



Dinner Ingredient List

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

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

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

If you have a food allergy or intolerance:

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

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

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

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

www.foodstandards.gov.au

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

www.NutritionAustralia.org or

www.health.gov.au

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1 Spaghetti Bolognese

Ingredients: Tomato, Pasta (37%), Beef (14%), Onion, Tomato Paste, Parmesan, Garlic, Sugar, Salt, Modified Starch (1422), Onion Extract, Yeast Extract, Herbs, Olive Oil, Spices

Serving Size: 455g

	per serving	per 100g
Energy	1590kJ (380Cal)	349kJ (84Cal)
Protein	25.4g	5.6g
Fat, Total	5.9g	1.3g
- Saturated	2.1g	0.5g
Carbohydrate	52.8g	11.6g
- Sugars	10.3g	2.3g
Dietary Fibre	5.8g	1.3g
Sodium	838mg	184mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

2 Crumbed Fillet of Fish

Ingredients: Crumbed Fish (27%) (Fish (57%), Breadcrumbs (Flour, Vegetable Oil, Salt, Sugar, Yeast, Emulsifier (481), Soy Flour, Colours (100, 160c)), Vegetable Oil, Flour, Thickener (1404), Salt, Vegetable Gum (412), Flavour, Mineral Salts (450, 500), Starch, Dried Vegetables, Water), Potatoes, Carrot, Beans, Corn, Seasoning, Sunflower Oil

Serving Size: 380g

	per serving	per 100g
Energy	1680kJ (402Cal)	443kJ (106Cal)
Protein	20.0g	5.3g
Fat, Total	11.0g	2.9g
- Saturated	1.5g	0.4g
Carbohydrate	53.6g	14.1g
- Sugars	7.0g	1.9g
Dietary Fibre	8.7g	2.3g
Sodium	655mg	172mg

CONTAINS: Wheat, Fish, Milk, Soybean

4 Corned Beef

Ingredients: Potato, Corned Beef (23%) (Water, Cure (Mineral Salts (451, 452, 500), Antioxidant (316), Preservative (250), Honey, Flavour), Salt), Peas, Water, Carrot, Cauliflower, Leek, Milk Powder, Evaporated Milk, Cheese, Egg, Butter, Modified Starch (1442), Dijon Mustard, Maltodextrin, Salt, Sugar, Yeast Extract, Onion Extract, Spices, Herbs

Serving Size: 438g

	per serving	per 100g
Energy	1480kJ (353Cal)	338kJ (81Cal)
Protein	32.7g	7.5g
Fat, Total	10.5g	2.4g
- Saturated	5.1g	1.2g
Carbohydrate	27.5g	6.3g
- Sugars	8.9g	2.0g
Dietary Fibre	8.9g	2.0g
Sodium	1300mg	298mg

CONTAINS: Egg, Milk

8 Hearty Beef Casserole

Ingredients: Beef (30%), Potato, Beef Stock, Beans, Carrot, Onion, Celery, Peas, Tomato Paste, Evaporated Milk, Modified Starch (1422), Egg, Butter, Salt, Garlic, Sugar, Yeast Extract, Spices, Olive Oil, Herbs

Serving Size: 500g

	per serving	per 100g
Energy	1550kJ (369Cal)	309kJ (74Cal)
Protein	41.9g	8.4g
Fat, Total	9.8g	2.0g
- Saturated	4.5g	0.9g
Carbohydrate	24.3g	4.9g
- Sugars	8.2g	1.6g
Dietary Fibre	8.0g	1.6g
Sodium	893mg	179mg

CONTAINS: Egg, Milk

9 Apricot Chicken with Rice

Ingredients: Rice (20%), Chicken (19%), Apricot (18%), Carrot, Soybeans, Chicken Stock, Sugar, Modified Starch (1422), Onion Extract, Salt, Yeast Extract, Spices

Serving Size: 410g

	per serving	per 100g
Energy	1680kJ (402Cal)	410kJ (98Cal)
Protein	26.0g	6.3g
Fat, Total	10.1g	2.5g
- Saturated	2.5g	0.6g
Carbohydrate	49.1g	12.0g
- Sugars	19.7g	4.8g
Dietary Fibre	7.2g	1.8g
Sodium	735mg	179mg

CONTAINS: Soybean

10 Sweet and Sour Chicken

Ingredients: Chicken (16%), Rice, Onion, Capsicum, Chicken Stock, Carrot, Pickled Vegetables (Cucumber, Papaya, Ginger, Carrot), Baby Corn, Pineapple (5%), Peas, Egg, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Vinegar, Shallots, Sugar, Light Soy Sauce, Soy Sauce, Rice Wine, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Garlic, Sesame Oil, Modified Starch (1422), Ginger, Sunflower Oil, Yeast Extract, Salt

Serving Size: 425g

	per serving	per 100g
Energy	1720kJ (410Cal)	404kJ (97Cal)
Protein	32.0g	7.5g
Fat, Total	9.1g	2.1g
- Saturated	1.9g	0.4g
Carbohydrate	47.1g	11.1g
- Sugars	24.0g	5.6g
Dietary Fibre	6.0g	1.4g
Sodium	1200mg	282mg

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

12 Beef n Black Bean

Ingredients: Rice, Water, Beef (14%), Capsicum, Onion, Cauliflower, Broccoli, Peas, Sugar, Black Beans (1%), Egg, Modified Starch (1422), Light Soy Sauce, Sherry, Soy Sauce (Contains Colour (150a)), Garlic, Chicken Seasoning (Contains Flavour Enhancers (627, 631)), Sesame Oil, Salt, Sunflower Oil, Tapioca Dextrin, Raising Agent (500), Vegetable Seasoning (Contains Flavour Enhancers (627, 631)), Sweet Chilli Sauce, Colour (Caramel), Vegetable Gum (415), Salt, Spices

Serving Size: 411g

	per serving	per 100g
Energy	1410kJ (338Cal)	344kJ (82Cal)
Protein	24.8g	6.0g
Fat, Total	4.1g	1.0g
- Saturated	0.8g	0.2g
Carbohydrate	47.1g	11.5g
- Sugars	13.1g	3.2g
Dietary Fibre	5.5g	1.3g
Sodium	1080mg	264mg

CONTAINS: Wheat, Egg, Soybean, Sesame Seeds

14 Traditional Roast Beef

Ingredients: Peas, Beef Stock, Beef (13%) (Water, Starch, Salt), Potato, Pumpkin, Sweet Potato, Cauliflower, Water, Onion, Modified Starch (1422, 1442), Tomato Paste, Milk Powder, Sugar, Cheese, Spices, Salt, Sunflower Oil, Yeast Extract, Maltodextrin, Onion Extract, Olive Oil, Garlic Extract, Herbs

Serving Size: 488g

	per serving	per 100g
Energy	1410kJ (336Cal)	288kJ (69Cal)
Protein	27.6g	5.7g
Fat, Total	4.9g	1.0g
- Saturated	1.8g	0.4g
Carbohydrate	40.7g	8.3g
- Sugars	12.6g	2.6g
Dietary Fibre	11.8g	2.4g
Sodium	853mg	175mg

CONTAINS: Milk

16 Pepper Steak

Ingredients: Beef (23%) (Salt, Acidity Regulator (451)), Potato, Peas, Beef Stock, Sweet Potato, Cauliflower, Beans, Red Wine, Flour, Sunflower Oil, Modified Starch (1422), Tomato Paste, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Brandy, Green Peppercorns (0.5%), Spices, Salt, Yeast Extract, Sugar, Onion Extract

Serving Size: 441g

	per serving	per 100g
Energy	1720kJ (412Cal)	391kJ (93Cal)
Protein	40.3g	9.1g
Fat, Total	9.2g	2.1g
- Saturated	3.5g	0.8g
Carbohydrate	37.2g	8.4g
- Sugars	7.9g	1.8g
Dietary Fibre	10.3g	2.3g
Sodium	949mg	215mg

CONTAINS: Wheat, Milk

18 Roast Chicken

Ingredients: Potato, Chicken Stock, Chicken (15%), Pumpkin, Peas, Cauliflower, Water, Onion, Breadcrumbs, Modified Starch (1422, 1442), Carrot, Flour, Spices, Port, Milk Powder, Red Wine, Cheese, Salt, Olive Oil, Yeast Extract, Onion Extract, Sunflower Oil, Sugar, Butter, Maltodextrin, Herbs, Garlic Extract

Serving Size: 484g

	per serving	per 100g
Energy	1670kJ (398Cal)	344kJ (82Cal)
Protein	28.0g	5.8g
Fat, Total	10.6g	2.2g
- Saturated	3.3g	0.7g
Carbohydrate	44.0g	9.1g
- Sugars	8.9g	1.8g
Dietary Fibre	10.2g	2.1g
Sodium	933mg	193mg

CONTAINS: Wheat, Milk

21 Steak Parmigiana

Ingredients: Potatoes, Beef (18%) (Salt, Acidity Regulator (451)), Tomato (17%), Carrot, Peas, Breadcrumbs, Batter, Wine, Onion, Sugar, Parmesan, Modified Starch (1422), Spices, Sunflower Oil, Salt, Onion Extract, Yeast Extract, Herbs

Serving Size: 404g

	per serving	per 100g
Energy	1520kJ (363Cal)	376kJ (90Cal)
Protein	31.9g	7.9g
Fat, Total	8.8g	2.2g
- Saturated	3.5g	0.9g
Carbohydrate	35.1g	8.7g
- Sugars	10.7g	2.6g
Dietary Fibre	9.5g	2.4g
Sodium	818mg	202mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

24 Chicken Schnitzel

Ingredients: Tomato, Chicken (16%), Potato, Corn, Peas, Carrot, Batter, Breadcrumbs, Onion, Celery, Sugar, Garlic, Olive Oil, Salt, Herbs, Yeast Extract, Onion Extract, Spices

Serving Size: 435g

	per serving	per 100g
Energy	1640kJ (392Cal)	377kJ (90Cal)
Protein	28.4g	6.5g
Fat, Total	8.7g	2.0g
- Saturated	2.4g	0.6g
Carbohydrate	46.3g	10.6g
- Sugars	13.9g	3.2g
Dietary Fibre	11.4g	2.6g
Sodium	638mg	147mg

CONTAINS: Wheat, Milk

25 Roast Lamb

Ingredients: Potato, Lamb Stock, Lamb (15%) (Thickener (1414), Dextrose, Soy Protein, Food Acid (451), Hydrolysed Maize Protein, Yeast Extract, Salt, Water, Sugar), Pumpkin, Minted Peas (Flavour), Cauliflower, Water, Modified Starch (1422, 1442), Yeast Extract, Milk Powder, Sugar, Cheese, Spices, Red Wine, Sunflower Oil, Tomato Paste, Sherry, Olive Oil, Salt, Maltodextrin, Onion Extract

Serving Size: 446g

	per serving	per 100g
Energy	1420kJ (338Cal)	317kJ (76Cal)
Protein	28.6g	6.4g
Fat, Total	6.5g	1.5g
- Saturated	2.6g	0.6g
Carbohydrate	41.3g	9.3g
- Sugars	11.0g	2.5g
Dietary Fibre	8.2g	1.8g
Sodium	895mg	201mg

CONTAINS: Milk, Soybean

27 Braised Chicken and Almonds

Ingredients: Rice, Chicken (14%), Water, Carrot, Onion, Bamboo Shoots, Baby Corn, Celery, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Capsicum, Peas, Sherry, Almonds (1.5%), Egg, Modified Starch (1422), Sesame Oil, Garlic, Sugar, Salt, Ginger, Sweet Chilli Sauce

Serving Size: 458g

	per serving	per 100g
Energy	1830kJ (437Cal)	399kJ (95Cal)
Protein	25.1g	5.5g
Fat, Total	14.3g	3.1g
- Saturated	3.0g	0.6g
Carbohydrate	49.3g	10.8g
- Sugars	13.3g	2.9g
Dietary Fibre	6.8g	1.5g
Sodium	1370mg	298mg

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

29 Savoury Beef Rissoles

Ingredients: Potato, Carrot, Beef Stock, Beef (13%), Peas, Cauliflower, Onion, Textured Vegetable Protein, Evaporated Milk, Butter, Wheat Binder, Modified Starch (1422), Egg, Tomato Paste, Salt, Onion Extract, Sugar, Yeast Extract, Spices, Garlic, Herbs

Serving Size: 435g

	per serving	per 100g
Energy	1380kJ (330Cal)	318kJ (76Cal)
Protein	28.5g	6.5g
Fat, Total	8.0g	1.8g
- Saturated	4.2g	1.0g
Carbohydrate	31.7g	7.3g
- Sugars	8.8g	2.0g
Dietary Fibre	10.5g	2.4g
Sodium	864mg	199mg

CONTAINS: Wheat, Egg, Milk, Soybean

31 Special Lasagne

Ingredients: Tomato, Beef (18%), Carrot, Beans, Cauliflower, Pasta (7%) (Flour, Egg), Cheese, Milk Powder, Onion, Breadcrumbs, Modified Starch (1422, 1442), Tomato Paste, Salt, Garlic, Maltodextrin, Sugar, Onion Extract, Yeast Extract, Spices, Herbs, Olive Oil

Serving Size: 417g

	per serving	per 100g
Energy	1550kJ (371Cal)	373kJ (89Cal)
Protein	30.8g	7.4g
Fat, Total	8.8g	2.1g
- Saturated	4.3g	1.0g
Carbohydrate	38.2g	9.2g
- Sugars	13.5g	3.2g
Dietary Fibre	7.3g	1.7g
Sodium	979mg	235mg

CONTAINS: Wheat, Egg, Milk

34 Cottage Pie

Ingredients: Potato (25%), Water, Pumpkin, Beef (10%), Peas, Cauliflower, Cheese, Carrot, Onion, Modified Starch (1422, 1442), Gravox (Contains Colour (150c)), Tomato Paste, Breadcrumbs, Parmesan, Maltodextrin, Milk Powder, Beef Seasoning (Contains Flavour Enhancer (635)), Celery, Worcestershire Sauce (Contains Colour (150d)), Vegetable Oil, Salt, Spices, Yeast Extract, Herbs

Serving Size: 523g

	per serving	per 100g
Energy	1570kJ (376Cal)	301kJ (72Cal)
Protein	26.0g	5.0g
Fat, Total	7.9g	1.5g
- Saturated	4.6g	0.9g
Carbohydrate	44.8g	8.6g
- Sugars	10.5g	2.0g
Dietary Fibre	9.9g	1.9g
Sodium	1170mg	224mg

CONTAINS: Wheat, Milk, Soybean

MAY CONTAIN: Egg

38 Traditional Baked Turkey

Ingredients: Potato, Turkey (14%) (Salt, Thickener (1442), Water, Dextrose, Vegetable Gum (407), Mineral Salts (451, 452), Preservative (223), Humectant (422), Colour (150c)), Peas, Pumpkin, Chicken Stock, Cauliflower, Water, Cranberry Sauce, Onion, Flour, Carrot, Modified Starch (1422, 1442), Red Wine, Sherry, Milk Powder, Port, Spices, Cheese, Butter, Sunflower Oil, Salt, Evaporated Milk, Sugar, Yeast Extract, Maltodextrin, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Onion Extract, Herbs

Serving Size: 468g

	per serving	per 100g
Energy	1350kJ (324Cal)	289kJ (69Cal)
Protein	21.6g	4.6g
Fat, Total	4.9g	1.0g
- Saturated	2.1g	0.4g
Carbohydrate	44.2g	9.4g
- Sugars	15.9g	3.4g
Dietary Fibre	9.4g	2.0g
Sodium	1020mg	217mg

CONTAINS: Wheat, Milk, Sulphites

49 Chicken Dijon

Ingredients: Rice, Water, Chicken (12%), Broccoli, Carrot, Cauliflower, Cheese, Dijon Mustard (3.5%), Wild Rice, Milk Powder, Mustard, Modified Starch (1442), Capsicum, Garlic, Salt, Lemon Juice, Yeast Extract

Serving Size: 435g

	per serving	per 100g
Energy	1850kJ (443Cal)	426kJ (102Cal)
Protein	30.7g	7.1g
Fat, Total	12.8g	2.9g
- Saturated	4.8g	1.1g
Carbohydrate	47.8g	11.0g
- Sugars	9.1g	2.1g
Dietary Fibre	6.5g	1.5g
Sodium	1180mg	272mg

CONTAINS: Milk

50 Sausages with Onion Gravy

Ingredients: Sausages (21%) (Beef, Water, Sausage Meal (Rice Flour, Flour, Salt, Sugar, Mineral Salt (451), Gluten, Preservative (223), Vegetable Gum (415), Colour (160c), Spices, Vegetable Oil, Antioxidant (321)), Breadcrumbs, Honey), Potato, Beef Stock, Pumpkin, Peas, Cauliflower, Water, Onion (4.5%), Butter, Evaporated Milk, Modified Starch (1422), Egg, Onion Extract, Salt, Sugar, Yeast Extract, Spices, Herbs

Serving Size: 470g

	per serving	per 100g
Energy	1590kJ (379Cal)	338kJ (81Cal)
Protein	29.7g	6.3g
Fat, Total	10.2g	2.2g
- Saturated	6.1g	1.3g
Carbohydrate	36.4g	7.8g
- Sugars	10.3g	2.2g
Dietary Fibre	10.4g	2.2g
Sodium	1270mg	269mg

CONTAINS: Wheat, Egg, Milk, Sulphites

54 Homestyle Macaroni Bake

Ingredients: Water, Pasta (29%), Tomato, Parmesan, Evaporated Milk, Cheese, Milk Powder, Onion, Modified Starch (1442), Breadcrumbs, Salt, Almonds, Dijon Mustard, Yeast Extract, Onion Extract, Herbs, Spices

Serving Size: 442g

	per serving	per 100g
Energy	1950kJ (465Cal)	441kJ (105Cal)
Protein	29.6g	6.7g
Fat, Total	12.4g	2.8g
- Saturated	8.4g	1.9g
Carbohydrate	57.8g	13.1g
- Sugars	7.5g	1.7g
Dietary Fibre	3.6g	0.8g
Sodium	1250mg	283mg

CONTAINS: Wheat, Milk, Tree Nuts

MAY CONTAIN: Egg

57 Tortilla Stack

Ingredients: Salsa (Tomatoes, Onion, Capsicum, Vinegar, Sugar, Salt, Herbs, Jalapeno, Food Acid (330), Vegetable Gum (415), Spices, Chilli, Garlic, Sunflower Oil), Lavash Bread (18%) (Flour, Water, Vegetable Gum (412), Salt, Vinegar, Food Acid (262), Preservative (282), Raising Agent (500), Vitamins (Thiamin, Folic Acid)), Kidney Beans, Tomato, Chickpeas, Refried Beans (Pinto Beans, Water, Vegetable Oil, Onion, Salt), Capsicum, Onion, Sour Cream (Milk, Cream, Gelatin, Culture), Tomato Paste, Parmesan, Shallots, Olive Oil, Chilli, Spices

Serving Size: 428g

	per serving	per 100g
Energy	1980kJ (474Cal)	464kJ (111Cal)
Protein	21.3g	5.0g
Fat, Total	8.9g	2.1g
- Saturated	4.2g	1.0g
Carbohydrate	70.9g	16.6g
- Sugars	13.2g	3.1g
Dietary Fibre	11.9g	2.8g
Sodium	1440mg	336mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

68 Fettuccine Provencale

Ingredients: Pasta (37%), Tomato (28%), Capsicum, Mushroom, Onion, Wine, Parmesan, Carrot, Garlic, Celery, Sugar, Tomato Paste, Salt, Olive Oil, Herbs, Onion Extract, Yeast Extract, Spices

Serving Size: 505g

	per serving	per 100g
Energy	1630kJ (389Cal)	323kJ (77Cal)
Protein	18.2g	3.6g
Fat, Total	7.5g	1.5g
- Saturated	3.1g	0.6g
Carbohydrate	58.4g	11.6g
- Sugars	12.9g	2.6g
Dietary Fibre	7.8g	1.6g
Sodium	883mg	175mg

CONTAINS: Wheat, Milk, Sulphites

MAY CONTAIN: Egg

70 Fishermans Pie

Ingredients: Water, Fish (20%), Potato (15%), Broccoli, Celery, Cheese, Evaporated Milk, Milk Powder, Parmesan, Onion, Modified Starch (1422), Breadcrumbs, Shallots, Crab Extract, Vegetable Oil, Salt, Dijon Mustard, Yeast Extract, Onion Extract, Spices, Herbs

Serving Size: 505g

	per serving	per 100g
Energy	1900kJ (454Cal)	376kJ (90Cal)
Protein	49.0g	9.7g
Fat, Total	8.6g	1.7g
- Saturated	6.1g	1.2g
Carbohydrate	43.9g	8.7g
- Sugars	8.6g	1.7g
Dietary Fibre	5.1g	1.0g
Sodium	1210mg	240mg

CONTAINS: Wheat, Crustacea, Fish, Milk

MAY CONTAIN: Egg

72 Spinach and Ricotta Tortelloni

Ingredients: Tortelloni (28%) (Flour, Ricotta, Egg, Parmesan, Breadcrumbs, Spinach, Spices, Salt), Water, Corn, Broccoli, Milk Powder, Cheese, Wine, Onion, Spinach, Parmesan, Corn Flour, Evaporated Milk, Salt, Butter, Garlic, Yeast Extract, Olive Oil, Onion Extract, Spices

Serving Size: 400g

	per serving	per 100g
Energy	1790kJ (428Cal)	448kJ (107Cal)
Protein	25.2g	6.3g
Fat, Total	9.3g	2.3g
- Saturated	5.4g	1.3g
Carbohydrate	57.2g	14.3g
- Sugars	10.3g	2.6g
Dietary Fibre	7.2g	1.8g
Sodium	1030mg	259mg

CONTAINS: Wheat, Oats, Egg, Milk, Soybean, Sesame Seeds

73 Beef Stroganoff with Pasta

Ingredients: Pasta (24%), Beef Stock, Beef (13%), Tomato Paste, Cauliflower, Capsicum, Mushroom, Onion, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Evaporated Milk, Chicken Seasoning (Contains Flavour Enhancers (627, 631)), Sugar, Salt, Garlic, Mushroom Extract, Beef Seasoning (Contains Flavour Enhancers (627, 631), Colour (150a)), Spices, Raising Agent (500), Modified Starch (1422), Tapioca Dextrin

Serving Size: 450g

	per serving	per 100g
Energy	1590kJ (379Cal)	353kJ (84Cal)
Protein	31.3g	7.0g
Fat, Total	7.9g	1.8g
- Saturated	4.4g	1.0g
Carbohydrate	42.4g	9.4g
- Sugars	10.7g	2.4g
Dietary Fibre	6.3g	1.4g
Sodium	1120mg	249mg

CONTAINS: Wheat, Milk, Soybean

82 Beef Korma

Ingredients: Water, Peas, Rice, Cauliflower, Beef (14%), Tomato, Onion, Spices, Garlic, Ginger, Modified Starch (1422), Salt, Mirepoix Flavour, Ghee, Chilli, Olive Oil, Herbs

Serving Size: 430g

	per serving	per 100g
Energy	1430kJ (341Cal)	332kJ (79Cal)
Protein	32.6g	7.6g
Fat, Total	6.0g	1.4g
- Saturated	2.1g	0.5g
Carbohydrate	33.2g	7.7g
- Sugars	7.4g	1.7g
Dietary Fibre	10.7g	2.5g
Sodium	1040mg	243mg

MAY CONTAIN: Wheat

83 Chicken Tikka Masala

Ingredients: Chicken (27%), Onion, Rice, Water, Carrot, Beans, Capsicum, Sultanas, Tomato Paste, Garlic, Ginger, Spices, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Salt, Modified Starch (1422), Almonds, Evaporated Milk, Lemon Juice, Colour (110), Olive Oil, Chilli, Herbs

Serving Size: 475g

	per serving	per 100g
Energy	1650kJ (395Cal)	348kJ (83Cal)
Protein	33.5g	7.1g
Fat, Total	8.4g	1.8g
- Saturated	2.5g	0.5g
Carbohydrate	42.6g	9.0g
- Sugars	19.2g	4.1g
Dietary Fibre	7.2g	1.5g
Sodium	1160mg	245mg

CONTAINS: Milk, Tree Nuts

84 Meatloaf

Ingredients: Beef Stock, Potato, Beef (14%), Peas, Carrot, Onion, Milk Powder, Breadcrumbs, Egg, Modified Starch (1422), Evaporated Milk, Honey, Butter, Tomato Paste, Salt, Beef Seasoning (Contains Flavour Enhancers (627, 631), Colour (150a)), Garlic, Onion Extract, Colour (Caramel), Spices, Beef Seasoning, Herbs

Serving Size: 435g

	per serving	per 100g
Energy	1730kJ (414Cal)	398kJ (95Cal)
Protein	28.7g	6.6g
Fat, Total	9.9g	2.3g
- Saturated	5.3g	1.2g
Carbohydrate	48.6g	11.2g
- Sugars	15.2g	3.5g
Dietary Fibre	8.7g	2.0g
Sodium	991mg	228mg

CONTAINS: Wheat, Egg, Milk, Soybean

86 Rigatoni

Ingredients: Pasta (30%), Tomato, Meatballs (16%) (Beef, Soy Protein (Contains Colour (150d), Emulsifier (322), Preservative (223)), Vegetable Oil, Tomato Paste, Wheat, Salt, Garlic, Herb, Spices), Water, Onion, Capsicum, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Spinach, Chicken Stock, Tomato Paste, Parmesan, Olive Oil, Salt, Modified Starch (1422), Chilli, Spices

Serving Size: 401g

	per serving	per 100g
Energy	1590kJ (380Cal)	397kJ (95Cal)
Protein	29.3g	7.3g
Fat, Total	7.4g	1.9g
- Saturated	2.1g	0.5g
Carbohydrate	46.8g	11.7g
- Sugars	6.3g	1.6g
Dietary Fibre	6.6g	1.6g
Sodium	913mg	228mg

CONTAINS: Wheat, Milk, Soybean

MAY CONTAIN: Egg

96 Chicken with Satay Sauce

Ingredients: Rice, Chicken (11%), Evaporated Milk (Vegetable Gum (407)), Cauliflower, Capsicum, Carrot, Beans, Sweet Soy Sauce, Onion, Peanut Butter (1.5%), Lemon Juice, Shallots, Sugar, Chicken Seasoning (Contains Flavour Enhancers (627, 631)), Sweet Chilli Sauce, Garlic, Coconut Milk Powder, Modified Starch (1422), Salt, Spices, Ginger

Serving Size: 415g

	per serving	per 100g
Energy	2010kJ (481Cal)	485kJ (116Cal)
Protein	23.2g	5.6g
Fat, Total	10.5g	2.5g
- Saturated	3.5g	0.8g
Carbohydrate	70.4g	17.0g
- Sugars	26.6g	6.4g
Dietary Fibre	5.3g	1.3g
Sodium	864mg	208mg

CONTAINS: Wheat, Milk, Peanuts, Soybean

106 Thai Green Chicken Curry

Ingredients: Rice, Chicken (14%), Water, Mushroom, Onion, Beans, Snow Peas, Evaporated Milk, Sugar, Shallots, Fish Sauce, Herbs, Curry Paste, Lime Juice, Lemongrass, Modified Starch (1442), Coconut Milk Powder, Sesame Oil, Kaffir Lime Leaves

Serving Size: 426g

	per serving	per 100g
Energy	1730kJ (413Cal)	406kJ (97Cal)
Protein	26.9g	6.3g
Fat, Total	9.6g	2.3g
- Saturated	3.4g	0.8g
Carbohydrate	52.2g	12.3g
- Sugars	14.5g	3.4g
Dietary Fibre	4.4g	1.0g
Sodium	811mg	190mg

CONTAINS: Crustacea, Fish, Milk, Sesame Seeds

112 Tandoori Chicken

Ingredients: Rice, Cauliflower, Chicken (18%), Tomato, Soybeans, Onion, Yoghurt, Tandoori Paste (Contains Colour (160c)), Lemon Juice, Salt, Herbs, Spices, Modified Starch (1422), Olive Oil, Garlic, Ginger, Chilli

Serving Size: 390g

	per serving	per 100g
Energy	1560kJ (372Cal)	400kJ (95Cal)
Protein	32.2g	8.3g
Fat, Total	11.0g	2.8g
- Saturated	2.5g	0.6g
Carbohydrate	33.2g	8.5g
- Sugars	6.4g	1.6g
Dietary Fibre	5.8g	1.5g
Sodium	936mg	240mg

CONTAINS: Barley, Milk, Soybean

MAY CONTAIN: Peanuts, Sesame Seeds

113 Roghan Josh

Ingredients: Rice, Lamb (24%), Onion, Tomato, Chicken Stock, Yoghurt, Cucumber, Spices, Herbs, Garlic, Modified Starch (1422), Salt, Vinegar, Lemon Juice, Ginger, Olive Oil, Chilli

Serving Size: 413g

	per serving	per 100g
Energy	1670kJ (398Cal)	403kJ (96Cal)
Protein	28.7g	6.9g
Fat, Total	10.9g	2.6g
- Saturated	4.5g	1.1g
Carbohydrate	45.0g	10.9g
- Sugars	9.3g	2.3g
Dietary Fibre	5.3g	1.3g
Sodium	976mg	236mg

CONTAINS: Milk

117 Chicken Enchilada

Ingredients: Chicken Stock, Lavash Bread (15%) (Flour, Water, Vegetable Gum (412), Salt, Vinegar, Food Acid (262), Preservative (282), Raising Agent (500), Vitamins (Thiamin, Folic Acid)), Water, Capsicum, Onion, Chicken (9%), Tomato Paste, Olives, Parmesan, Yoghurt, Milk Powder, Shallots, Cheese, Modified Starch (1442, 1422), Garlic, Maltodextrin, Salt, Olive Oil, Sugar, Chilli, Yeast Extract, Spices, Onion Extract, Herbs, Chilli

Serving Size: 402g

	per serving	per 100g
Energy	1730kJ (412Cal)	429kJ (103Cal)
Protein	25.0g	6.2g
Fat, Total	11.8g	2.9g
- Saturated	4.2g	1.0g
Carbohydrate	49.1g	12.2g
- Sugars	11.0g	2.7g
Dietary Fibre	5.2g	1.3g
Sodium	1380mg	344mg

CONTAINS: Wheat, Milk

MAY CONTAIN: Egg

119 Curried Beef Sausages

Ingredients: Sausages (21%) (Beef, Water, Sausage Meal (Rice Flour, Flour, Salt, Sugar, Mineral Salt (451), Gluten, Preservative (223), Vegetable Gum (415), Colour (160c), Spices, Vegetable Oil, Antioxidant (321)), Breadcrumbs, Honey), Potato, Carrot, Beans, Chicken Stock, Onion, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Evaporated Milk, Milk Powder, Egg, Modified Starch (1442), Butter, Sugar, Maltodextrin, Spices, Olive Oil, Salt, Yeast Extract, Herbs

Serving Size: 480g

	per serving	per 100g
Energy	1580kJ (376Cal)	328kJ (78Cal)
Protein	23.7g	4.9g
Fat, Total	11.2g	2.3g
- Saturated	6.1g	1.3g
Carbohydrate	39.5g	8.2g
- Sugars	15.2g	3.2g
Dietary Fibre	9.1g	1.9g
Sodium	1170mg	243mg

CONTAINS: Wheat, Egg, Milk, Sulphites

121 Porcupines In Tomato Sauce

Ingredients: Potato, Beef (19%), Peas, Water, Tomato (10%), Carrot, Onion, Tomato Paste, Egg, Rice (2.5%), Evaporated Milk, Breadcrumbs, Sugar, Butter, Salt, Onion Extract, Spices, Garlic Extract, Herbs, Yeast Extract, Chili

Serving Size: 450g

	per serving	per 100g
Energy	1440kJ (345Cal)	321kJ (77Cal)
Protein	30.3g	6.7g
Fat, Total	7.8g	1.7g
- Saturated	3.3g	0.7g
Carbohydrate	33.2g	7.4g
- Sugars	12.2g	2.7g
Dietary Fibre	9.7g	2.2g
Sodium	690mg	153mg

CONTAINS: Wheat, Egg, Milk

125 Honey Soy Chicken

Ingredients: Chicken (22%), Rice, Carrot, Capsicum, Beans, Chicken Stock, Onion, Broccoli, Cauliflower, Sweet Soy Sauce, Honey (3%), Soy Sauce (1.5%), Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Garlic, Modified Starch (1422), Ginger, Sesame Seeds, Spices

Serving Size: 371g

	per serving	per 100g
Energy	1590kJ (381Cal)	430kJ (103Cal)
Protein	24.5g	6.6g
Fat, Total	8.8g	2.4g
- Saturated	2.5g	0.7g
Carbohydrate	47.8g	12.9g
- Sugars	25.6g	6.9g
Dietary Fibre	5.5g	1.5g
Sodium	939mg	253mg

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

128 Braised Lamb Shank

Ingredients: Potato, Lamb (22%), Pumpkin, Beef Stock, Carrot, Peas, Tomato, Leek, Evaporated Milk, Wine, Onion, Tomato Paste, Egg, Butter, Celery, Modified Starch (1422), Salt, Spices, Olive Oil, Herbs, Garlic, Sugar

Serving Size: 460g

	per serving	per 100g
Energy	1390kJ (333Cal)	303kJ (72Cal)
Protein	37.6g	8.2g
Fat, Total	7.0g	1.5g
- Saturated	3.4g	0.7g
Carbohydrate	25.8g	5.6g
- Sugars	8.8g	1.9g
Dietary Fibre	8.5g	1.9g
Sodium	781mg	170mg

CONTAINS: Egg, Milk

133 Baked Chicken with Mushroom Sauce

Ingredients: Potatoes, Chicken (17%), Beef Stock, Carrot, Beans, Corn, Mushroom (8%), Cream, Onion, Corn Flour, Seasoning, Port, Salt, Sugar, Sunflower Oil, Spices

Serving Size: 430g

	per serving	per 100g
Energy	1440kJ (343Cal)	334kJ (80Cal)
Protein	29.4g	6.8g
Fat, Total	9.0g	2.1g
- Saturated	3.6g	0.8g
Carbohydrate	33.2g	7.7g
- Sugars	6.5g	1.5g
Dietary Fibre	8.6g	2.0g
Sodium	813mg	189mg

CONTAINS: Wheat, Milk

134 Spaghetti Marinara

Ingredients: Pasta (33%), Tomato, Prawns (11%), Salmon (7%), Calamari (6%), Onion, Tomato Paste, Capsicum, Oyster Sauce, Herbs, Garlic, Ouzo, Parmesan, Olive Oil, Chilli, Sugar, Salt, Spices

Serving Size: 412g

	per serving	per 100g
Energy	1600kJ (381Cal)	387kJ (93Cal)
Protein	30.0g	7.3g
Fat, Total	8.6g	2.1g
- Saturated	2.0g	0.5g
Carbohydrate	42.8g	10.4g
- Sugars	9.2g	2.2g
Dietary Fibre	5.5g	1.3g
Sodium	918mg	223mg

CONTAINS: Wheat, Crustacea, Fish, Milk

MAY CONTAIN: Egg

145 Chicken Prawn Pad Thai

Ingredients: Pasta, Prawns (11%), Chicken (10%), Spinach, Capsicum, Mushroom, Bean Sprouts, Carrot, Onion, Egg, Celery, Shallots, Herbs, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Fish Sauce, Peanuts, Lemon Juice, Sweet Soy Sauce, Olive Oil, Garlic, Modified Starch (1422), Chilli

Serving Size: 427g

	per serving	per 100g
Energy	1660kJ (397Cal)	389kJ (93Cal)
Protein	32.1g	7.5g
Fat, Total	8.7g	2.0g
- Saturated	1.4g	0.3g
Carbohydrate	43.5g	10.2g
- Sugars	9.6g	2.2g
Dietary Fibre	7.6g	1.8g
Sodium	1210mg	282mg

CONTAINS: Wheat, Crustacea, Egg, Fish, Peanuts, Soybean

153 Chilli Con Carne with Rice

Ingredients: Tomato, Rice (25%), Beef (15%), Onion, Capsicum, Black Eye Beans, Black Beans, Kidney Beans (3%), Tomato Paste, Carrot, Celery, Corn, Parmesan, Chipotle Peppers, Garlic, Spices, Sugar, Corn Flour, Salt, Herbs, Sunflower Oil

Serving Size: 405g

	per serving	per 100g
Energy	1610kJ (384Cal)	396kJ (95Cal)
Protein	26.7g	6.6g
Fat, Total	7.2g	1.8g
- Saturated	2.5g	0.6g
Carbohydrate	48.5g	12.0g
- Sugars	12.8g	3.2g
Dietary Fibre	8.9g	2.2g
Sodium	824mg	203mg

CONTAINS: Milk, Soybean

MAY CONTAIN: Egg

154 Steak with Mushroom Sauce

Ingredients: Beef (24%) (Salt, Acidity Regulator (451)), Beans, Carrot, Potatoes, Beef Stock, Mushroom (7%), Cream, Onion, Corn Flour, Seasoning, Port, Salt, Sugar, Sunflower Oil, Spices

Serving Size: 410g

	per serving	per 100g
Energy	1400kJ (334Cal)	341kJ (81Cal)
Protein	36.1g	8.8g
Fat, Total	9.5g	2.3g
- Saturated	4.6g	1.1g
Carbohydrate	21.9g	5.4g
- Sugars	5.9g	1.4g
Dietary Fibre	7.7g	1.9g
Sodium	1150mg	280mg

CONTAINS: Wheat, Milk

160 Malay Beef Curry

Ingredients: Beef (25%), Rice, Onion, Pumpkin, Cauliflower, Beef Stock, Choy Sum, Coconut Flavoured Evaporated Milk, Garlic, Sugar, Curry Paste, Herbs, Spices, Corn Flour, Ginger, Fish Sauce, Lemongrass, Salt, Sunflower Oil, Kaffir Lime Leaves

Serving Size: 420g

	per serving	per 100g
Energy	1540kJ (367Cal)	366kJ (87Cal)
Protein	34.8g	8.3g
Fat, Total	5.3g	1.3g
- Saturated	1.4g	0.3g
Carbohydrate	40.9g	9.7g
- Sugars	17.4g	4.2g
Dietary Fibre	7.3g	1.7g
Sodium	954mg	227mg

CONTAINS: Fish, Milk

161 Crumbed Chicken Breast

Ingredients: Crumbed Chicken (29%) (Chicken Breast (63%), Breadcrumbs (Colours (110, 160c)), Flour, Vegetable Oil, Thickener (1404), Salt, Starch, Dried Vegetables, Water, Flavour, Vegetable Gum (412), Mineral Salts (500, 450)), Potatoes (19%), Corn, Beans, Carrot, Capsicum, Tomato, Onion, Seasoning, Semi Dried Tomatoes, Sugar, Garlic, Sunflower Oil, Balsamic Vinegar (Contains Colour (150d)), Olive Oil, Salt, Spices

Serving Size: 385g

	per serving	per 100g
Energy	1430kJ (342Cal)	372kJ (89Cal)
Protein	24.3g	6.3g
Fat, Total	6.9g	1.8g
- Saturated	1.1g	0.3g
Carbohydrate	37.1g	9.6g
- Sugars	8.9g	2.3g
Dietary Fibre	12.7g	3.3g
Sodium	430mg	112mg

CONTAINS: Wheat, Milk

163 Braised Asian Lamb Shanks

Ingredients: Lamb (19%), Rice, Water, Mushroom, Zucchini, Chicken Stock, Soybeans, Sweet Potato, Shallots, Oyster Sauce (Contains Flavour Enhancer (621), Colour (150c)), Onion, Carrot, Celery, Sesame Seeds, Sweet Soy Sauce, Modified Starch (1422), Mirin, Salt, Garlic, Ginger, Spices, Sugar, Sunflower Oil

Serving Size: 420g

	per serving	per 100g
Energy	1610kJ (385Cal)	384kJ (92Cal)
Protein	35.8g	8.5g
Fat, Total	9.1g	2.2g
- Saturated	2.4g	0.6g
Carbohydrate	36.8g	8.8g
- Sugars	9.2g	2.2g
Dietary Fibre	5.1g	1.2g
Sodium	1040mg	248mg

CONTAINS: Wheat, Fish, Soybean, Sesame Seeds

165 Homestyle Savoury Mince with Rice

Ingredients: Rice (23%), Beef (19%), Beef Stock, Carrot, Onion, Celery, Mushroom, Corn, Peas, Tomato, Tomato Paste, Modified Starch (1422), Garlic, Oyster Sauce, Barbeque Sauce, Sugar, Herbs, Sunflower Oil, Dijon Mustard, Yeast Extract, Salt, Spices

Serving Size: 440g

	per serving	per 100g
Energy	1680kJ (401Cal)	382kJ (91Cal)
Protein	32.8g	7.5g
Fat, Total	6.7g	1.5g
- Saturated	2.3g	0.5g
Carbohydrate	48.6g	11.1g
- Sugars	11.7g	2.7g
Dietary Fibre	7.7g	1.8g
Sodium	916mg	208mg

CONTAINS: Wheat, Fish

167 Beef with Red Wine and Mushroom

Ingredients: Potato, Beef (17%), Carrot, Mushroom (11%), Onion, Beans, Beef Stock, Bacon (Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Red Wine (3%), Modified Starch (1422), Evaporated Milk, Sugar, Egg, Butter, Sunflower Oil, Garlic, Tomato Paste, Salt, Herbs, Spices

Serving Size: 520g

	per serving	per 100g
Energy	1490kJ (357Cal)	287kJ (69Cal)
Protein	32.3g	6.2g
Fat, Total	10.2g	2.0g
- Saturated	3.8g	0.7g
Carbohydrate	29.2g	5.6g
- Sugars	10.6g	2.0g
Dietary Fibre	7.9g	1.5g
Sodium	829mg	159mg

CONTAINS: Egg, Milk

173 Tasmanian Salmon Pasta

Ingredients: White Sauce (Water, Tomato, Milk Powder, Evaporated Milk, Onion, Modified Starch (1442), Carrot, Parmesan, Cheese, Maltodextrin, Salt, Dijon Mustard, Crab Extract, Onion Extract, Yeast Extract, Spices, Herbs), Pasta (33%), Salmon (11%), Broccoli, Parmesan, Herbs

Serving Size: 459g

	per serving	per 100g
Energy	1660kJ (396Cal)	362kJ (86Cal)
Protein	27.9g	6.1g
Fat, Total	7.3g	1.6g
- Saturated	2.5g	0.5g
Carbohydrate	51.7g	11.3g
- Sugars	8.9g	1.9g
Dietary Fibre	4.5g	1.0g
Sodium	773mg	168mg

CONTAINS: Wheat, Crustacea, Fish, Milk

MAY CONTAIN: Egg

174 Salt & Pepper Chicken

Ingredients: Chicken (21%), Rice, Chicken Stock, Carrot, Beans, Cauliflower, Celery, Water Chestnuts, Bamboo Shoots, Choy Sum, Oyster Sauce, Sherry, Sugar, Corn Flour, Vinegar, Sesame Oil, Chilli, Garlic, Ginger, Shrimp Paste, Black Beans, Spices, Sunflower Oil, Soy Sauce, Salt

Serving Size: 460g

	per serving	per 100g
Energy	1730kJ (412Cal)	375kJ (90Cal)
Protein	27.8g	6.0g
Fat, Total	11.8g	2.6g
- Saturated	3.2g	0.7g
Carbohydrate	46.0g	10.0g
- Sugars	13.3g	2.9g
Dietary Fibre	5.5g	1.2g
Sodium	1150mg	250mg

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

