



Economy - Beef Diane

Delicious lean beef cooked in a creamy mushroom sauce, served with pasta, peas and corn.

Pasta is a good source of selenium, which is a vital mineral for the human body. It increases immunity, takes part in antioxidant activity that defends against free radical damage and inflammation, and plays a role in maintaining a healthy metabolism.



Ingredients

Beef (26%), Pasta (22%) (Water, Penne Pasta (Durum **Wheat**, Semolina), Canola Oil, Lo Salt, Pepper), Peas (12%), Sweet Corn (12%), Carrots, Mushrooms, Celery, Onions, **Milk** Powder, Tomato Paste, Cream (**Milk** Solids, Thickener (1422), Stabiliser (460, 466, 452), Emulsifier (471)), Textured Vegetable Protein Granules (**Soy** Flour, Caramel Colour (150a)), Garlic, Tapioca, Worcestershire Sauce (Colour (150d)), Canola Oil, Lo Salt Gravy Mix (contain **Soy**, Colour (150a)), Modified Corn Starch (1422), **Soy** Powder (contains **Soy**, Acidity Regulator (270)), Lo Salt, Beef Stock Blend (contains **Soy**, Flavour Enhancer (627, 631)), Vegetable Gums (412, 415), Pepper.

CONTAINS GLUTEN, WHEAT, SOY, MILK. MAY CONTAIN EGGS.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 2016kj (483Cal) | 560kJ (134Cal) |
| Protein: | 32.4g | 9g |
| Fat, Total: | 17.6g | 4.9g |
| --Saturated: | 6.5g | 1.8g |
| Carbohydrates: | 46.1g | 12.8g |
| --Sugars: | 7.9g | 2.2g |
| Dietary Fibre: | 7.2g | 2g |
| Sodium: | 403mg | 112mg |
| Potassium: | 684mg | 190mg |

Disclaimer:

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Economy - Hickory BBQ Beef

Lightly spiced, Southern styled BBQ flavoured beef casserole with creamy potato mash, juicy carrots and peas.

Cumin is a spice that contains key nutrients such as iron and copper, which are needed for healthy red blood cells. Potassium, needed for controlling blood pressure and heart rate, can also be found in cumin along with zinc, which plays an important role in immune function.



Ingredients

Beef (23%), Potato (16%) (contains preservative (220) (**Sulphite**)), Water, Carrots, Peas, Crushed Tomatoes (contains Citric Acid Aid (330)), Cannellini Beans, Onions, Tomato Paste, Sugar, Sweet Corn, Lemon Juice (contains Preservative (223) (**Sulphite**), Antioxidant (300)), Textured Vegetable Protein (**Soy** Flour, Caramel Colour (150a)), Canola Oil, **Milk** Powder, Vegetable Shortening (contains Emulsifiers (435, 471), Antioxidant (307b (**Soy**)), Worcestershire Sauce (contains Colour (150d)), Tapioca, Potato Flakes (contains Emulsifier (471), Citric Acid (330)), Potato Starch (contains Preservative (220) (**Sulphites**)), Modified Corn Starch (1422), Garlic, Lo Salt Gravy Mix (contains **Soy**, Colour (150a)), Ginger (contains Food Acid (260), Preservative (202), Vegetable Gum (415, 412)), Pepper, Coriander, Smoke Flavour (contains Food Acid (260)), Paprika, Mustard Powder, Cumin, Lo Salt, Chilli, Parsley, Vegetable Gum (415), Nutmeg.

CONTAINS SOY, MILK, SULPHITES.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1631kj (391Cal) | 453kJ (109Cal) |
| Protein: | 29.5g | 8.2g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 12.6g | 3.5g |
| --Saturated: | 4.3g | 1.2g |
| Carbohydrates: | 36.4g | 10.1g |
| --Sugars: | 14g | 3.9g |
| Dietary Fibre: | 7.2g | 2g |
| Sodium: | 288mg | 80mg |
| Potassium: | 940mg | 261mg |

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Economy - Lamb & Almond Curry

A satisfying curry with tender lean diced lamb leg in mild turmeric curry gravy, fluffy rice with sweet raisins, beans, carrots and corn. It is estimated that in Australia, up to 5% of the population has iron deficiency or anaemia. Iron is a mineral required to transport oxygen through the blood and is essential for providing energy for daily life. The iron found in lamb is called Heme iron and is more easily absorbed than non-heme iron (found in plants).



Ingredients

Lamb Curry (50%) [Lamb (29%), Water, Carrots, Onion, Curry Powder, Tapioca Starch, Modified Corn Starch (1422), Cream (**Milk**), **Almond** Meal, Ginger (Food Acid (260), Preservative (202), Vegetable Gum (415, 412), Garlic Canola Oil, Vegetable Protein Extract (**Soy**, Maltodextrin (Corn), Rice Bran Oil), Turmeric, Chilli Powder, Lo Salt], Beans, Carrots and Corn (31%) (Green Beans (8%), Sweet Corn (8%), Carrots, Water, (Vegetable Gum (415), Lo Salt), Raisin Rice (19%) (Water, White Rice (6%), Raisins, Canola Oil, Lo Salt).

CONTAINS MILK, SOY, ALMONDS.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1526kj (366Cal) | 424kJ (102Cal) |
| Protein: | 26.3g | 7.3g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 13.7g | 3.8g |
| --Saturated: | 4g | 1.1g |
| Carbohydrates: | 31.7g | 8.8g |
| --Sugars: | 7.6g | 2.1g |
| Dietary Fibre: | 7.2g | 2g |
| Sodium: | 310mg | 86mg |
| Potassium: | 580mg | 161mg |

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Economy - Potato & Spinach Oat Cakes

A moist potato and spinach oatcake, traditional baked beans, beef sausage, corn and capsicum mix and a tasty dollop of tomato relish on the side.

Beans such as cannellini are an exception part of a healthy diet as they provide you with a high protein and fibre content without overloading a meal with calories

Ingredients

Baked Beans (26%) (Navy Beans (54%), Tomato Sauce (Water, Tomato Paste, Sugar, Thickener (1422), Salt, Spice Seasoning)), Potatoes (13%) (contains Preservative (220) (**Sulphites**)), Sweet Corn (12%), Beef Chipolata (11%) (Beef (63%), Potato Starch, Salt, **Soy** Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223) (**Sulphites**), Tomato Salsa (Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (contains Preservative (223) (**Sulphites**)), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract, (**Soy**), Cumin, Lo Salt, Vegetable Gums (412, 415), Oregano, Pepper), Onions, Capsicum (6%), Spinach (3%), **Egg** Pulp, Oats, Cheddar Cheese (**Milk**), Cream (**Milk**), Self-Raising Flour (**Wheat** Flour, Raising Agents (450,500, Vitamins (Thiamin, Folic Acid)), Canola Oil, Bread Crumb (**Wheat** Flour), Lo Salt, Vegetable Gums (412, 415), Paprika.

CONTAINS GLUTEN, WHEAT, OATS, EGGS, SOY, MILK, SULPHITES. MAY CONTAIN RYE, BARLEY & LUPIN.

Nutritional Details

| Nutritional Details | Regular Size 350g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1505kj (361Cal) | 430kJ (103Cal) |
| Protein: | 15.8g | 4.5g |
| Fat, Total: | 13.7g | 3.9g |
| --Saturated: | 5.2g | 1.5g |
| Carbohydrates: | 39.9g | 11.4g |
| --Sugars: | 8.8g | 2.5g |
| Dietary Fibre: | 8.4g | 2.4g |
| Sodium: | 1645mg | 470mg |
| Potassium: | 850mg | 243mg |

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Economy - Quiche Lorraine

Quiche Lorraine can be enjoyed for breakfast, lunch or dinner and is accompanied by a beef sausage, diced potato and tasty corn cake with tomato relish on the side.

Eggs contribute complete protein and vitamins A and D and are a very nutritious addition to our diet.

Ingredients

Potatoes (35%) (Preservative (220) (**Sulphites**)), Beef Chipolata (13%) (Beef (63%), Potato Starch, Salt, **Soy** Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223) (**Sulphites**)), Tomato Salsa (9%) (Tomato Pulp, Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (Preservative (223) (**Sulphites**)), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract (contains **Soy**), Cumin, Lo Salt, Vegetable Gums (412,415), Oregano, Pepper)), Corn (Corn, Water, Sugar, Salt), **Egg** Pulp, Self-Raising Flour (**Wheat** Flour, Raising Agents (450, 500), Vitamins (Thiamin, Folic Acid)), Shortcrust Pastry (**Wheat** Flour, Water, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Natural Flavour, Antioxidants (304), Natural Colour (160a)), Salt, Citric Acid), Bechamel Sauce (Contains **Milk** Powder, Clarified Butter, Cream (**Milk**), Modified Corn Starch (1420), Vegetable Gum (415)), Diced Bacon (Contains **Soy** Protein, Acidity Regulator (325), Thickeners (407a, 415), Emulsifiers (451, 508, 450, 452), Antioxidant (316), Sodium Nitrite (250)), Cheddar Cheese (**Milk**), Red Capsicum, Spring Onion, Canola Oil, Skim **Milk** Powder, Sugar, Coriander, Garlic, Salt, Vegetable Gum (407), Chives, Parsley, Baking Powder (contains **Wheaten**, Corn Flour, Mineral Salt (339, 341, 450, 500)), Baking Soda, Lo Salt, Pepper.

CONTAINS GLUTEN, WHEAT, EGGS, SOY, MILK, SULPHITES, NITRITES.

Nutritional Details

| Nutritional Details | Regular Size 320g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1958kj (470Cal) | 612kJ (147Cal) |
| Protein: | 19.5g | 6.1g |
| Fat, Total: | 21.8g | 6.8g |
| --Saturated: | 9.6g | 3g |
| Carbohydrates: | 46.4g | 14.5g |
| --Sugars: | 9.3g | 2.9g |
| Dietary Fibre: | 5.4g | 1.7g |
| Sodium: | 906mg | 283mg |

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Economy - Satay Lamb

Aromatic Malaysian style lamb satay is a favourite with creamy coconut sauce served with fluffy rice and sweet raisins, beans, corn and carrot.

Unlike cow's milk, coconut milk is lactose free so can be used as a milk substitute by those with lactose intolerance.



Ingredients

Lamb (25%), Raisin Rice (22%) [Water, White Rice, Raisins, Canola Oil, Lo Salt], Carrots (12%), Green Beans (8%), Sweet Corn (8%), Water, Sunflower Seeds, Onion, Capsicum, Crushed Tomatoes (Citric Acid (330)), Coconut **Milk** Powder (Maltodextrin (Corn), **Milk** Protein), Lemon Juice (Preservative (223) (**Sulphites**)), Antioxidant (300)), Textured Vegetable Protein (**Soy** Flour, Caramel Colour (150a)), Ginger (Food Acid (260)), Preservative (202), Vegetable Gum (415, 412), Garlic, Sugar, Modified Corn Starch (1422), Beef Stock Blend (**Soy**, Flavour Enhancer 627, 631), Tapioca, Canola Oil, Turmeric, Cumin, Paprika, Chilli Powder, Chinese Five Spice, Pepper, Lo Salt), Vegetable Gum (415), Lo Salt.

CONTAINS MILK, SOY & SULPHITES.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1962kj (471Cal) | 545kJ (131Cal) |
| Protein: | 27.7g | 7.7g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 23g | 6.4g |
| --Saturated: | 4g | 1.1g |
| Carbohydrates: | 36.7g | 10.2g |
| --Sugars: | 9.7g | 2.7g |
| Dietary Fibre: | 7.6g | 2.1g |
| Sodium: | 324mg | 90mg |
| Potassium: | 641mg | 178mg |

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Economy - Spinach & Diced Lamb Lasagne

Spinach and diced lamb between layers of fresh egg pasta sheets topped with a cheddar cheese crust and served with diced potatoes in a creamy sauce and seasoned carrots. Spinach is well-known for its nutritional qualities. It is also low in fat and even lower in cholesterol. Spinach is an excellent source of many vitamins, in particular vitamin K which is important for maintaining bone health. It is difficult to find vegetables richer in vitamin K than spinach.



Ingredients

Carrots (25%), Potato (18%) (Preservative (220) (**Sulphites**)), Lamb (16%), Spinach (11%), Bechamel Sauce (11%) (Water, **Milk Powder**, Clarified Butter (**Milk**), Cream (**Milk**)), Tapioca, Salt, Modified Corn Starch (1420), Vegetable Gum (415)), Lasagne Sheets (8%) (Durum **Wheat Semolina**, **Egg**, Water), Cheddar Cheese (**Milk**), Onions, Couscous (Durum **Wheat Semolina**), Tapioca, Cheese Powder (**Milk**), Citric Acid (330)), Skim **Milk Powder**, Modified Corn Starch (1422), Canola Oil, Garlic, Vegetable Gums (412, 407, 415), Paprika, Pepper, Lo Salt, Parsley, Nutmeg.

CONTAINS GLUTEN, WHEAT, EGGS, MILK, SULPHITES.

Nutritional Details

| Nutritional Details | Regular Size 370g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1913kj (459Cal) | 517kJ (124Cal) |
| Protein: | 27.8g | 7.5g |
| Fat, Total: | 15.5g | 4.2g |
| --Saturated: | 8.1g | 2.2g |
| Carbohydrates: | 47.4g | 12.8g |
| --Sugars: | 11.1g | 3g |
| Dietary Fibre: | 7.8g | 2.1g |
| Sodium: | 444mg | 120mg |
| Potassium: | 1077mg | 291mg |

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Economy - Chicken Cajun Casserole

Chicken mildly spiced with paprika, served with herb-infused rice and tender green beans. Paprika is loaded with essential vitamins and minerals, carotenoids and antioxidants that can deliver many benefits to your body. It may help maintain eye health thanks to the carotenoids. It also helps promote blood formation and healthy circulation.



Ingredients

Herb Rice (28%) (Water, White Rice, Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Green Beans (26%), Chicken Breast (25%), Potato (contains Preservative (220) (**Sulphite**)), Onions, Capsicum, Peas, Tapioca, Tomato Paste, Modified Corn Starch (1422), Canola Oil, Seasoning (Sweet Paprika, Salt, Pepper, Onion Powder, Garlic Powder, Cayenne Pepper, Cumin, Nutmeg, Thyme, Oregano, Bay Leaves), Lo Salt Gravy Mix (contains **Soy**, Colour (150a)), Vegetable Gums (412, 415), Lo Salt.

CONTAINS SOY & SULPHITES.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1343kJ (322Cal) | 373kJ (89Cal) |
| Protein: | 25.6g | 7.1g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 6.1g | 1.7g |
| --Saturated: | 1.1g | 0.3g |
| Carbohydrates: | 37.4g | 10.4g |
| --Sugars: | 4.3g | 1.2g |
| Dietary Fibre: | 5.8g | 1.6g |
| Sodium: | 374mg | 104mg |
| Potassium: | 605mg | 168mg |

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Economy - Chicken Chasseur

Appetising chicken casserole in a tomato and mushroom sauce with seasoned potatoes, carrots and peas.

Garlic contains a compound called Allicin, which is believed to have many health benefits including reducing the severity of common illnesses like the flu and the common cold.



Ingredients

Potato (27%) (Preservative (220) (**Sulphite**)), Chicken Breast (23%), Carrots (13%), Peas (13%), Crushed Tomatoes (contains Citric Acid (330)), Mushrooms, Onions, Canola Oil, Tomato Paste, Tapioca, Lo Salt Gravy Mix (contains **Soy**, Colour (150a)), Garlic, Lo Salt, Pepper, Dried Parsley, Vegetable Gums (412, 415), Dried Mixed Herbs.

CONTAINS SOY & SULPHITES.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1278kJ (306Cal) | 355kJ (85Cal) |
| Protein: | 27.4g | 7.6g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 7.9g | 2.2g |
| --Saturated: | 1.4g | 0.4g |
| Carbohydrates: | 27g | 7.5g |
| --Sugars: | 8.3g | 2.3g |
| Dietary Fibre: | 7.9g | 2.2g |
| Sodium: | 428mg | 119mg |
| Potassium: | 1044mg | 290mg |

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Economy - Red Curry Chicken

This Thai-style chicken casserole has an authentic spicy red curry and coconut cream sauce, served with fluffy rice, sweet raisins and carrots.

Raisins are filled with fibre, potassium, iron and other essential nutrients and are free from saturated fat and cholesterol.



Ingredients

Raisin Rice (28%) (Water, White Rice, Raisins, Canola Oil, Lo Salt), Carrots (26%), Chicken Breast (25%), Pumpkin (11%), Crushed Tomatoes (contains Citric Acid (330)), Onions, Coconut **Milk** Powder (contains Maltodextrin (Corn), **Milk** Protein), Modified Corn Starch (1422), Tapioca, **Soy** Protein Isolate, Canola Oil, Lemon Juice (contains Preservative (223 (**Sulphites**)), Antioxidant (300)), Chicken Stock Blend (contains Flavour Enhancers (627, 631)), Ground Paprika, Ground Coriander, Chilli Powder, Ground Cumin, Ginger (contains Food Acid (260), Preservative (202), Vegetable Gums (415, 412)), Garlic, Turmeric Powder, Curry Leaves, Vegetable Gum (415), Pepper, Kaffir Lime Leaves.

CONTAINS MILK, SOY & SULPHITES.

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1516kj (363Cal) | 421kJ (101Cal) |
| Protein: | 25.9g | 7.2g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 9.7g | 2.7g |
| --Saturated: | 1.1g | 0.3g |
| Carbohydrates: | 38.9g | 10.8g |
| --Sugars: | 12.2g | 3.4g |
| Dietary Fibre: | 6.5g | 1.8g |
| Sodium: | 302mg | 84mg |
| Potassium: | 727mg | 202mg |

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Economy - Turkey Provencale

Diced turkey cooked in a mild tomato based sauce, served with herbed flavoured rice and sweet tender green peas.

Turkey contains an amino acid called tryptophan. This amino acid is a precursor for the brain chemical serotonin, which is associated with healthy sleep.



Ingredients

Herb Rice (28%) (Water, White Rice, Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Turkey (25%), Peas (25%), Carrots, Crushed Tomatoes (contains Citric Acid (330)), Onions, Tomato Paste, Modified Corn Starch (1422), **Soy Protein Isolate**, Garlic, Sugar, Vegetable Gums (415, 412), Dried Rosemary, Dried Thyme, Lo Salt. **CONTAINS SOY.**

Nutritional Details

| Nutritional Details | Regular Size 360g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1519kj (364Cal) | 422kJ (101Cal) |
| Protein: | 30.2g | 8.4g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 6.5g | 1.8g |
| --Saturated: | 1.4g | 0.4g |
| Carbohydrates: | 41.4g | 11.5g |
| --Sugars: | 6.1g | 1.7g |
| Dietary Fibre: | 8.6g | 2.4g |
| Sodium: | 428mg | 119mg |
| Potassium: | 760mg | 211mg |

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Economy - Sweet Vegetable Curry

A mildly spiced Indian curry will prove to be a vegetarian favourite - served with cauliflower speckled with mustard seeds and rice with tomatoes.

Cauliflower is one of the vegetables that is believed to be beneficial in boosting our intestinal defences, which may lower the risk of inflammatory bowel diseases such as ulcerative colitis.



Ingredients

Cauliflower (24%), Tomato Rice (19%) (Water, White Rice, Tomato Paste, Lo Salt), Chickpeas (11%), Peas (11%), **Soy Milk** (Water, **Soybeans**, Sugar, Calcium Phosphate, Vegetable Gums (460, 466, 407), Flavours, Sea Salt, Food Acids (340,331)), Carrots (8%), Sweet Corn (6%), Tomato Paste, Capsicum (2.5%), Onions, Tapioca, Canola Oil, Curry Powder, Garlic, Vegetable Stock Blend (contains Flavour Enhancer (627, 631)), Turmeric, Mustard Seeds, Vegetable Gums (412, 415), Lo Salt, Chilli Powder.

CONTAINS SOY.

Nutritional Details

| Regular Size 370g Per Serve | | |
|-----------------------------|------------------------------|---------------------------|
| Nutritional Details | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1362kj (327Cal) | 368kJ (88Cal) |
| Protein: | 13g | 3.5g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 7g | 1.9g |
| --Saturated: | 0.7g | 0.2g |
| Carbohydrates: | 46.6g | 12.6g |
| --Sugars: | 7.8g | 2.1g |
| Dietary Fibre: | 12.2g | 3.3g |
| Sodium: | 377mg | 102mg |
| Potassium: | 773mg | 209mg |

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