



The meals included in this diet kit have been reviewed by an Accredited Practising Dietitian and assessed against the National Meal Guidelines (Australian Meals on Wheels Association, 2016). Certificate is included.

DIET KIT

Individual Meals



Australian Government
Department of Health

Disclaimer: Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Certificate of Compliance

with National Meal Guidelines

September 2017

Fairfield Food Services Inc. main meals have been reviewed by an Accredited Practising Dietitian and assessed against the National Meal Guidelines (Australian Meals on Wheels Association, 2016).

They performed exceptionally well, with 100% of their meals meeting the energy and vegetable content goal per meal.

Results Summary

- ✓ Energy goal – 100% (76 of 76 meals)
- ✓ Protein goal – 99% (75 of 76 meals)
- ✓ Meat/meat equivalent content – 99% (75 of 76 meals)
- ✓ Starch Content – 99% (75 of 76 meals)
- ✓ Vegetable Content – 100% (76 of 76 meals)

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Diabetic Diets – which meals are suitable?

Dietary management for diabetes has changed a lot in recent years, but sometimes health professionals (including doctors, nurses) are not up to date with the latest research. Artificially sweetened products and avoiding all added sugars is no longer recommended across the board, as we now know a lot more about how blood sugar levels are affected by the foods that we eat.

Common Myth: ‘People with diabetes can’t eat sugar’

This is not true. Diabetes is a condition where your blood glucose level is too high, but you do not need to avoid all sugars and foods containing sugar. Sugar, lollies and desserts can be eaten by people with diabetes in small amounts, if they are combined with a healthy overall diet and regular exercise.¹

Tips for older people to help manage your diabetes:

1. Have a healthy, balanced diet – this includes fruit, vegetables, breads and cereals, milk and dairy products (or dairy alternatives such as soy milk) and meats i.e. fish, chicken, beef, lamb, pork (or meat alternatives if you’re a vegetarian).
2. Eat regular meals and spread them evenly throughout the day
3. Have between meal snacks, especially if you are on insulin, or take diabetes tablets.

In the Aged Care setting (and this applies to Meal on Wheels as well) it is recommended that people with diabetes eat the same healthy foods as other residents.¹ They don’t need a special diet, and they can eat sugar and desserts. It is most importance to make sure that older people are eating well to avoid weight loss and to stay well nourished. For older people who are underweight (or on the thin side) it is recommended that they have three meals a day, with snacks in between. If people lose weight they are likely to be losing muscle, and this can affect their functional ability and make them more prone to falls.

To manage your diabetes well you need to eat well across the whole day. Your Meals on Wheels meal that is compliant with the National Meal Guidelines is a great start because it has a standardized amount of meat, fish or chicken, at least 2 serves of vegies and a serve of starchy vegetable or other carbohydrate food, but it is only part of your food for the day. You should still be eating 2 other meals and 2-3 other snacks during the day as well.

Remember that everyone’s needs are different. All people with diabetes should see an Accredited Practising Dietitian for individualised dietary advice.

References and further information

1. Diabetes Management in Aged Care: Fast Facts for Care Workers
<https://static.diabetesaustralia.com.au/s/fileassets/diabetes-australia/f49f1343-e606-4dad-ac63-16bcced3a313.pdf>
2. Australian Dietary Guidelines <https://www.eatforhealth.gov.au/guidelines/australian-dietary-guidelines-1-5>

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Meal Vegetable Accompaniments

Week 1

1. Beef Ravioli with Cauliflower and Peas
2. Pork & Red Wine Ragu with Roast Potato, Cauliflower and Peas
3. Chicken & Mushroom Potato Pie with Broccoli
4. Beef Rissoles & Gravy, Mashed Potato and Vegetable Panache
5. Vegetarian Rissotto with Vegetable Panache
6. Chicken Frittata with Mixed Vegetables
7. Roast Lamb & Gravy with Roast Potato, Baked Baby Carrots and Peas
8. Beef Stroganoff with Curly Pasta, Baked Baby Carrots and Peas
9. Tandoori Chicken with Basmati Rice and Vegetable Melange
10. Beef Kebab with Onion Gravy with Mashed Potato, Pumpkin and Broccoli
11. Chicken with Pesto with Curly Pasta, Pumpkin and Broccoli
12. Zucchini Slice with Jardin Vegetable Mix
13. Goan Fish with Basmati Rice and Beans Carrot & Corn Mix
14. Honey Soy Glazed Pork with Vegetables with Jasmine Rice
15. Spinach & Ricotta Cannelloni with Vegetable Melange
16. Sweet & Sour Fish with Jasmine Rice and Mixed Vegetables
17. Beef Goulash with Mashed Potato, Pumpkin and Broccoli
18. Mustard Lemon & Rosemary chicken with Roast Potato, Baked Baby Carrots and Beans
19. Quiche Lorraine with Carrots & Peas

Meal Vegetable Accompaniments

Week 2

1. Beef & Bean Potato Bake with Carrots and Peas
2. Pork Sausages & Lentil Stew with Roast Potato, Carrots and Peas
3. Vegetarian Pie with Jardin Vegetable Mix
4. Beef Lasagne with Mixed Vegetables
5. Meatballs with Pasta with Penne and Broccoli
6. Steak & Mushroom Pie with Mashed Potato, Vegetable Panache and Gravy
7. Roast Pork & Gravy with Roast Potato, Diced Carrots and Beans
8. Swedish Meatballs with Roast Potato, Diced and Beans
9. Apricot Chicken with Mashed Potato and Vegetable Melange
10. Veal Schnitzel & Gravy with Mashed Potato, Cauliflower and Peas
11. Pork Mustard Stew with Mashed Potato, Cauliflower and Peas
12. Chicken Casserole with Basmati Rice
13. Fish & Chips with Pumpkin and Broccoli
14. Vegetarian Pasta Bake with Baked Baby Carrots
15. Chicken with Tomato and Capers with Mashed Potato and Jardin Vegetable Mix
16. Roma Pasta with Beef with Jardin Vegetable Mix
17. Lamb Curry with Basmati Rice and Vegetable Panache
18. Lemon Chicken with Mashed Potato and Jardin Vegetable Mix
19. Tempura Fish with Potato Wedges, Carrots and Peas

Meal Vegetable Accompaniments

Week 3

1. Teriyaki Chicken with Mashed Potato, Baked Baby Carrots and Peas
2. Pork Casserole with Mashed Potato, Baked Baby Carrots and Peas
3. Spaghetti Bolognese with Broccoli
4. Braised Beef with Eggplant with Basmati Rice and Jardin Vegetable Mix
5. Mexican Style Vegetable Stew with Basmati Rice
6. Beef Patties with Barbeque Sauce with Mashed Potato, Pumpkin and Peas
7. Roast Beef & Gravy with Roast Potato, Diced Carrots and Broccoli
8. Braised Chicken and Leeks with Roast Potato, Diced Carrots and Broccoli
9. Pork Stirfry with Hokein Noodles
10. Shepherds Pie with Carrots and Beans
11. Beef and Potato Hotpot with Mashed Potato, Carrots and Beans
12. Mango Chicken with Mashed Potato and Vegetable Panache
13. Crumbed Fish with Mashed Potato, Beans Carrot and Corn Mix
14. Vegetarian Casserole with Mashed Potato, Pumpkin and Peas
15. Chicken Chorizo Stew with Curly Pasta and Vegetable Melange
16. Pork Meatballs with Creamy Mushroom Sauce with Roast Potato, Diced Carrots and Beans
17. Tuna Patties with Sweet Chilli Sauce with Mashed Potato, Diced Carrots and Broccoli
18. Chicken Chowmein with Hokein Noodles
19. Lamb & Cauliflower Casserole with Basmati Rice, Diced Carrots and Beans

Meal Vegetable Accompaniments

Week 4

1. Bangers & Mash with Mashed Potato, Jardin Vegetable Mix and Onion Gravy
2. Savoury Mince with Mashed Potato and Jardin Vegetable Mix
3. Creamy Chicken with Herbs with Penne, Baked Baby Carrots and Broccoli
4. Roast Chicken & Gravy with Roast Potato, Carrots and Peas
5. Pork Vindaloo with Basmati Rice and Peas
6. Meatloaf & Gravy with Mashed Potato and Vegetable Panache
7. Chicken Biryani with Vegetable Melange
8. Pork Cassoulet with Mashed Potato and Vegetable Melange
9. Sweet Soy Ginger Fish with Jasmine Rice and Stirfry Vegetables
10. Chicken Schnitzel & Gravy with Mashed Potato, Diced Carrots and Broccoli
11. Hearty Beef Casserole with Mashed Potato and Broccoli
12. Creamy Pasta with Vegetables with Beans
13. Baked Fish with Lemon Cream Sauce with Roast Potato, Cauliflower and Beans
14. Almond Chicken Casserole with Macaroni Pasta with Baked Baby Carrots
15. Ham & Pineapple with Mashed Potato, Pumpkin and Broccoli
16. Irish Lamb Stew with Mashed Potato and Beans Carrot and Corn Mix
17. Spinach Pie with Cauliflower and Peas
18. Chicken Cacciatore with Jasmine Rice (flavoured), Pumpkin and Broccoli
19. Bacon & Potato Slice with Vegetable Panache

HEATING INSTRUCTIONS

STORAGE

Products should be kept frozen or chilled until use.

We recommend frozen meals to be thawed before reheating for better quality.

SPECIAL NOTES

DO NOT steam, place under griller or exceed 180°C

- Reheating time are approximate and depends on oven type, power, size and age.
- Once frozen meals have thawed, **do not refreeze products.**
- Consume products within 48 hours of removal from freezer.

REHEATING

Microwave

- Do not remove lid
- Do not pierce film
- Remove meal from fridge and place directly in microwave oven

Heat **FROZEN MEALS** for approx

Min **7:00**

Let stand for 1 minute

Conventional Oven

- Do not remove lid
- Do not pierce film
- Remove meal from fridge and place directly in convectional oven
- Preheat oven to 140°C

Heat **FROZEN MEALS** for approx

Min **40:00**

Let stand for 1 minute

Heat **CHILLED MEALS** for approx

Min **4:00**

Let stand for 1 minute

Heat **CHILLED MEALS** for approx

Min **20:00**

Let stand for 1 minute

Note: You may need to increase the reheating time depending on your oven's age or make.

Fairfield Food Services Inc. accepts no responsibility for Client's microwaves or convectional ovens used for heating our meals.

Mixed Vegetable Varieties

❖ VEGETABLE PANACHE

Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas

❖ JARDIN VEGETABLE MIX

Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas

❖ MIXED VEGETABLES

Carrot, Broccoli Core, Green Beans, Peas, Sweet Corn

❖ VEGETABLE MELANGE

Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum

201945 - Almond Chicken Casserole

Ingredients: Diced Chicken, Macaroni (Durum Wheat, Semolina), Baby Carrots, Onion, Peas, Corn, Mushroom, Broccoli, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Almond Meal, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Chicken Stock (Southern Ocean Sea Salt, Rice Flour, Maize, Matodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Oregano, Mixed Herbs, Pepper.



Almond Chicken Casserole

NUTRITION INFORMATION

Servings per package: 1

Serving size: 440g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3910kJ (934Cal)	889kJ (212Cal)
PROTEIN	43.3g	9.8g
FAT, TOTAL	43.6g	9.9g
- SATURATED	17.5g	4.0g
CARBOHYDRATE	85.1g	19.3g
- SUGARS	10.2g	2.3g
SODIUM	830mg	189mg

Contains Wheat, Milk, Tree Nuts

May Contain Egg, Peanuts, Soybean

500017 - Apricot Chicken

Ingredients: Chicken Thigh Fillet, Vegetable Melange (Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum), Potato - Peeled Raw, Apricot Nectar (Water, Reconstituted Apricot Puree (26%), Sugar, Food Acid (Citric Acid), Vitamin C, Natural Flavour), Onion, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Apricot Jam (Sugar, Apricot (40%), Food Acid (Citric Acid), Gelling Agent (Pectin)), Mayonnaise (Soybean Oil, Egg Yolk (9.5%), Distilled Vinegar, Salt, Rice Vinegar, Water, Flavour Enhancer (621), Flavouring, Preservative (385)), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Pepper

GLUTEN FREE



Apricot Chicken

NUTRITION INFORMATION

Servings per package: 1

Serving size: 457g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2450kJ (585Cal)	535kJ (128Cal)
PROTEIN	47.5g	10.4g
FAT, TOTAL	28.6g	6.3g
- SATURATED	10.6g	2.3g
CARBOHYDRATE	30.5g	6.7g
- SUGARS	14.4g	3.1g
SODIUM	704mg	154mg

Contains Egg, Milk, Soybean

500055 - Bacon & Potato Slice

Ingredients: Potato - Peeled Raw, Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Onion, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Pepper

GLUTEN FREE



Bacon & Potato Slice

NUTRITION INFORMATION

Servings per package: 1

Serving size: 452g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2500kJ (598Cal)	554kJ (132Cal)
PROTEIN	30.3g	6.7g
FAT, TOTAL	33.7g	7.5g
- SATURATED	21.4g	4.7g
CARBOHYDRATE	37.1g	8.2g
- SUGARS	10.3g	2.3g
SODIUM	1440mg	320mg

Contains Milk

201944 - Baked Fish with Lemon Cream Sauce

Ingredients: Basa Fillet, Potato - Peeled Raw, Beans, Cauliflower, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Vegetable Oil, Lemon Juice (100% Reconstituted Lemon Juice, Preservative (223), Antioxidant (300)), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Dijon Mustard (Water, Vinegar, Mustard Flour (10.5%), Brown Mustard Seeds (8.6%), Salt, White Mustard Husk (2.6%), Stabiliser (Xanthan Gum)), Shallots, Salt, Parsley, Pepper, Paprika



Baked Fish with Lemon Cream Sauce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 385g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1860kJ (445Cal)	484kJ (116Cal)
PROTEIN	41.3g	10.7g
FAT, TOTAL	18.5g	4.8g
- SATURATED	7.2g	1.9g
CARBOHYDRATE	24.5g	6.4g
- SUGARS	4.7g	1.2g
SODIUM	712mg	185mg

Contains Fish, Milk, Sulphites

May Contain Wheat

201933 - Bangers & Mash

Ingredients: Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Potato - Peeled Raw, Beef Sausages (Rice Flour, Wheat Flour, Salt, Sugar, Wheat Gluten, Mineral Salt, Preservative, Vegetable Gum, Colour, Spice, Antioxidant Hvp (Maize)), Water, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Onion, Milk, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt, Vegetable Oil



Bangers & Mash

NUTRITION INFORMATION

Servings per package: 1

Serving size: 393g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2700kJ (646Cal)	688kJ (164Cal)
PROTEIN	27.6g	7.0g
FAT, TOTAL	44.1g	11.2g
- SATURATED	21.4g	5.4g
CARBOHYDRATE	30.2g	7.7g
- SUGARS	7.0g	1.8g
SODIUM	1730mg	440mg

Contains Wheat, Milk, Sulphites

500034 - Beef & Bean Potato Bake

Ingredients: Potato - Peeled Raw, Diced Beef, Carrot, Peas, Onion, Diced Tomato, Corn, Red Kidney Beans, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Tomato Paste, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Vegetable Oil, Salt, Garlic, Cumin Powder, Paprika, Oregano, Chilli Flakes

GLUTEN FREE



Beef & Bean Potato Bake

NUTRITION INFORMATION

Servings per package: 1

Serving size: 393g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2000kJ (479Cal)	510kJ (122Cal)
PROTEIN	39.5g	10.0g
FAT, TOTAL	17.4g	4.4g
- SATURATED	8.4g	2.1g
CARBOHYDRATE	33.9g	8.6g
- SUGARS	9.3g	2.4g
SODIUM	587mg	149mg

Contains Milk

500057 - Beef & Potato Hotpot

Ingredients: Potato - Peeled Raw, Diced Beef, Carrot, Beans, Onion, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride))), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Tomato Paste, Milk, Red Capsicum, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Mixed Herbs, Chilli Flakes, Pepper, Cinnamon Powder

GLUTEN FREE



Beef & Potato Hotpot

NUTRITION INFORMATION

Servings per package: 1

Serving size: 453g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1800kJ (431Cal)	398kJ (95Cal)
PROTEIN	34.6g	7.6g
FAT, TOTAL	15.7g	3.5g
- SATURATED	7.7g	1.7g
CARBOHYDRATE	32.6g	7.2g
- SUGARS	11.2g	2.5g
SODIUM	588mg	130mg

Contains Milk

May Contain Tree Nuts

500012 - Beef Goulash

Ingredients: Potato - Peeled Raw, Diced Beef, Pumpkin, Broccoli, Mushroom, Diced Tomato, Onion, Green Capsicum, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Sour Cream (Pasteurised Cream, Culture), Vegetable Oil, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt, Paprika, Garlic, Beef Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Rice Flour, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables (Onion, Garlic), Disodium Guanylate & Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Parsley, Pepper

GLUTEN FREE



Beef Goulash

NUTRITION INFORMATION

Servings per package: 1

Serving size: 432g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1920kJ (460Cal)	445kJ (106Cal)
PROTEIN	34.6g	8.0g
FAT, TOTAL	21.5g	5.0g
- SATURATED	10.6g	2.4g
CARBOHYDRATE	27.3g	6.3g
- SUGARS	8.9g	2.1g
SODIUM	635mg	147mg

Contains Milk

201907 - Beef Kebab with Onion Gravy

Ingredients: Potato - Peeled Raw, Beef Mince, Pumpkin, Broccoli, Water, Onion, Mushroom, Carrot, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Green Capsicum, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Vegetable Oil, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Salt, Cumin Powder, Parsley, Paprika, Pepper

GLUTEN FREE



Beef Kebab with Onion Gravy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 493g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1830kJ (438Cal)	371kJ (89Cal)
PROTEIN	35.5g	7.2g
FAT, TOTAL	20.4g	4.1g
- SATURATED	8.4g	1.7g
CARBOHYDRATE	46.3g	9.4g
- SUGARS	16.8g	3.4g
SODIUM	896mg	182mg

Contains Milk, Sulphites

201914 - Beef Lasagne

Ingredients: Beef Lasagne (Beef (22%), Cooked Pasta (22%) [Wheat Semolina, Water], Milk, Onions, Tomato Paste, Tomatoes [Tomatoes, Tomato Juice, Food Acid (330), Mineral Salt (509)], Cheeses (Milk), Cream (Milk), Carrot, Wheat Flour, Margarine (Milk, Soy), Thickener (1422), Salt, Garlic, Beef Flavour (Soy, Wheat), Canola Oil, Sugar, Spices, Vegetable Flavour (Wheat) (Flavour Enhancers (627, 631)), Herbs, Colour (160c)), Mixed Vegetables (Carrot, Broccoli Core, Green Beans, Peas, Sweet Corn)



Beef Lasagne

NUTRITION INFORMATION

Servings per package: 1

Serving size: 407g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1890kJ (452Cal)	465kJ (111Cal)
PROTEIN	23.4g	5.8g
FAT, TOTAL	15.4g	3.8g
- SATURATED	10.4g	2.6g
CARBOHYDRATE	69.4g	17.1g
- SUGARS	11.6g	2.9g
SODIUM	1100mg	270mg

Contains Wheat, Egg, Milk

201927 - Beef Patties with BBQ Sauce

Ingredients: Potato - Peeled Raw, Beef Mince, Pumpkin, Peas, Onion, Carrot, Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Bbq Sauce (Concentrated Tomatoes, Apple Puree, Sugar, Maize Thickener (1414), Food Acids (Acetic Acid, Citric Acid), Salt, Colour (Caramel Iii), Flavours, Spice), Milk, Vegetable Oil, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Coriander Leaves, Salt, Cumin Powder, Paprika, Chive, Pepper



Beef Patties with BBQ Sauce		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 439g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1810kJ (433Cal)	412kJ (99Cal)
PROTEIN	38.4g	8.8g
FAT, TOTAL	20.8g	4.8g
- SATURATED	8.5g	1.9g
CARBOHYDRATE	47.1g	10.7g
- SUGARS	17.9g	4.1g
SODIUM	759mg	173mg

Contains Wheat, Milk, Soybean

201901 - Beef Ravioli

Ingredients: Beef Ravioli (Durum Wheat Pasta (70%), (Semolina, Water, Egg, Gluten), Beef Filling (30%), (Beef, Water, Textured Vegetable Protein (Soya), Breadcrumbs (Wheat Flour, Salt, Yeast, Water), Carrot, Onion (Flavouring (Salt, Sugar, Rice Flour, Colouring 150d, Hydrolysed Vegetable Protein, (Maize, Soya), Canola Oil, Monosodium Glutamate, Preservative (Citric Acid), Spice Extracts, Ground Spices, Parmesan Cheese, (Milk, Tapioca Starch, Salt))), Cauliflower, Peas, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Onion, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Vegetable Oil, Garlic, Basil, Salt, Pepper



Beef Ravioli		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 419g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2050kJ (490Cal)	490kJ (117Cal)
PROTEIN	32.8g	7.8g
FAT, TOTAL	19.3g	4.6g
- SATURATED	9.5g	2.3g
CARBOHYDRATE	40.3g	9.6g
- SUGARS	9.6g	2.3g
SODIUM	952mg	228mg

Contains Wheat, Egg, Milk, Soybean

201902 - Beef Rissoles & Gravy

Ingredients: Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Potato - Peeled Raw, Beef Mince, Water, Onion, Carrot, Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Salt, Parsley, Marjarom, Mixed Herbs, Chilli Ground, Pepper



Beef Rissoles & Gravy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 447g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1920kJ (458Cal)	429kJ (102Cal)
PROTEIN	36.3g	8.1g
FAT, TOTAL	14.1g	3.2g
- SATURATED	7.5g	1.7g
CARBOHYDRATE	40.8g	9.1g
- SUGARS	8.9g	2.0g
SODIUM	962mg	215mg

Contains Wheat, Milk

201905 - Beef Stroganoff

Ingredients: Beef Strips, Potato - Peeled Raw, Baby Carrots, Peas, Mushroom, Onion, Sour Cream (Pasteurised Cream, Culture), Tomato Paste, Vegetable Oil, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Plain Flour, Salt, Garlic, Worcestershire Sauce (Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Natural Flavours, Colour (Caramel Iv), Spice Extract), Paprika, Mixed Herbs, Parsley, Pepper



Beef Stroganoff

NUTRITION INFORMATION

Servings per package: 1

Serving size: 414g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1830kJ (437Cal)	442kJ (106Cal)
PROTEIN	36.3g	8.8g
FAT, TOTAL	17.8g	4.3g
- SATURATED	7.2g	1.7g
CARBOHYDRATE	26.9g	6.5g
- SUGARS	7.4g	1.8g
SODIUM	720mg	174mg

Contains Wheat, Milk

201925 - Braised Beef & Eggplant

Ingredients: Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Basmati Rice, Diced Beef, Eggplant, Potato - Peeled Raw, Tomato Puree, Onion, Peas, Green Capsicum, Vegetable Oil, Garlic, Salt, Cumin Powder, Oregano, Chilli Flakes, Pepper

GLUTEN FREE

DAIRY FREE



Braised Beef & Eggplant

NUTRITION INFORMATION

Servings per package: 1

Serving size: 409g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1820kJ (435Cal)	445kJ (106Cal)
PROTEIN	35.7g	8.7g
FAT, TOTAL	8.0g	2.0g
- SATURATED	2.6g	0.6g
CARBOHYDRATE	50.7g	12.4g
- SUGARS	6.9g	1.7g
SODIUM	333mg	81mg

201928 - Braised Chicken & Leeks

Ingredients: Chicken Thigh Cutlet Skin On, Potato - Peeled Raw, Carrot, Broccoli, Onion, Leek, Mushroom, White Wine, Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), Vegetable Oil, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Plain Flour, Garlic, Salt, Chicken Stock (Southern Ocean Sea Salt, Rice Flour, Maize, Matodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Thyme, Pepper, Paprika



Braised Chicken & Leeks

NUTRITION INFORMATION

Servings per package: 1

Serving size: 437g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3210kJ (766Cal)	734kJ (175Cal)
PROTEIN	52.2g	11.9g
FAT, TOTAL	47.8g	10.9g
- SATURATED	15.1g	3.4g
CARBOHYDRATE	25.6g	5.9g
- SUGARS	7.4g	1.7g
SODIUM	935mg	214mg

Contains Wheat, Milk

May Contain Egg

500058 - Chicken & Mushroom Potato Pie

Ingredients: Potato - Peeled Raw, Diced Chicken, Broccoli, Onion, Peas, Corn, Mushroom, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Vegetable Oil, Chicken Stock (Southern Ocean Sea Salt, Rice Flour, Maize, Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Salt, Tarragon, Pepper

GLUTEN FREE



Chicken & Mushroom Potato Pie

NUTRITION INFORMATION

Servings per package: 1

Serving size: 395g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1990kJ (476Cal)	504kJ (120Cal)
PROTEIN	31.1g	7.9g
FAT, TOTAL	24.2g	6.1g
- SATURATED	10.9g	2.8g
CARBOHYDRATE	27.1g	6.9g
- SUGARS	6.4g	1.6g
SODIUM	387mg	98mg

Contains Milk

201938 - Chicken Biryani

Ingredients: Chicken Thigh Cutlet Skin Off, Vegetable Melange (Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum), Basmati Rice, Yogurt (Milk, Cream, Milk Solids Non Fat, Live Yogurt Culture), Onion, Lemon Juice (100% Reconstituted Lemon Juice, Preservative (223), Antioxidant (300)), Biryani Mix (Salt, Red Chilli, Dried Plums With Pits, Paprika, Coriander, Turmeric, Cumin, Cinnamon, Clove, Black Pepper, Ginger, Aniseed, Cardamom, Brown Cardamom, Dried Papaya Powder, Maltodextrin, Hydrolysed Soy Protein, Acid (Citric Acid), Cane Sugar, Canola Oil, Natural & Artificial Food Flavour, Anticaking Agent, Silicon Dioxide), Garlic, Coriander Leaves, Vegetable Oil, Mint, Salt, Turmeric Powder



Chicken Biryani

NUTRITION INFORMATION

Servings per package: 1

Serving size: 467g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2670kJ (637Cal)	571kJ (136Cal)
PROTEIN	54.2g	11.6g
FAT, TOTAL	23.5g	5.0g
- SATURATED	8.2g	1.8g
CARBOHYDRATE	48.7g	10.4g
- SUGARS	9.1g	1.9g
SODIUM	571mg	122mg

Contains Milk, Sulphites

May Contain Wheat, Peanuts, Tree Nuts, Sesame Seeds

500052 - Chicken Cacciatore

Ingredients: Chicken Thigh Fillet, Pumpkin, Broccoli, Jasmine Rice, Onion, Carrot, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Mushroom, Tomato Paste, Pitted Kalamata Olives, Red Wine, Vegetable Oil, Garlic, Salt, Paprika, Oregano, Bay Leaf, Chilli Flakes, Pepper

GLUTEN FREE



Chicken Cacciatore

NUTRITION INFORMATION

Servings per package: 1

Serving size: 412g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2590kJ (619Cal)	629kJ (150Cal)
PROTEIN	48.7g	11.8g
FAT, TOTAL	21.8g	5.3g
- SATURATED	5.8g	1.4g
CARBOHYDRATE	52.5g	12.7g
- SUGARS	9.8g	2.4g
SODIUM	474mg	115mg

May Contain Egg, Milk

201919 - Chicken Casserole

Ingredients: Chicken Thigh Fillet, Basmati Rice, Carrot, Peas, Beans, Diced Tomato, Green Capsicum, Onion, Potato - Peeled Raw, Garlic, Vegetable Oil, Paprika, Curry Powder, Salt, Chilli Flakes

GLUTEN FREE

DAIRY FREE



Chicken Casserole

NUTRITION INFORMATION

Servings per package: 1

Serving size: 425g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2480kJ (593Cal)	585kJ (140Cal)
PROTEIN	49.7g	11.7g
FAT, TOTAL	18.5g	4.4g
- SATURATED	5.2g	1.2g
CARBOHYDRATE	52.8g	12.4g
- SUGARS	7.3g	1.7g
SODIUM	672mg	158mg

201932 - Chicken Chorizo Stew

Ingredients: Vegetable Melange (Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum), Diced Chicken, Curly Pasta (Durum Wheat, Semolina), Chorizo (Pork, Salt, Spices, Corn Syrup Solid, Antioxidant, Mineral Salt, Sodium Nitrite, Smoke Manufactured), Onion, Mixed Vegetables (Carrot, Broccoli Core, Green Beans, Peas, Sweet Corn), Canneloni Beans, Diced Tomato, Spinach, Tomato Paste, Red Wine, Vegetable Oil, Salt, Thyme, Pepper, Bay Leaf



Chicken Chorizo Stew

NUTRITION INFORMATION

Servings per package: 1

Serving size: 397g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2800kJ (669Cal)	705kJ (168Cal)
PROTEIN	43.4g	10.9g
FAT, TOTAL	20.6g	5.2g
- SATURATED	6.1g	1.5g
CARBOHYDRATE	71.3g	17.9g
- SUGARS	6.9g	1.7g
SODIUM	1020mg	256mg

Contains Wheat

May Contain Egg, Milk, Soybean

500027 - Chicken Chowmein

Ingredients: Hokkein Noodles (Wheat Flour (70%), Water, Vegetable Oil, Noodle Improver, Salt, Emulsifying Salt (451, 450), Lye Water, Thickener (415), Preservative (202), Raising Agent (500, 450, 341), Colouring (102, 101)), Chicken Strips, Vegetable Melange (Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum), Onion, Corn Spears (Baby Corn Spears (54.8%), Water, Salt, Citric Acid (330)), Shitake Mushroom (Shitake Mushroom (47%), Water, Salt), Soy Sauce (Water, Soybeans (18%), Wheat, Salt), Sweet Chilli Sauce (Red Chilli, Sugar, Rice Vinegar, Water, Salt, Thickener (E415), Modified Starch), Garlic, Sesame Oil, Corn Flour, Vegetable Oil, Pepper

DAIRY FREE



Chicken Chowmein

NUTRITION INFORMATION

Servings per package: 1

Serving size: 430g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2030kJ (484Cal)	471kJ (113Cal)
PROTEIN	34.5g	8.0g
FAT, TOTAL	14.6g	3.4g
- SATURATED	3.6g	0.8g
CARBOHYDRATE	49.1g	11.4g
- SUGARS	9.7g	2.3g
SODIUM	1590mg	370mg

Contains Wheat, Soybean, Sesame Seeds

201904 - Chicken Frittata

Ingredients: Mixed Vegetables (Carrot, Broccoli Core, Green Beans, Peas, Sweet Corn), Diced Chicken, Macaroni (Durum Wheat, Semolina), Onion, Red Capsicum, Carrot, Egg, Parmesan Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Rennet)), Parsley, Salt



Chicken Frittata		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 438g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2230kJ (532Cal)	508kJ (121Cal)
PROTEIN	39.9g	9.1g
FAT, TOTAL	19.0g	4.3g
- SATURATED	6.6g	1.5g
CARBOHYDRATE	46.1g	10.5g
- SUGARS	7.6g	1.7g
SODIUM	821mg	187mg

Contains Wheat, Egg, Milk

201941 - Chicken Schnitzel & Gravy

Ingredients: Chicken Schnitzel (Chicken (63%), Water, Wheat Flour, Wheat Barn, Wheat Gluten, Yeast, Salt, Sugar, Wheat Germ, Thickeners (415, 1442), Vegetable Gum (412) Vegetable Oil (Cottonseed, Canola) Wheat Starch, Maltodextrin, Mineral Salts (451, 450, 452)), Potato - Peeled Raw, Carrot, Broccoli, Water, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt



Chicken Schnitzel & Gravy		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 465g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2230kJ (532Cal)	479kJ (114Cal)
PROTEIN	29.9g	6.4g
FAT, TOTAL	24.0g	5.2g
- SATURATED	9.0g	1.9g
CARBOHYDRATE	43.8g	9.4g
- SUGARS	11.9g	2.6g
SODIUM	1060mg	228mg

Contains Wheat, Milk

May Contain Egg

201908 - Chicken with Pesto

Ingredients: Chicken Thigh Fillet, Curly Pasta (Durum Wheat, Semolina), Pumpkin, Broccoli, Green Capsicum, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Pesto Basil (Water, Basil Puree 24% (Basil, Food Acid (Citric), Vegetable Oil, Thickener (Xanthan Gum (Contains Soy)), Sugar), Vegetable Oil, Garlic, Pecorino Cheese 3.5%, Thickeners (Modified Cornstarch, Xanthan Gum (Contains Soy)), Salt, Glucose Syrup, Parsley, Flavours, Food Acid (Lactic), Sugar, Yeast Extract, Herb Extract, Colour (Turmeric Oleoresin), Spice Extract), Vegetable Oil, Paprika



Chicken with Pesto

NUTRITION INFORMATION

Servings per package: 1

Serving size: 418g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3220kJ (769Cal)	771kJ (184Cal)
PROTEIN	54.6g	13.1g
FAT, TOTAL	29.0g	6.9g
- SATURATED	10.6g	2.5g
CARBOHYDRATE	69.3g	16.6g
- SUGARS	7.0g	1.7g
SODIUM	494mg	118mg

Contains Wheat, Milk, Soybean

May Contain Egg, Peanuts

201922 - Chicken with Tomato & Capers

Ingredients: Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Chicken Thigh Fillet, Potato - Peeled Raw, Diced Tomato, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Tomato Paste, Milk, White Wine, Capers (Capers (62%)), Water, Vinegar, Salt), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Vegetable Oil, Salt, Parsley, Tarragon, Pepper

GLUTEN FREE



Chicken with Tomato & Capers

NUTRITION INFORMATION

Servings per package: 1

Serving size: 440g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2340kJ (559Cal)	532kJ (127Cal)
PROTEIN	48.8g	11.1g
FAT, TOTAL	25.9g	5.9g
- SATURATED	10.1g	2.3g
CARBOHYDRATE	27.0g	6.1g
- SUGARS	8.5g	1.9g
SODIUM	1220mg	277mg

Contains Milk

May Contain Egg

201935 - Creamy Chicken with Herbs

Ingredients: Chicken Thigh Fillet, Penne (Durum Wheat, Semolina), Baby Carrots, Broccoli, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Sour Cream (Pasteurised Cream, Culture), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Milk, Garlic, Shallots, Mixed Herbs, Plain Flour, Salt, Parsley, Marjarom, Vegetable Oil, Pepper



Creamy Chicken with Herbs

NUTRITION INFORMATION

Servings per package: 1

Serving size: 405g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3140kJ (749Cal)	774kJ (185Cal)
PROTEIN	53.7g	13.3g
FAT, TOTAL	28.0g	6.9g
- SATURATED	12.3g	3.1g
CARBOHYDRATE	66.5g	16.4g
- SUGARS	5.6g	1.4g
SODIUM	807mg	199mg

Contains Wheat, Milk

May Contain Egg, Soybean

201943 - Creamy Pasta with Vegetables

Ingredients: Curly Pasta (Durum Wheat, Semolina), Beans, Onion, Pumpkin, Cauliflower Raw, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride))), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric), Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Garlic, Vegetable Oil, Salt, Oregano, Pepper, Chilli Flakes



Creamy Pasta with Vegetables

NUTRITION INFORMATION

Servings per package: 1

Serving size: 374g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2240kJ (536Cal)	599kJ (143Cal)
PROTEIN	18.0g	4.8g
FAT, TOTAL	29.7g	7.9g
- SATURATED	17.3g	4.6g
CARBOHYDRATE	45.0g	12.0g
- SUGARS	10.5g	2.8g
SODIUM	786mg	210mg

Contains Wheat, Milk, Sulphites

May Contain Egg, Soybean

500051 - Crumbed Fish

Ingredients: Beans Carrot Corn Mix, Crumbed Fish (Formed Basa Portions (52%), Water, Wheat Flour, Canola Oil, Thickeners (1404, Xanthum Gum, Guar Gum), Maize Flour, Maize Starch, Acidity Regulator (Pottasium Citrate, Calcium Citrate, 451, Sodium Citrate, 450, Sodium Bicarbonate), Salt, Rice Flour, Yeast, Food Acid (Citric), Egg Powder, Sugar, Maltodextrin, Glucose), Potato - Peeled Raw, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt



Crumbed Fish

NUTRITION INFORMATION

Servings per package: 1

Serving size: 387g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2130kJ (509Cal)	550kJ (131Cal)
PROTEIN	19.6g	5.1g
FAT, TOTAL	20.8g	5.4g
- SATURATED	6.5g	1.7g
CARBOHYDRATE	55.1g	14.2g
- SUGARS	8.6g	2.2g
SODIUM	827mg	214mg

Contains Wheat, Egg, Fish, Milk

201920 - Fish & Chips

Ingredients: Fish Cocktails (Alaska Pollock, Batter (Wheat Flour, Starch, Thickener (1420), Emulsifier (450), Raising Agent (500), Colour (100), Red Paprika, Salt, Sugar, Soybean Flour, Corn Dextrin, Edible Glucose), Water, Soybean Oil), Potato Chips (Potato (95%), Canola Oil, Dextrose), Pumpkin, Broccoli, Vegetable Oil, Paprika



Fish & Chips

NUTRITION INFORMATION

Servings per package: 1

Serving size: 367g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2140kJ (511Cal)	583kJ (139Cal)
PROTEIN	24.4g	6.7g
FAT, TOTAL	18.0g	4.9g
- SATURATED	2.8g	0.8g
CARBOHYDRATE	58.5g	16.0g
- SUGARS	6.7g	1.8g
SODIUM	660mg	180mg

Contains Wheat, Fish, Soybean

May Contain Crustacea, Egg, Milk

201910 - Goan Fish

Ingredients: Beans Carrot Corn Mix, Basa Fillet, Basmati Rice, Peas, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Onion, Coconut Cream (Coconut Extract, Water, Emulsifiers (E471 & E435) Stabilisers (E412, E466, E415), Preservatives (E223)), Vindaloo Paste (Vegetable Oil, Spices (26%), Water, Salt, Maize Flour, Tamarind, Food Acids (Acetic, Citric, Lactic), Garlic Powder), Garlic, Dill, Vegetable Oil, Chilli Ground, Cumin Powder, Coriander Powder, Turmeric Powder, Salt



Goan Fish

NUTRITION INFORMATION

Servings per package: 1

Serving size: 395g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2250kJ (538Cal)	571kJ (136Cal)
PROTEIN	45.3g	11.5g
FAT, TOTAL	10.9g	2.8g
- SATURATED	3.1g	0.8g
CARBOHYDRATE	59.2g	15.0g
- SUGARS	7.2g	1.8g
SODIUM	396mg	100mg

Contains Fish, Sulphites

May Contain Wheat, Milk, Peanuts, Soybean, Tree Nuts

201946 - Ham and Pineapple

Ingredients: Ham (Pork, Water, Cure (Sugar, Mineral Salts (450, 451), Dextrose, Salt, Antioxidant (316), Preservative (250), Modified Maize Starch (1442), Acidity Regulation Salt, Vegetable Gum, Natural Flavour, Naturally Wood Smoked), Potato - Peeled Raw, Pumpkin, Broccoli, Pineapple Rings, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Paprika

GLUTEN FREE



Ham and Pineapple

NUTRITION INFORMATION

Servings per package: 1

Serving size: 441g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1990kJ (476Cal)	452kJ (108Cal)
PROTEIN	32.7g	7.4g
FAT, TOTAL	21.1g	4.8g
- SATURATED	9.4g	2.1g
CARBOHYDRATE	34.9g	7.9g
- SUGARS	13.4g	3.0g
SODIUM	2140mg	486mg

Contains Milk

201942 - Hearty Beef Casserole

Ingredients: Potato - Peeled Raw, Diced Beef, Broccoli, Onion, Carrot, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride))), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Peas, Celery, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Leek, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Garlic, Beef Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Rice Flour, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables (Onion, Garlic), Disodium Guanylate & Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Pepper

GLUTEN FREE



Hearty Beef Casserole

NUTRITION INFORMATION

Servings per package: 1

Serving size: 425g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1800kJ (431Cal)	424kJ (101Cal)
PROTEIN	34.5g	8.1g
FAT, TOTAL	16.8g	4.0g
- SATURATED	7.7g	1.8g
CARBOHYDRATE	29.7g	7.0g
- SUGARS	7.8g	1.8g
SODIUM	576mg	135mg

Contains Milk

201911 - Honey Soy Glazed Pork & Vegetables

Ingredients: Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Jasmine Rice, Pork Strips, Honey Soy Sauce (Water, Sugar, Soy Sauce (20%), Honey (3%), Thickener (Maize Starch 1422), Sherry, Yeast Extract, Food Acid (Acetic), Vegetable Oil (Sunflower), Colour (Caramel Iv), Vegetable Gum (Xanthan), Salt), Onion, Shallots, Garlic, Sesame Seeds, Corn Flour, Vegetable Oil, Pepper

DAIRY FREE



Honey Soy Glazed Pork & Vegetables

NUTRITION INFORMATION

Servings per package: 1

Serving size: 398g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1990kJ (475Cal)	501kJ (120Cal)
PROTEIN	38.5g	9.7g
FAT, TOTAL	4.6g	1.2g
- SATURATED	0.9g	0.2g
CARBOHYDRATE	64.6g	16.2g
- SUGARS	13.4g	3.4g
SODIUM	475mg	119mg

Contains Wheat, Soybean, Sesame Seeds

May Contain Crustacea, Fish, Peanuts, Tree Nuts

500061 - Irish Lamb Stew

Ingredients: Potato - Peeled Raw, Beans Carrot Corn Mix, Diced Lamb, Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), Onion, Carrot, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Turnip, White Wine, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Garlic, Beef Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Rice Flour, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables (Onion, Garlic), Disodium Guanylate & Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Thyme, Pepper, Bay Leaf

GLUTEN FREE



Irish Lamb Stew

NUTRITION INFORMATION

Servings per package: 1

Serving size: 416g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1980kJ (473Cal)	476kJ (114Cal)
PROTEIN	37.6g	9.0g
FAT, TOTAL	18.0g	4.3g
- SATURATED	9.1g	2.2g
CARBOHYDRATE	33.7g	8.1g
- SUGARS	8.3g	2.0g
SODIUM	1070mg	257mg

Contains Milk, Sulphites

May Contain Egg

500028 - Lamb & Cauliflower Casserole

Ingredients: Diced Lamb, Basmati Rice, Carrot, Beans, Cauliflower, Potato - Peeled Raw, Onion, Diced Tomato, Tomato Puree, Vegetable Oil, Garlic, Curry Powder, Salt, Cumin Powder, Paprika

GLUTEN FREE

DAIRY FREE



Lamb & Cauliflower Casserole

NUTRITION INFORMATION

Servings per package: 1

Serving size: 423g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1850kJ (442Cal)	438kJ (105Cal)
PROTEIN	33.9g	8.0g
FAT, TOTAL	10.0g	2.4g
- SATURATED	3.9g	0.9g
CARBOHYDRATE	50.1g	11.9g
- SUGARS	7.7g	1.8g
SODIUM	388mg	92mg

500074 - Lamb Curry

Ingredients: Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Diced Lamb, Basmati Rice, Potato - Peeled Raw, Onion, Carrot, Tomato Puree, Coconut Cream (Coconut Extract, Water, Emulsifiers (E471 & E435) Stabilisers (E412, E466, E415), Preservatives (E223)), Vindaloo Paste (Vegetable Oil, Spices (26%), Water, Salt, Maize Flour, Tamarind, Food Acids (Acetic, Citric, Lactic), Garlic Powder), Coriander Leaves, Vegetable Oil, Garlic, Salt, Cumin Powder, Coriander Powder



Lamb Curry

NUTRITION INFORMATION

Servings per package: 1

Serving size: 437g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2160kJ (516Cal)	494kJ (118Cal)
PROTEIN	36.7g	8.4g
FAT, TOTAL	16.4g	3.8g
- SATURATED	6.5g	1.5g
CARBOHYDRATE	51.2g	11.7g
- SUGARS	7.1g	1.6g
SODIUM	606mg	139mg

Contains Sulphites

May Contain Wheat, Milk, Peanuts, Soybean, Tree Nuts

500021 - Lemon Chicken

Ingredients: Chicken Thigh Cutlet Skin On, Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Potato - Peeled Raw, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Lemon Juice (100% Reconstituted Lemon Juice, Preservative (223), Antioxidant (300)), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Salt, Parsley, Pepper

GLUTEN FREE



Lemon Chicken

NUTRITION INFORMATION

Servings per package: 1

Serving size: 431g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3000kJ (716Cal)	696kJ (166Cal)
PROTEIN	50.9g	11.8g
FAT, TOTAL	45.5g	10.6g
- SATURATED	17.3g	4.0g
CARBOHYDRATE	22.9g	5.3g
- SUGARS	6.1g	1.4g
SODIUM	856mg	199mg

Contains Milk, Sulphites

201930 - Mango Chicken

Ingredients: Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Chicken Thigh Fillet, Potato - Peeled Raw, Mango Pulp (Alphonso Mangoes (92%)), Sugar Syrup, Citric Acid (Acidity Regulator), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Yogurt (Milk, Cream, Milk Solids Non Fat, Live Yogurt Culture), Milk, Onion, Tandoori Paste (Ginger (23%), Water, Spices (13%), Lemon Juice (10%), Vegetable Oil, Garlic (Popwder, Puree), Lentils, Tamarind, Salt, Food Acids (Acetic, Citric, Lactic), Colours (Paprika Oleoresin, Carmine), Sugar), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Coriander Leaves, Garlic, Vegetable Oil, Salt, Cumin Powder, Coriander Powder, Chilli Flakes



Mango Chicken

NUTRITION INFORMATION

Servings per package: 1

Serving size: 463g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2770kJ (662Cal)	598kJ (143Cal)
PROTEIN	51.0g	11.0g
FAT, TOTAL	34.1g	7.4g
- SATURATED	14.8g	3.2g
CARBOHYDRATE	32.0g	6.9g
- SUGARS	14.4g	3.1g
SODIUM	858mg	185mg

Contains Milk

May Contain Wheat, Peanuts, Soybean, Tree Nuts

201915 - Meatballs with Pasta

Ingredients: Pork Mince, Penne (Durum Wheat, Semolina), Broccoli, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Onion, Carrot, Spinach, Red Capsicum, Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Parmesan Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Rennet)), Egg, Vegetable Oil, Garlic, Paprika, Salt, Cumin Powder, Parsley



Meatballs with Pasta

NUTRITION INFORMATION

Servings per package: 1

Serving size: 431g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2570kJ (614Cal)	596kJ (142Cal)
PROTEIN	46.6g	10.8g
FAT, TOTAL	10.6g	2.5g
- SATURATED	3.3g	0.8g
CARBOHYDRATE	77.5g	18.0g
- SUGARS	10.4g	2.4g
SODIUM	681mg	158mg

Contains Wheat, Egg, Milk, Sulphites

May Contain Soybean

201937 - Meatloaf & Gravy

Ingredients: Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Potato - Peeled Raw, Beef Mince, Water, Onion, Carrot, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Zucchini, Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Milk, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride))), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Egg, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Shallots, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt, Parsley, Pepper



Meatloaf & Gravy		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 456g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1860kJ (443Cal)	407kJ (97Cal)
PROTEIN	36.5g	8.0g
FAT, TOTAL	15.0g	3.3g
- SATURATED	7.8g	1.7g
CARBOHYDRATE	35.6g	7.8g
- SUGARS	8.8g	1.9g
SODIUM	992mg	218mg

Contains Wheat, Egg, Milk

201926 - Mexican Style Vegetable Stew

Ingredients: Basmati Rice, Chickpeas (Chickpeas (60%), Water, Salt, Food Acid (300)), Red Kidney Beans, Green Capsicum, Corn, Onion, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride))), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Sour Cream (Pasteurised Cream, Culture), Garlic, Vegetable Oil, Salt, Paprika, Parsley, Oregano, Pepper, Chilli Flakes



Mexican Style Vegetable Stew		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 357g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1980kJ (472Cal)	553kJ (132Cal)
PROTEIN	17.5g	4.9g
FAT, TOTAL	10.6g	3.0g
- SATURATED	4.5g	1.3g
CARBOHYDRATE	67.9g	19.0g
- SUGARS	6.2g	1.7g
SODIUM	651mg	182mg

Contains Milk, Sulphites

May Contain Wheat, Peanuts, Tree Nuts, Sesame Seeds

500014 - Mustard Lemon Rosemary Chicken

Ingredients: Chicken Thigh Cutlet Skin On, Potato - Peeled Raw, Beans, Baby Carrots, Lemon Juice (100% Reconstituted Lemon Juice, Preservative (223), Antioxidant (300)), Vegetable Oil, Garlic, Salt, Dijon Mustard (Water, Vinegar, Mustard Flour (10.5%), Brown Mustard Seeds (8.6%), Salt, White Mustard Husk (2.6%), Stabiliser (Xanthan Gum)), Mixed Herbs, Rosemary, Parsley, Pepper, Paprika

GLUTEN FREE

DAIRY FREE



Mustard Lemon Rosemary Chicken

NUTRITION INFORMATION

Servings per package: 1

Serving size: 440g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2900kJ (694Cal)	660kJ (158Cal)
PROTEIN	48.6g	11.0g
FAT, TOTAL	45.0g	10.2g
- SATURATED	13.3g	3.0g
CARBOHYDRATE	21.6g	4.9g
- SUGARS	5.8g	1.3g
SODIUM	1000mg	228mg

Contains Sulphites

500003 - Pork & Red Wine Ragu

Ingredients: Diced Pork, Potato - Peeled Raw, Cauliflower, Peas, Diced Tomato, Onion, Carrot, Tomato Paste, Celery, Red Wine, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Parmesan Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Rennet)), Vegetable Oil, Salt, Garlic, Paprika, Oregano, Basil, Pepper

GLUTEN FREE



Pork & Red Wine Ragu

NUTRITION INFORMATION

Servings per package: 1

Serving size: 445g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1820kJ (436Cal)	410kJ (98Cal)
PROTEIN	42.5g	9.6g
FAT, TOTAL	14.8g	3.3g
- SATURATED	5.3g	1.2g
CARBOHYDRATE	25.9g	5.8g
- SUGARS	7.7g	1.7g
SODIUM	714mg	160mg

Contains Milk

May Contain Egg

201924 - Pork Casserole

Ingredients: Potato - Peeled Raw, Diced Pork, Baby Carrots, Peas, Beans, Onion, Chickpeas (Chickpeas (60%), Water, Salt, Food Acid (300)), Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Chorizo (Pork, Salt, Spices, Corn Syrup Solid, Antioxidant, Mineral Salt, Sodium Nitrite, Smoke Manufactured), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Pitted Green Olives, White Wine, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Garlic, Mixed Herbs, Paprika, Parsley, Oregano, Pepper

GLUTEN FREE



Pork Casserole

NUTRITION INFORMATION

Servings per package: 1

Serving size: 457g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1960kJ (468Cal)	429kJ (103Cal)
PROTEIN	39.7g	8.7g
FAT, TOTAL	17.2g	3.8g
- SATURATED	7.2g	1.6g
CARBOHYDRATE	31.4g	6.9g
- SUGARS	9.2g	2.0g
SODIUM	1080mg	236mg

Contains Milk, Sulphites

May Contain Egg

201939 - Pork Cassoulet

Ingredients: Vegetable Melange (Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum), Potato - Peeled Raw, Diced Pork, Onion, Peas, Canneloni Beans, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), White Wine, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Vegetable Oil, Salt, Chicken Stock (Southern Ocean Sea Salt, Rice Flour, Maize, Matodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Parsley, Thyme, Pepper

GLUTEN FREE



Pork Cassoulet

NUTRITION INFORMATION

Servings per package: 1

Serving size: 441g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1790kJ (429Cal)	407kJ (97Cal)
PROTEIN	40.1g	9.1g
FAT, TOTAL	14.5g	3.3g
- SATURATED	7.3g	1.6g
CARBOHYDRATE	27.2g	6.2g
- SUGARS	8.0g	1.8g
SODIUM	917mg	208mg

Contains Milk, Sulphites

May Contain Egg

500036 - Pork Meatballs with Creamy Mushroom Sauce

Ingredients: Potato - Peeled Raw, Pork Mince, Mushroom, Carrot, Beans, Onion, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Parmesan Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Rennet)), Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Vegetable Oil, Garlic, Shallots, Salt, Parsley, Paprika, Pepper

GLUTEN FREE



Pork Meatballs with Creamy Mushroom Sauce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 423g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1840kJ (440Cal)	436kJ (104Cal)
PROTEIN	35.6g	8.4g
FAT, TOTAL	20.3g	4.8g
- SATURATED	8.9g	2.1g
CARBOHYDRATE	23.8g	5.6g
- SUGARS	8.3g	2.0g
SODIUM	633mg	150mg

Contains Milk

201918 - Pork Mustard Stew

Ingredients: Potato - Peeled Raw, Diced Pork, Cauliflower, Peas, Cabbage, Onion, Diced Tomato, Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Celery, Tomato Paste, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Wholegrain Mustard (Vinegar, Water, Mustard Seed (27%), Honey, Salt, Brown Mustard Husk (2%), Natural Spice Flavouring, Tarragon), Garlic, Apple Cider Vinegar, Vegetable Oil, Plain Flour, Salt, Chicken Stock (Southern Ocean Sea Salt, Rice Flour, Maize, Matodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Thyme, Pepper, Bay Leaf



Pork Mustard Stew

NUTRITION INFORMATION

Servings per package: 1

Serving size: 435g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1840kJ (440Cal)	423kJ (101Cal)
PROTEIN	39.0g	9.0g
FAT, TOTAL	15.9g	3.7g
- SATURATED	8.2g	1.9g
CARBOHYDRATE	28.3g	6.5g
- SUGARS	8.0g	1.8g
SODIUM	939mg	216mg

Contains Wheat, Milk, Sulphites

500022 - Pork Sausages & Lentil Stew

Ingredients: Pork Sausages (Pork, Rice Flour, Salt, Mineral Salt, Spices, Herbs, Preservative, Natural Flavouring), Potato - Peeled Raw, Carrot, Peas, Onion, Lentils (Lentils (65%), Water, Salt, Firming Agent (Calcium Chloride (E509), Antioxidant (Ascorbic Acid (E300), Natural Flavouring), Diced Tomato, Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), Zucchini, Leek, White Wine, Vegetable Oil, Salt, Garlic, Chicken Stock (Southern Ocean Sea Salt, Rice Flour, Maize, Matodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Paprika, Parsley, Thyme, Pepper

GLUTEN FREE



Pork Sausages & Lentil Stew

NUTRITION INFORMATION

Servings per package: 1

Serving size: 420g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3280kJ (784Cal)	781kJ (187Cal)
PROTEIN	30.5g	7.3g
FAT, TOTAL	52.3g	12.5g
- SATURATED	18.6g	4.4g
CARBOHYDRATE	41.6g	9.9g
- SUGARS	7.3g	1.7g
SODIUM	2140mg	511mg

Contains Sulphites

May Contain Egg, Milk

201929 - Pork Stirfry

Ingredients: Hokkein Noodles (Wheat Flour (70%), Water, Vegetable Oil, Noodle Improver, Salt, Emulsifying Salt (451, 450), Lye Water, Thickener (415), Preservative (202), Raising Agent (500, 450, 341), Colouring (102, 101)), Pork Strips, Sliced Beans, Onion, Red Capsicum, Carrot, Soy Sauce (Water, Soybeans (18%), Wheat, Salt), Plum Sauce (Sugar, Water, Plum, White Vinegar, Corn Starch, Salt), Shallots, Vegetable Oil, Five Spice Powder

DAIRY FREE



Pork Stirfry

NUTRITION INFORMATION

Servings per package: 1

Serving size: 423g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1500kJ (358Cal)	354kJ (85Cal)
PROTEIN	36.8g	8.7g
FAT, TOTAL	5.8g	1.4g
- SATURATED	1.0g	0.2g
CARBOHYDRATE	38.1g	9.0g
- SUGARS	9.3g	2.2g
SODIUM	1470mg	348mg

Contains Wheat, Soybean

May Contain Peanuts, Tree Nuts, Sesame Seeds

201936 - Pork Vindaloo

Ingredients: Basmati Rice, Diced Pork, Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Peas, Onion, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Vindaloo Paste (Vegetable Oil, Spices (26%), Water, Salt, Maize Flour, Tamarind, Food Acids (Acetic, Citric, Lactic), Garlic Powder), Garlic, Mint, Vegetable Oil, Salt, Ginger Ground, Cumin Powder, Coriander Powder, Chilli Ground, Turmeric Powder

GLUTEN FREE

DAIRY FREE



Pork Vindaloo

NUTRITION INFORMATION

Servings per package: 1

Serving size: 426g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2000kJ (477Cal)	469kJ (112Cal)
PROTEIN	38.6g	9.1g
FAT, TOTAL	9.8g	2.3g
- SATURATED	1.4g	0.3g
CARBOHYDRATE	53.1g	12.5g
- SUGARS	9.4g	2.2g
SODIUM	604mg	142mg

Contains Sulphites

500033 - Quiche Lorraine

Ingredients: Carrot, Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), Peas, Shortcrust Pastry, Onion, Leek, Egg, Self Raising Flour, Green Capsicum, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Vegetable Oil, Salt, Pepper



Quiche Lorraine

NUTRITION INFORMATION

Servings per package: 1

Serving size: 390g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2660kJ (634Cal)	681kJ (163Cal)
PROTEIN	30.9g	7.9g
FAT, TOTAL	30.1g	7.7g
- SATURATED	14.3g	3.7g
CARBOHYDRATE	53.9g	13.8g
- SUGARS	11.7g	3.0g
SODIUM	1960mg	502mg

Contains Wheat, Egg, Milk, Soybean

500064 - Roast Beef & Gravy

Ingredients: Roast Beef, Potato - Peeled Raw, Carrot, Broccoli, Water, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Vegetable Oil, Salt, Paprika

GLUTEN FREE



Roast Beef & Gravy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 416g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1800kJ (430Cal)	433kJ (103Cal)
PROTEIN	47.9g	11.5g
FAT, TOTAL	13.6g	3.3g
- SATURATED	4.4g	1.1g
CARBOHYDRATE	24.7g	5.9g
- SUGARS	6.7g	1.6g
SODIUM	694mg	167mg

Contains Milk

500062 - Roast Chicken & Gravy

Ingredients: Chicken Thigh Cutlet Skin On, Potato - Peeled Raw, Carrot, Peas, Water, Vegetable Oil, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Salt, Paprika, Mixed Herbs

GLUTEN FREE



Roast Chicken & Gravy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 463g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3170kJ (757Cal)	685kJ (164Cal)
PROTEIN	51.6g	11.2g
FAT, TOTAL	46.8g	10.1g
- SATURATED	13.5g	2.9g
CARBOHYDRATE	28.0g	6.1g
- SUGARS	7.0g	1.5g
SODIUM	963mg	208mg

Contains Milk

500045 - Roast Lamb & Gravy

Ingredients: Roast Lamb, Potato - Peeled Raw, Baby Carrots, Peas, Water, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Vegetable Oil, Salt, Mixed Herbs, Paprika

GLUTEN FREE



Roast Lamb & Gravy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 403g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2290kJ (547Cal)	568kJ (136Cal)
PROTEIN	50.5g	12.5g
FAT, TOTAL	25.1g	6.2g
- SATURATED	9.0g	2.2g
CARBOHYDRATE	25.9g	6.4g
- SUGARS	5.7g	1.4g
SODIUM	882mg	219mg

Contains Milk

500026 - Roast Pork & Gravy

Ingredients: Roast Pork, Potato - Peeled Raw, Beans, Carrot, Water, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Vegetable Oil, Salt, Paprika

GLUTEN FREE



Roast Pork & Gravy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 420g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1810kJ (431Cal)	430kJ (103Cal)
PROTEIN	45.7g	10.9g
FAT, TOTAL	14.6g	3.5g
- SATURATED	4.2g	1.0g
CARBOHYDRATE	25.4g	6.0g
- SUGARS	7.2g	1.7g
SODIUM	684mg	163mg

Contains Milk

500018 - Roma Pasta with Beef

Ingredients: Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Beef Strips, Curly Pasta (Durum Wheat, Semolina), Eggplant, Diced Tomato, Tomato Puree, Onion, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Red Wine, Vegetable Oil, Garlic, Salt, Pepper



Roma Pasta with Beef

NUTRITION INFORMATION

Servings per package: 1

Serving size: 433g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2490kJ (595Cal)	574kJ (137Cal)
PROTEIN	41.8g	9.7g
FAT, TOTAL	14.4g	3.3g
- SATURATED	6.8g	1.6g
CARBOHYDRATE	69.5g	16.0g
- SUGARS	9.1g	2.1g
SODIUM	530mg	122mg

Contains Wheat, Milk, Sulphites

May Contain Egg, Soybean

201934 - Savoury Mince

Ingredients: Potato - Peeled Raw, Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Beef Mince, Water, Mixed Vegetables (Carrot, Broccoli Core, Green Beans, Peas, Sweet Corn), Onion, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Tomato Paste, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Salt, Garlic, Beef Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Rice Flour, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables (Onion, Garlic), Disodium Guanylate & Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Oregano, Pepper

GLUTEN FREE



Savoury Mince

NUTRITION INFORMATION

Servings per package: 1

Serving size: 443g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1800kJ (430Cal)	406kJ (97Cal)
PROTEIN	34.0g	7.7g
FAT, TOTAL	16.1g	3.7g
- SATURATED	8.1g	1.8g
CARBOHYDRATE	32.1g	7.3g
- SUGARS	8.1g	1.8g
SODIUM	1020mg	230mg

Contains Milk

500037 - Shepherds Pie

Ingredients: Potato - Peeled Raw, Lamb Mince, Carrot, Beans, Mixed Vegetables (Carrot, Broccoli Core, Green Beans, Peas, Sweet Corn), Onion, Tomato Paste, Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Beef Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Rice Flour, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables (Onion, Garlic), Disodium Guanylate & Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Worcestershire Sauce (Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Natural Flavours, Colour (Caramel Iv), Spice Extract), Salt, Pepper, Bay Leaf



Shepherds Pie

NUTRITION INFORMATION

Servings per package: 1

Serving size: 433g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1800kJ (429Cal)	415kJ (99Cal)
PROTEIN	34.2g	7.9g
FAT, TOTAL	13.8g	3.2g
- SATURATED	6.5g	1.5g
CARBOHYDRATE	36.4g	8.4g
- SUGARS	9.8g	2.3g
SODIUM	629mg	145mg

Contains Wheat, Milk

500042 - Spaghetti Bolognaise

Ingredients: Beef Mince, Spaghetti (Durum Wheat, Semolina), Broccoli, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Onion, Carrot, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Tomato Paste, Red Wine, Garlic, Vegetable Oil, Parsley, Salt, Mixed Herbs, Pepper



Spaghetti Bolognaise

NUTRITION INFORMATION

Servings per package: 1

Serving size: 358g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2390kJ (570Cal)	666kJ (159Cal)
PROTEIN	41.3g	11.5g
FAT, TOTAL	12.6g	3.5g
- SATURATED	5.5g	1.5g
CARBOHYDRATE	68.3g	19.1g
- SUGARS	7.6g	2.1g
SODIUM	345mg	96mg

Contains Wheat, Milk

May Contain Egg, Soybean

201912 - Spinach & Ricotta Canneloni

Ingredients: Spinach & Ricotta Canneloni (Tomato & Vegetable Sauce (52%) [Water, Vegetables (22%) (Onion, Red Capsicum, Zucchini, Carrot), Tomatoes (21%) (Tomatoes, Salt, Food Acid (330), Mineral Salt (509)), White Wine (Milk)), Tomato Paste, Thickener (1422), Cream (Milk), Canola Oil, Garlic, Brown Sugar, Sugar, Flavour, Herbs, Spice], Spinach & Ricotta Filling (26%) [Skim Milk, Ricotta Cheese (Pasteurised Whole Milk, Whey Solids, Milk Solids), Water, Spinach (14%), Onion, Thickener (1422), Cream (Milk), Potato, Cheese (Milk), Vegetable Flavour (Wheat) (Flavour Enhancers (627, 631)), Canola Oil, Cheese Flavour (Milk), Cheese Powder (Milk Solids, Cheese Flavour), Spices, Sugar], Cooked Pasta (17%) [Wheat Semolina, Water], Topping (5%) [Cheese (Milk)]), Vegetable Melange (Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum)



Spinach & Ricotta Canneloni		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 379g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1330kJ (318Cal)	352kJ (84Cal)
PROTEIN	13.9g	3.7g
FAT, TOTAL	10.5g	2.8g
- SATURATED	5.4g	1.4g
CARBOHYDRATE	36.5g	9.6g
- SUGARS	11.0g	2.9g
SODIUM	485mg	128mg

Contains Wheat, Rye, Barley, Oats, Spelt, Egg, Milk, Soybean
May Contain Peanuts, Tree Nuts, Sesame Seeds

500031 - Spinach Pie

Ingredients: Spinach, Cauliflower, Peas, Filo Pastry (Wheat Flour (Wheat Flour, Thiamine & Folic Acid), Water, Wheaten Cornflour, Salt, Canola Oil, Anticaking Agent (341), Preservative (Potassium Sorbate 202)), Onion, Egg, Fetta Cheese (Pasteurised Cow's Milk, Salt, Mineral Salt (509), Lactic Cultures, Non-Animal (Microbial) Rennet), Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Dill, Vegetable Oil, Paprika, Pepper



Spinach Pie		
NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 402g		
	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2710kJ (646Cal)	672kJ (161Cal)
PROTEIN	30.0g	7.5g
FAT, TOTAL	40.9g	10.2g
- SATURATED	23.0g	5.7g
CARBOHYDRATE	36.0g	9.0g
- SUGARS	7.7g	1.9g
SODIUM	1310mg	326mg

Contains Wheat, Egg, Milk

201916 - Steak & Mushroom Pie

Ingredients: Steak & Mushroom Pie (Wheat Flour, (Beef (27%), Water, Margarine [Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulator (331, 330), Antioxidant (307b (Soy))], Colour (160a), Flavour) Mushrooms (10%)), Thickener (1422, 412), Mushroom Flavour (Wheat Flavour Enhancer (635)), Poppy Seeds, Tomato Paste, Salt, Sugar, Seasoning, Colour (150c), Glaze (Contains Milk, Colour, Colour (160a)), Maize, Emulsifier (481), Rice Flour, Yeast Extract, Fruit Powder), Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Water, Potato - Peeled Raw, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt



Steak & Mushroom Pie

NUTRITION INFORMATION

Servings per package: 1

Serving size: 407g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2040kJ (487Cal)	500kJ (119Cal)
PROTEIN	21.4g	5.3g
FAT, TOTAL	21.8g	5.4g
- SATURATED	11.3g	2.8g
CARBOHYDRATE	45.5g	11.2g
- SUGARS	7.1g	1.7g
SODIUM	1130mg	278mg

Contains Wheat, Milk, Soybean

May Contain Egg

201917 - Swedish Meatballs

Ingredients: Potato - Peeled Raw, Beef Mince, Beans, Carrot, Onion, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Vegetable Oil, Egg, Plain Flour, Salt, Garlic, Beef Stock (Southern Ocean Sea Salt, Maize Maltodextrin, Rice Flour, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables (Onion, Garlic), Disodium Guanylate & Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Parsley, Allspice Powder (Cloves, Cinnamon, Nutmeg), Pepper, Paprika



Swedish Meatballs

NUTRITION INFORMATION

Servings per package: 1

Serving size: 414g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1950kJ (466Cal)	471kJ (113Cal)
PROTEIN	33.5g	8.1g
FAT, TOTAL	20.2g	4.9g
- SATURATED	7.9g	1.9g
CARBOHYDRATE	32.5g	7.8g
- SUGARS	9.9g	2.4g
SODIUM	578mg	140mg

Contains Wheat, Egg, Milk

May Contain Tree Nuts

500006 - Sweet & Sour Fish

Ingredients: Basa Fillet, Jasmine Rice, Mixed Vegetables (Carrot, Broccoli Core, Green Beans, Peas, Sweet Corn), Sweet & Sour Sauce (Water, Sugar, Vegetable (10%) (Carrot (6%), Capsicum (2%), Onion (2%)), Vinegar, Pineapple Juice (8.5%) (From Concentrate), Thickener (1422), Salt, Sherry, Tomato Paste, Food Acid (Acetic), Colours (160c, 120)), Carrot, Onion, Celery, Green Capsicum, Diced Pineapple, White Vinegar, Vegetable Oil

GLUTEN FREE



Sweet & Sour Fish

NUTRITION INFORMATION

Servings per package: 1

Serving size: 430g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2110kJ (503Cal)	490kJ (117Cal)
PROTEIN	40.9g	9.5g
FAT, TOTAL	7.2g	1.7g
- SATURATED	1.3g	0.3g
CARBOHYDRATE	64.7g	15.1g
- SUGARS	17.9g	4.2g
SODIUM	1100mg	255mg

Contains Fish, Sulphites

May Contain Milk, Peanuts, Soybean, Tree

Nuts, Sesame Seeds

201940 - Sweet Soy Ginger Fish

Ingredients: Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Basa Fillet, Jasmine Rice, Onion, Soy Sauce (Water, Soybeans (18%), Wheat, Salt), Honey, Shallots, Oyster Sauce (Water, Sugar, Salt, Oyster Extractives (11%) (Oysters, Water, Salt), Flavour Enhancer (621), Modified Corn Starch (1442), Wheat Flour, Colour (150a)), Lemon Juice (100% Reconstituted Lemon Juice, Preservative (223), Antioxidant (300)), Garlic, Vegetable Oil, Ginger Fresh, Chilli Flakes

DAIRY FREE



Sweet Soy Ginger Fish

NUTRITION INFORMATION

Servings per package: 1

Serving size: 403g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2150kJ (513Cal)	533kJ (127Cal)
PROTEIN	45.6g	11.3g
FAT, TOTAL	8.5g	2.1g
- SATURATED	1.5g	0.4g
CARBOHYDRATE	58.6g	14.5g
- SUGARS	12.3g	3.1g
SODIUM	1390mg	344mg

Contains Wheat, Fish, Soybean, Sulphites

201906 - Tandoori Chicken

Ingredients: Chicken Thigh Cutlet Skin Off, Vegetable Melange (Broccoli, Carrot, Cauliflower, Green Beans, Yellow Beans, Red Capsicum), Basmati Rice, Yogurt (Milk, Cream, Milk Solids Non Fat, Live Yogurt Culture), Tandoori Paste (Ginger (23%), Water, Spices (13%), Lemon Juice (10%), Vegetable Oil, Garlic (Popwder, Puree), Lentils, Tamarind, Salt, Food Acids (Acetic, Citric, Lactic), Colours (Paprika Oleoresin, Carmine), Sugar), Coriander Leaves, Vegetable Oil, Garlic, Salt



Tandoori Chicken

NUTRITION INFORMATION

Servings per package: 1

Serving size: 437g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2620kJ (625Cal)	599kJ (143Cal)
PROTEIN	53.2g	12.2g
FAT, TOTAL	24.0g	5.5g
- SATURATED	7.6g	1.8g
CARBOHYDRATE	45.1g	10.3g
- SUGARS	6.2g	1.4g
SODIUM	730mg	167mg

Contains Milk

May Contain Wheat, Peanuts, Soybean, Tree Nuts

500032 - Tempura Fish

Ingredients: Tempura Fish (Formed Basa Or Hake Or Hoki Fish Portions (55%), Water, Wheat Flour, Canola Oil, Wheat Starch, Thickeners (1404, Guar Gum, Xanthum Gum, 401), Sugar, Salt, Acidity Regulators (450, 451, 541, Sodium Bicarbonate, 339), Hydrolysed Vegetable Protein, Maltodextrin, Wheat Gluten, Firming Agent (516)), Potato Wedges (Potato (85%), Canola Oil, Wheat Flour, Wheat Starch, Salt, Maize Flour, Paprika, Onion Powder, Garlic Powder, Black Pepper, Dextrose (From Maize)), Carrot, Peas, Mixed Herbs, Vegetable Oil

DAIRY FREE



Tempura Fish

NUTRITION INFORMATION

Servings per package: 1

Serving size: 370g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2280kJ (545Cal)	616kJ (147Cal)
PROTEIN	24.9g	6.7g
FAT, TOTAL	17.9g	4.8g
- SATURATED	4.0g	1.1g
CARBOHYDRATE	65.3g	17.6g
- SUGARS	7.4g	2.0g
SODIUM	961mg	259mg

Contains Wheat, Fish

201923 - Teriyaki Chicken

Ingredients: Chicken Thigh Cutlet Skin On, Potato - Peeled Raw, Baby Carrots, Peas, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Teriyaki Sauce (Water, Sugar, Soy Sauce (18%) (Water, Soybeans, Rice, Salt), Pear Paste, Thickeners (1422, 415), Ginger (2.5%), Sesame Oil, Food Acid (Acetic), Sherry, Garlic, Yeast Extract, Colour (150d)), Milk, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Shallots, Salt, Mixed Herbs, Vegetable Oil

GLUTEN FREE



Teriyaki Chicken

NUTRITION INFORMATION

Servings per package: 1

Serving size: 437g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	3180kJ (760Cal)	729kJ (174Cal)
PROTEIN	52.8g	12.1g
FAT, TOTAL	46.0g	10.5g
- SATURATED	17.5g	4.0g
CARBOHYDRATE	28.8g	6.6g
- SUGARS	9.8g	2.3g
SODIUM	929mg	213mg

Contains Milk, Soybean, Sesame Seeds

May Contain Peanuts, Tree Nuts

500044 - Tuna Patties with Sweet Chilli Sauce

Ingredients: Potato - Peeled Raw, Carrot, Broccoli, Tuna (Skipjack Tuna (92%), Spring Water, Salt), Corn, Peas, Sweet Chilli Sauce (Red Chilli, Sugar, Rice Vinegar, Water, Salt, Thickener (E415), Modified Starch), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Milk, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt, Vegetable Oil, Cumin Powder, Chilli Flakes



Tuna Patties with Sweet Chilli Sauce

NUTRITION INFORMATION

Servings per package: 1

Serving size: 410g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1680kJ (402Cal)	411kJ (98Cal)
PROTEIN	24.4g	6.0g
FAT, TOTAL	10.2g	2.5g
- SATURATED	5.5g	1.3g
CARBOHYDRATE	46.8g	11.4g
- SUGARS	16.2g	4.0g
SODIUM	1080mg	264mg

Contains Wheat, Fish, Milk

May Contain Egg, Soybean

500029 - Veal Schnitzel & Gravy

Ingredients: Potato - Peeled Raw, Veal Schnitzel (Veal (66%), Breadcrumbs (Wheat Flour, Salt, Yeast, Mineral Salt (516), Acidity Regulator (300, Enzyme, Colour (160b)), Batter (Thickeners (1404, 412), Wheat Flour, Herbs And Spices), Vegetable Oil, Textured Vegetable Protein (Soy), Seasoning (Salt, Hydrolysed Vegetable Protein (Soy), Dehydrated Vegetables (Soy), Spices, Herbs, Vegetable Oil, Mineral Salt (451), Soy Protein.), Cauliflower, Peas, Water, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Milk, Gravy Mix (Thickeners (1442, 1422, 415), Milk Solids, Tapioca Starch, Salt, Flavour Enhancers (621, 635), Vegetable Oils, Hydrolysed Vegetable Protein (Maize), Colours (150d (Sulphite), 101), Glucose, Flavours (Soy), Dehydrated Vegetables, Sugar, Mineral Salts (340, 451), Maltodextrin (Maize), Emulsifiers (471, 472e), Rice Flour, Yeast Extract, Spice Extract), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Salt



Veal Schnitzel & Gravy

NUTRITION INFORMATION

Servings per package: 1

Serving size: 427g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2360kJ (563Cal)	553kJ (132Cal)
PROTEIN	30.2g	7.1g
FAT, TOTAL	25.9g	6.1g
- SATURATED	13.1g	3.1g
CARBOHYDRATE	46.8g	11.0g
- SUGARS	6.5g	1.5g
SODIUM	1470mg	345mg

Contains Wheat, Milk, Soybean

May Contain Egg

201931 - Vegetarian Casserole

Ingredients: Potato - Peeled Raw, Pumpkin, Peas, Lentils (Lentils (65%), Water, Salt, Firming Agent (Calcium Chloride (E509), Antioxidant (Ascorbic Acid (E300), Natural Flavouring), Onion, Tomato Coulis (Tomatoes (49%) (Firming Agent (Calcium Chloride)), Tomato Puree (Tomato Paste, Water), Onions, Sunflower Oil, Sugar, Salt, Herbs & Spices, Food Acid (Citric)), Eggplant, Zucchini, Cauliflower, Chickpeas (Chickpeas (60%), Water, Salt, Food Acid (300)), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Parmesan Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Rennet)), Milk, Vegetable Oil, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Coriander Leaves, Salt, Paprika, Curry Powder



Vegetarian Casserole

NUTRITION INFORMATION

Servings per package: 1

Serving size: 429g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1810kJ (433Cal)	423kJ (101Cal)
PROTEIN	18.9g	4.4g
FAT, TOTAL	17.6g	4.1g
- SATURATED	8.1g	1.9g
CARBOHYDRATE	42.1g	9.8g
- SUGARS	11.0g	2.6g
SODIUM	843mg	196mg

Contains Milk, Sulphites

**May Contain Wheat, Peanuts, Tree Nuts,
Sesame Seeds**

201921 - Vegetarian Pasta Bake

Ingredients: Milk, Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Baby Carrots, Macaroni (Durum Wheat, Semolina), Onion, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Bechamel Sauce Mix (Modified Starch (1442), Skim Milk Powder, Maltodextrin (From Corn), Rice Flour, Iodised Salt, Modified Starch (1422), Creamer (Glucose Syrup, Vegetable Oil, Milk Protein, Stabilisers (331, 340), Anti Caking Agent (551)), Sugar, Vegetable Gums (412, 415), Food Acid (330), Flavour Enhancer (635), Yeast Extract, Flavour, White Pepper, Cheese Powder, Colour (160a)), Bread Crumbs (Wheat Flour, Salt, Sugar, Yeast), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Lemon Juice (100% Reconstituted Lemon Juice, Preservative (223), Antioxidant (300)), Wholegrain Mustard (Vinegar, Water, Mustard Seed (27%)), Honey, Salt, Brown Mustard Husk (2%), Natural Spice Flavouring, Tarragon), Salt, Garlic, Parsley, Mixed Herbs, Pepper



Vegetarian Pasta Bake

NUTRITION INFORMATION

Servings per package: 1

Serving size: 426g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2030kJ (486Cal)	478kJ (114Cal)
PROTEIN	20.0g	4.7g
FAT, TOTAL	20.3g	4.8g
- SATURATED	11.1g	2.6g
CARBOHYDRATE	52.6g	12.4g
- SUGARS	16.8g	3.9g
SODIUM	824mg	194mg

Contains Wheat, Milk

201913 - Vegetarian Pie

Ingredients: Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Potato - Peeled Raw, Onion, Ricotta Cheese (Whey, Pasteurised Milk, Milk Solids, Acidity Regulator (260), Salt, Preservative (202)), Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Carrot, Corn, Peas, Broccoli, Tomato Paste, Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Vegetable Oil, Garlic, Salt, Worcestershire Sauce (Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Natural Flavours, Colour (Caramel Iv), Spice Extract), Oregano, Thyme, Pepper

GLUTEN FREE



Vegetarian Pie

NUTRITION INFORMATION

Servings per package: 1

Serving size: 396g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1830kJ (437Cal)	462kJ (110Cal)
PROTEIN	13.0g	3.3g
FAT, TOTAL	24.9g	6.3g
- SATURATED	14.2g	3.6g
CARBOHYDRATE	33.1g	8.4g
- SUGARS	12.0g	3.0g
SODIUM	693mg	175mg

Contains Milk

201903 - Vegetarian Rissotto with Mushroom

Ingredients: Arborio Rice, Panache Vegetable Mix (Broccoli, Carrot, Red Capsicum, Baby Corn, Sugar Snap Peas), Mushroom, Peas, Onion, Cream (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), White Wine, Parmesan Cheese (Pasteurised Milk, Salt, Starter Cultures, Enzyme (Rennet)), Butter (Pasteurised Cream (From Milk), Salt, Milk Fat (Minimum 80%)), Garlic, Vegetable Oil, Chicken Stock (Southern Ocean Sea Salt, Rice Flour, Maize, Matodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Thyme, Pepper

GLUTEN FREE



Vegetarian Rissotto with Mushroom

NUTRITION INFORMATION

Servings per package: 1

Serving size: 411g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	2470kJ (590Cal)	600kJ (143Cal)
PROTEIN	22.4g	5.4g
FAT, TOTAL	17.3g	4.2g
- SATURATED	9.8g	2.4g
CARBOHYDRATE	78.1g	19.0g
- SUGARS	6.0g	1.5g
SODIUM	185mg	45mg

Contains Milk

May Contain Egg

201909 - Zucchini Slice

Ingredients: Jardin Vegetable Mix (Carrot, Cauliflower, Broccoli, Baby Corn, Sugar Snap Peas), Zucchini, Bacon (Pork, Water, Cure Salt, Sugar, Mineral Salts (451, 450), Antioxidant, Preservative (250), Wood Smoke), Egg, Onion, Tasty Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Natural Preservative (200)), Self Raising Flour, Vegetable Oil, Pepper



Zucchini Slice

NUTRITION INFORMATION

Servings per package: 1

Serving size: 395g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	1850kJ (443Cal)	469kJ (112Cal)
PROTEIN	30.4g	7.7g
FAT, TOTAL	21.4g	5.4g
- SATURATED	11.0g	2.8g
CARBOHYDRATE	28.6g	7.3g
- SUGARS	8.2g	2.1g
SODIUM	1430mg	362mg

Contains Wheat, Egg, Milk