, 500)

Serving Size: 66g

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

CONTAINS: Wheat, Barley, Egg

Product of Australia

Pizza Base, Sauced

Ingredients: Flour, Water, Pizza Sauce (Tomato, Salt, Sugar, Onion, Herbs, Spices), Vinegar, Yeast, Sugar, Iodised Salt, Breadcrumbs, Vegetable Oil

Serving Size: 40g

	per serving	per 100g
Energy	432kJ (103Cal)	1080kJ (258Cal)
Protein	3.3g	8.3g
Fat, Total	0.8g	2.0g
- Saturated	0.1g	0.3g
Carbohydrate	19.1g	47.8g
- Sugars	1.4g	3.4g
Dietary Fibre	2.5g	6.2g
Sodium	51mg	127mg

CONTAINS: Wheat

Made in Australia

Pizza Topping, Classic Supreme

Ingredients: Capsicum, Bacon (Pork, Water, Salt, Potato Starch, Mineral Salts (451, 450, 452), Sugar, Antioxidant (316), Preservative (250), Food Acid (331), Natural Wood Smoke), Mushroom, Pineapple, Pizza Sauce (Tomato, Salt, Sugar, Onion, Herbs, Spices), Onion, Semi Dried Tomatoes (Vinegar, Water, Garlic, Salt, Herbs), Olives

Serving Size: 170g

	per serving	per 100g
Energy	411kJ (98Cal)	242kJ (58Cal)
Protein	7.3g	4.3g
Fat, Total	2.9g	1.7g
- Saturated	1.0g	0.6g
Carbohydrate	11.1g	6.5g
- Sugars	10.2g	6.0g
Dietary Fibre	4.1g	2.4g
Sodium	598mg	352mg

Made in Australia

Popcorn, Lightly Salted

Ingredients: Corn, Sunflower Oil, Salt

Serving Size: 20g

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

Product of Australia

Potato Chips

Ingredients: Potato, Polenta, Sunflower Oil, Salt, Emulsifier (471), Flavour

Serving Size: 20g

	per serving	per 100g
Energy	320kJ (76Cal)	1600kJ (382Cal)
Protein	2.0g	10.2g
Fat, Total	1.5g	7.7g
- Saturated	less than 0.1g	0.3g
Carbohydrate	12.7g	63.3g
- Sugars	0.4g	2.0g
Dietary Fibre	2.3g	11.6g
Sodium	157mg	787mg

MAY CONTAIN: Milk, Soybean

Made in Australia

Pumpkin Soup

Ingredients: Pumpkin (50%), Water, Evaporated Milk, Cream, Salt, Modified Starch (1422), Yeast Extract, Onion Extract

Serving Size: 270g

	per serving	per 100g
Energy	266kJ (64Cal)	99kJ (24Cal)
Protein	2.0g	0.8g
Fat, Total	1.7g	0.6g
- Saturated	1.0g	0.4g
Carbohydrate	8.9g	3.3g
- Sugars	7.8g	2.9g
Dietary Fibre	2.6g	1.0g
Sodium	768mg	284mg

CONTAINS: Milk

Product of Australia

Rice Crackers, Multigrain

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

Serving Size: 20g

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

CONTAINS: Wheat, Oats, Sesame Seeds, Sulphites

Made in Thailand

Ricotta Spinach Cake

Ingredients: Ricotta (47%) (Milk, Food Acid (330), Salt), Chickpeas, Spinach (12%), Evaporated Milk, Wheat Binder, Parmesan, Egg, Herbs, Garlic, Salt, Spices

Serving Size: 70g

	per serving	per 100g
Energy	483kJ (115Cal)	690kJ (165Cal)
Protein	9.2g	13.1g
Fat, Total	4.5g	6.4g
- Saturated	2.7g	3.9g
Carbohydrate	8.9g	12.7g
- Sugars	2.9g	4.1g
Dietary Fibre	1.7g	2.4g
Sodium	264mg	378mg

CONTAINS: Wheat, Egg, Milk

Product of Australia

Roast Chicken Linguine

Ingredients: Mushroom, Pasta (25%), Chicken (17%), Tomato, Onion, Capsicum, Cream, Semi Dried Tomatoes, Sugar, Garlic, Olive Oil, Herbs, Modified Starch (1422), Balsamic Vinegar (Contains Colour (150d)), Salt, Spices

Serving Size: 240g

	per serving	per 100g
Energy	941kJ (225Cal)	392kJ (94Cal)
Protein	15.9g	6.6g
Fat, Total	8.2g	3.4g
- Saturated	3.2g	1.3g
Carbohydrate	20.2g	8.4g
- Sugars	4.9g	2.0g
Dietary Fibre	3.4g	1.4g
Sodium	277mg	116mg

CONTAINS: Wheat, Milk

Made in Australia

Salad Pot, Asian

Ingredients: Cucumber, Spinach, Onion

Serving Size: 55g

	per serving	per 100g
Energy	44kJ (11Cal)	80kJ (19Cal)
Protein	0.7g	1.3g
Fat, Total	less than 0.1g	0.2g
- Saturated	0.0g	0.0g
Carbohydrate	1.5g	2.7g
- Sugars	1.1g	2.0g
Dietary Fibre	0.8g	1.4g
Sodium	25mg	46mg

Product of Australia

Salsa, Spicy Tomato

Ingredients: Tomato Paste, Tomato, Onion, Vinegar, Water, Sugar, Capsicum, Salt, Modified Starch (1422), Herbs & Spices, Garlic, Vegetable Oil, Vegetable Gums (415, 412)

Serving Size: 28g

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

Made in Australia

Sautéed Bacon, Mushroom & Spinach

Ingredients: Mushroom (38%), Bacon (28%) (Pork, Acidity Regulator (451, 500), Stabiliser (452), Antioxidant (316), Preservative (250), Honey, Flavour), Spinach, Barbeque Sauce (Fruit & Vegetables, Sugar, Vinegar, Lemon Juice, Salt, Thickener (Modified Starch), Yeast Extract, Flavour, Spices, Bourbon, Vegetable Gum (415)), Corn Flour, Olive Oil, Spices

Serving Size: 80g

	per serving	per 100g
Energy	293kJ (70Cal)	367kJ (88Cal)
Protein	7.0g	8.8g
Fat, Total	2.3g	2.9g
- Saturated	0.6g	0.7g
Carbohydrate	4.7g	5.9g
- Sugars	3.0g	3.7g
Dietary Fibre	1.4g	1.8g
Sodium	340mg	426mg

CONTAINS: Wheat

Made in Australia

Sautéed Potato & Bacon

Ingredients: Potatoes (75%), Bacon (22%) (Pork, Water, Salt, Potato Starch, Mineral Salts (451, 450, 452), Sugar, Antioxidant (316), Preservative (250), Food Acid (331), Natural Wood Smoke), Spices, Sunflower Oil, Salt, Onion Extract, Yeast Extract

Serving Size: 90g

	per serving	per 100g
Energy	420kJ (100Cal)	467kJ (112Cal)
Protein	5.2g	5.8g
Fat, Total	3.0g	3.4g
- Saturated	0.8g	0.9g
Carbohydrate	12.4g	13.8g
- Sugars	0.8g	0.8g
Dietary Fibre	2.2g	2.4g
Sodium	478mg	531mg

Product of Australia

Savoury Meatballs

Ingredients: Beef (83%), Onion, Herbs, Spices, Salt, Garlic, Chilli

Serving Size: 60g

	per serving	per 100g
Energy	357kJ (85Cal)	595kJ (142Cal)
Protein	13.4g	22.4g
Fat, Total	3.0g	5.0g
- Saturated	1.2g	2.0g
Carbohydrate	0.9g	1.5g
- Sugars	0.4g	0.7g
Dietary Fibre	0.7g	1.1g
Sodium	267mg	445mg

Product of Australia

Seasoned Chicken with Mushroom Risotto

Ingredients: Chicken (26%), Corn, Sweet Potato, Chicken Stock, Peas, Capsicum, Rice, Mushroom (5%), Onion, Olive Oil, Wine, Herbs, Cream, Parmesan, Salt, Spices, Garlic, Yeast Extract, Flavour, Onion Extract, Garlic Extract

Serving Size: 223g

	per serving	per 100g
Energy	994kJ (237Cal)	446kJ (106Cal)
Protein	22.8g	10.2g
Fat, Total	6.0g	2.7g
- Saturated	1.4g	0.6g
Carbohydrate	22.5g	10.1g
- Sugars	4.2g	1.9g
Dietary Fibre	4.6g	2.1g
Sodium	506mg	227mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Made in Australia

Smoked Beef

Ingredients: Smoked 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
Energy	265kJ (63Cal)	531kJ (127Cal)
Protein	10.5g	21.0g
Fat, Total	2.1g	4.1g
- Saturated	1.0g	2.0g
Carbohydrate	0.8g	1.5g
- Sugars	0.8g	1.5g
Dietary Fibre	0.0g	0.0g
Sodium	575mg	1150mg

Product of Australia

Smokey Bacon & Tomato Pasta

Ingredients: Pasta (44%), Tomato (34%), Onion, Bacon (5%) (Pork, Acidity Regulator (451, 500), Stabiliser (452), Antioxidant (316), Preservative (250), Honey, Flavour), Chicken Stock, Parmesan, Corn Flour, Salt, Chilli, Olive Oil, Spices

Serving Size: 240g

	per serving	per 100g
Energy	815kJ (195Cal)	339kJ (81Cal)
Protein	9.9g	4.1g
Fat, Total	3.0g	1.3g
- Saturated	1.1g	0.5g
Carbohydrate	30.0g	12.5g
- Sugars	4.1g	1.7g
Dietary Fibre	3.0g	1.2g
Sodium	502mg	209mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

Made in Australia

Southern BBQ Chicken & Wedges

Ingredients: Potato (28%), Chicken (25%), Corn, Celery, Tomato, Onion, Tomato Sauce, Red Wine, Sugar, Seasoning, Herbs, Dijon Mustard, Worcestershire Sauce, Lemon Juice, Modified Starch (1422), Spices, Garlic, Olive Oil, Salt, Sunflower Oil, Onion Extract, Yeast Extract, Chilli

Serving Size: 240g

	per serving	per 100g
Energy	1050kJ (250Cal)	436kJ (104Cal)
Protein	19.9g	8.3g
Fat, Total	7.4g	3.1g
- Saturated	2.0g	0.8g
Carbohydrate	25.6g	10.6g
- Sugars	7.7g	3.2g
Dietary Fibre	4.3g	1.8g
Sodium	448mg	186mg

CONTAINS: Wheat, Barley, Fish

Made in Australia

Sultana Tea Cake

Ingredients: Sweet Potato, Flour (Raising Agents (339, 341, 450, 500)), Egg, Sugar, Orange Juice (Vitamin C, Flavour, Food Acid (330), Folate), Sultanas (7%), Sunflower Oil, Vanilla Essence, Spices, Raising Agent (500), Gluten, Salt

Serving Size: 50g

	per serving	per 100g
Energy	494kJ (118Cal)	988kJ (236Cal)
Protein	3.0g	6.0g
Fat, Total	3.1g	6.1g
- Saturated	0.5g	0.9g
Carbohydrate	18.4g	36.8g
- Sugars	8.7g	17.3g
Dietary Fibre	2.1g	4.3g
Sodium	206mg	413mg

CONTAINS: Wheat, Egg

Product of Australia

Sweet Chilli Beef

Ingredients: Beef (45%), Chicken Stock, Sweet Chilli Sauce (Sugar, Water, Chilli, Vinegar, Garlic, Salt, Vegetable Gum (415)), Lemon Juice, Sherry, Herbs, Modified Starch (1422), Garlic, Sweet Soy Sauce, Vinegar, Sugar, Sesame Oil

Serving Size: 100g

	per serving	per 100g
Energy	593kJ (142Cal)	593kJ (142Cal)
Protein	16.8g	16.8g
Fat, Total	2.0g	2.0g
- Saturated	0.6g	0.6g
Carbohydrate	13.5g	13.5g
- Sugars	10.4g	10.4g
Dietary Fibre	1.0g	1.0g
Sodium	336mg	336mg

CONTAINS: Wheat, Soybean, Sesame Seeds

Made in Australia

Sweet Pineapple Bites

Ingredients: Pineapple (82%), Pineapple Juice, Passionfruit Pulp (Passionfruit, Sugar, Vegetable Gum (415))

Serving Size: 85g

	per serving	per 100g
Energy	226kJ (54Cal)	266kJ (64Cal)
Protein	less than 0.1g	0.1g
Fat, Total	less than 0.1g	less than 0.1g
- Saturated	0.0g	0.0g
Carbohydrate	12.7g	15.0g
- Sugars	10.2g	12.0g
Dietary Fibre	1.3g	1.5g
Sodium	1mg	2mg

Made in Australia

Tasty Beef Mix

Ingredients: Beef (34%), Kidney Beans, Tomato, Onion, Carrot, Celery, Mushroom, Tomato Paste, Garlic, Spices, Sunflower Oil, Herbs, Salt, Chilli

Serving Size: 90g

	per serving	per 100g
Energy	307kJ (73Cal)	341kJ (82Cal)
Protein	8.8g	9.8g
Fat, Total	2.0g	2.2g
- Saturated	0.7g	0.7g
Carbohydrate	4.0g	4.4g
- Sugars	2.0g	2.2g
Dietary Fibre	2.0g	2.2g
Sodium	216mg	240mg

Made in Australia

Thai Fried Rice with Chicken

Ingredients: Chicken (22%), Rice (20%), Beans, Capsicum, Onion, Shallots, Egg, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Soy Sauce, Garlic, Herbs, Ginger, Sugar, Sunflower Oil, Spices

Serving Size: 260g

	per serving	per 100g
Energy	1010kJ (242Cal)	390kJ (93Cal)
Protein	18.9g	7.3g
Fat, Total	7.7g	3.0g
- Saturated	2.1g	0.8g
Carbohydrate	22.2g	8.5g
- Sugars	6.6g	2.6g
Dietary Fibre	3.9g	1.5g
Sodium	583mg	224mg

CONTAINS: Wheat, Egg, Fish, Soybean

Made in Australia

Thai Salad

Ingredients: Carrot, Cucumber, Tomato, Lettuce, Almonds

Serving Size: 120g

	per serving	per 100g
Energy	207kJ (50Cal)	173kJ (41Cal)
Protein	2.0g	1.7g
Fat, Total	2.3g	1.9g
- Saturated	0.2g	0.1g
Carbohydrate	4.0g	3.3g
- Sugars	3.3g	2.7g
Dietary Fibre	2.4g	2.0g
Sodium	28mg	23mg

CONTAINS: Tree Nuts

Product of Australia

Tomato

Ingredients: Tomato

Serving Size: 60g

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

Product of Australia

Tomato Jam

Ingredients: Tomatoes, Vinegar, Olive Oil, Onion, Salt, Garlic

Serving Size: 20g

	per serving	per 100g
Energy	81kJ (19Cal)	403kJ (96Cal)
Protein	0.3g	1.3g
Fat, Total	1.0g	5.1g
- Saturated	0.2g	0.8g
Carbohydrate	1.9g	9.4g
- Sugars	1.9g	9.3g
Dietary Fibre	0.2g	1.2g
Sodium	46mg	232mg

CONTAINS: Sulphites

Made in Australia

Tomato Sauce

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

Serving Size: 15g

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

CONTAINS: Wheat, Fish, Soybean

Made in Australia

Tomato Soup

Ingredients: Water, Tomato (34%), Tomato Paste, Evaporated Milk (Vegetable Gum (407)), Cream, Sugar, Salt, Onion Extract, Garlic Extract, Yeast Extract, Spices

Serving Size: 250g

	per serving	per 100g
Energy	494kJ (118Cal)	197kJ (47Cal)
Protein	4.3g	1.7g
Fat, Total	4.1g	1.6g
- Saturated	2.3g	0.9g
Carbohydrate	15.1g	6.0g
- Sugars	14.6g	5.9g
Dietary Fibre	2.0g	0.8g
Sodium	1110mg	444mg

CONTAINS: Milk

Made in Australia

Tortilla Wrap

Ingredients: Flour, Water, Sunflower Oil, Wholegrains (Wheat, Corn, Rye), Raising Agents (500, 450, 341), Vinegar, Sugar, Salt, Cultured Wheat Flour, Emulsifier (471)

Serving Size: 47g

	per serving	per 100g
Energy	545kJ (130Cal)	1160kJ (277Cal)
Protein	3.3g	7.0g
Fat, Total	4.0g	8.4g
- Saturated	0.4g	0.9g
Carbohydrate	18.6g	39.5g
- Sugars	0.4g	0.8g
Dietary Fibre	2.5g	5.3g
Sodium	240mg	511mg

CONTAINS: Wheat, Rye

Made in Australia

Tropical Crush

Ingredients: Pineapple, Apple, Passionfruit Pulp (Passionfruit, Sugar, Vegetable Gum (415)), Orange Juice (Vitamin C, Flavour, Food Acid (330), Folate), Sugar

Serving Size: 125g

	per serving	per 100g
Energy	363kJ (87Cal)	291kJ (69Cal)
Protein	0.6g	0.5g
Fat, Total	0.1g	0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	20.0g	16.0g
- Sugars	18.7g	15.0g
Dietary Fibre	3.2g	2.5g
Sodium	7mg	5mg

Made in Australia

Tropical Nut Mix

Ingredients: Sultanas, Pineapple, Dried Apricot (Preservative (220)), Cashew

Serving Size: 30g

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

CONTAINS: Tree Nuts, Sulphites

Packed in Australia from Local & Imported Ingredients

Tuna Chunks in Springwater

Ingredients: Tuna (65%), Springwater, Salt

Serving Size: 65g

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

CONTAINS: Fish

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

Made in Thailand

Turkey Oven Roasted

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

CONTAINS: Sulphites

Product of Australia

Vanilla Pears with Orange Syrup

Ingredients: Pear (82%), Orange Juice (Vitamin C, Flavour, Food Acid (330), Folate), Sugar, Dried Cranberries, Vanilla Essence

Serving Size: 110g

	per serving	per 100g
Energy	321kJ (77Cal)	292kJ (70Cal)
Protein	0.4g	0.3g
Fat, Total	0.1g	0.1g
- Saturated	less than 0.1g	less than 0.1g
Carbohydrate	18.3g	16.7g
- Sugars	12.7g	11.6g
Dietary Fibre	2.1g	1.9g
Sodium	5mg	4mg

Made in Australia

Vegemite

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

Serving Size: 5g

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

CONTAINS: Barley, Sulphites

Made in Australia

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

Product of Australia

Wafer Crisps

Ingredients: Grains & Seeds (89%) (Rice, Linseeds, Chia Seeds, Sesame Seeds, Poppy Seeds), Sunflower Oil, Tamari (Soy Bean, Salt), Salt, Citrus Fibre, Garlic Powder, Vegetable Gum (415)

Serving Size: 12.6g

	per serving	per 100g
Energy	226kJ (54Cal)	1790kJ (428Cal)
Protein	1.4g	11.1g
Fat, Total	1.4g	11.1g
- Saturated	0.2g	1.5g
Carbohydrate	8.5g	67.2g
- Sugars	less than 0.1g	0.3g
Dietary Fibre	0.7g	5.5g
Sodium	72mg	570mg

CONTAINS: Soybean, Sesame Seeds

MAY CONTAIN: Wheat, Rye

Made in Australia

Walnut & Date Cake

Ingredients: Milk, Flour (Raising Agents (339, 341, 450, 500)), Dates (11%), Sultanas, Apple, Bran, Sugar, Walnuts (4%), Honey, Maltodextrin, Raising Agent (500)

Serving Size: 50g

	per serving	per 100g
Energy	617kJ (147Cal)	1230kJ (295Cal)
Protein	3.3g	6.5g
Fat, Total	2.1g	4.3g
- Saturated	0.2g	0.4g
Carbohydrate	26.6g	53.2g
- Sugars	14.8g	29.6g
Dietary Fibre	3.4g	6.9g
Sodium	152mg	304mg

CONTAINS: Wheat, Milk, Tree Nuts

Made in Australia

Weet-Bix

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

Serving Size: 30g

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

CONTAINS: Wheat, Barley

Made in Australia

Yoghurt Greek Style, Forest Berry

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

Serving Size: 100g

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

CONTAINS: Milk

Made in Australia

Yoghurt Greek Style, Mango

Ingredients: Yoghurt (Milk, Sucrose, Thickener (1442), Live Cultures), Mango Preparation (15%) (Mango, Water, Sugar, Lemon Juice Concentrate, Pectin, Milk Mineral Complex)

Serving Size: 100g

	per serving	per 100g
Energy	529kJ (126Cal)	529kJ (126Cal)
Protein	4.9g	4.9g
Fat, Total	3.4g	3.4g
- Saturated	2.0g	2.0g
Carbohydrate	19.5g	19.5g
- Sugars	16.2g	16.2g
Dietary Fibre	0.0g	0.0g
Sodium	60mg	60mg

CONTAINS: Milk

Made in Australia

Yoghurt Greek Style, Passionfruit

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

Serving Size: 100g

	per serving	per 100g
Energy	479kJ (114Cal)	479kJ (114Cal)
Protein	6.2g	6.2g
Fat, Total	3.2g	3.2g
- Saturated	2.2g	2.2g
Carbohydrate	15.1g	15.1g
- Sugars	11.1g	11.1g
Dietary Fibre	0.5g	0.5g
Sodium	61mg	61mg

CONTAINS: Milk

Made in Australia

Yoghurt, Vanilla

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

Serving Size: 100g

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

CONTAINS: Milk

Made in Australia

