



## Aromatic Braised Lamb

Tender diced lamb delicately spiced with cinnamon, ginger and paprika, with potato bake, beans and sweet potato.

If you are looking for a tasty, warming meal that is Gluten Free and Low Sodium, this meal is sure to warm you on a wintery night.



### Ingredients

Braised Lamb (38%) (Lamb (22%), Onions, Prunes, Prune Juice, Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Raisins, Spice Glaze (Maltodextrin, Sugar, Herbs And Spices, Salt, Vegetable Gums {Xanthan, Methyl Cellulose, Guar} Natural Colour {Paprika Oleoresin}, Natural Flavour), Garlic, Ginger, Tapioca, Canola Oil, Cinnamon, Paprika, Salt, Chilli Powder, Pepper), Potato Bake (Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper), Green Beans, Sweet Potatoes.

**CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONE/BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1488kJ (357Cal)	372kJ (89Cal)
Protein:	27.6g	6.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.8g	1.7g
--Saturated:	2g	0.5g
Carbohydrates:	44.4g	11.1g
--Sugars:	16.8g	4.2g
Dietary Fibre:	8g	2g
Sodium:	320mg	80mg
Potassium:	1120mg	280mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.



## Beef Goulash

Tender strips of beef cooked to perfection with peas, beans, broccoli, carrots and steamed potatoes.

Lean beef is very high in protein and is loaded with highly bioavailable iron, vitamin B12 and numerous other nutrients. It is a great source of iron in your diet.



## Ingredients

Beef Goulash (48%) [Beef (23%), Onions, Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Capsicum, Carrots, Potatoes, Tomato Paste (Concentrated Tomato, Salt), Tapioca, Paprika, Salt, Pepper], Potatoes, Carrots, Broccoli, Beans, Peas, Canola Oil, Parsley.

**MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1416kJ (339Cal)	363kJ (87Cal)
Protein:	37.4g	9.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.8g	2g
--Saturated:	3.1g	0.8g
Carbohydrates:	26.9g	6.9g
--Sugars:	8.2g	2.1g
Dietary Fibre:	8.2g	2.1g
Folate:	93.6ug (12% RDI)	24ug
Sodium:	324mg	83mg
Potassium:	1154mg	296mg
Phosphorus:	280mg (28% RDI)	72mg

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## Beef in Red Wine Casserole

Tender diced beef casseroled in red wine and served with sweet potato mash, beans, peas and broccoli.

A healthy serving of protein is often the key to staying fuller for longer. Consider your heart health and choose lean meat. Sweet potato is a great choice for a lower carbohydrate and contains some vitamin C, protein and potassium.



### Ingredients

Casserole (51%) (Beef (22%), Onions, Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Carrot, Red Wine (5%) {Preservative 202,220} (**Sulphites**), Celery, Tomato Paste (Concentrated Tomato, Salt), Paprika, Tapioca, Salt, Canola Oil, Pepper), Sweet Potato Mash (Potatoes, Sweet Potato, Skim **Milk**, Tapioca, Salt, Pepper), Broccoli, Beans, Peas.

**CONTAINS MILK, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1384kJ (332Cal)	346kJ (83Cal)
Protein:	26g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.6g	1.9g
--Saturated:	3.2g	0.8g
Carbohydrates:	38.8g	9.7g
--Sugars:	5.2g	1.3g
Dietary Fibre:	8.4g	2.1g
Folate:	92ug (46% RDI)	23ug
Sodium:	352mg	88mg
Potassium:	1032mg	258mg
Phosphorus:	338mg (34% RDI)	85mg

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## Beef Lasagne - New Recipe

Layers of fresh pasta with a traditional bolognese sauce, cheese, peas, carrots and cauliflower.

Pasta is a great source of carbohydrates, which is essential to fuel our brain and muscles.

Tomato based sauces are rich in antioxidants which have many functions including playing a role in cardiovascular health.



### Ingredients

Lasagne (54%) [Water, Tomato Passata, Durum **Wheat**, Beef (8%), **Soy**, Onions, **Wheat** Flour, Thiamine, Folate, Cheese Tasty Cheddar (Pasteurised **Milk**, Salt, Culture, enzyme), Anticaking Agent (460), Preservative (200), Tomato Paste, Canola Oil, **Milk**, Salt, Resistamyl, Modified Maize Starch, (E1422), Margarine, Parsley, Booster Flavour (Dehydrated Vegetables), Garlic, Cheese Flavour, Flavour Enhancer (621), **Egg**, Paprika, White Pepper, Oregano, Sugar, Nutmeg, Basil, Salt, Colours (E102), (E110), Black Pepper], Sauce [Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Carrots, Peas, Cauliflower, Parmesan Cheese (**Milk**), Parsley.

**CONTAINS GLUTEN, WHEAT, MILK, SOY, EGGS. MAY CONTAIN CRUSTACEA, FISH, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

	Regular Size 370g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1554kJ (373Cal)	420kJ (101Cal)
Protein:	20g	5.4g
Fat, Total:	10.7g	2.9g
--Saturated:	4.1g	1.1g
Carbohydrates:	49.6g	13.4g
--Sugars:	13g	3.5g
Dietary Fibre:	5.9g	1.6g
Sodium:	1021mg	276mg
Potassium:	962mg	260mg

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## Beef Meatloaf with Gravy

Tasty and lean, our beef meatloaf is served with a mustard infused gravy, carrots, peas and sweet potato mash.

We use lean beef mince for our meatloaf. All TLC meals that contain mashed potatoes are made with real potatoes. We do not use any potato substitutes or instant mash in our meals.



### Ingredients

Meatloaf (30%) (Beef Mince (16%), Onions, Breadcrumbs (**Wheat**), Light Evaporated **Milk**, **Eggs**, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Worcestershire Sauce (Water, White Vinegar, Molasses, Onions, Salt, Garlic, Spices, Natural Flavours, Colour (150d)), Garlic, Mustard, Salt, Parsley, Pepper), Sweet Potato Mash (Potatoes, Sweet Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Gravy (15%) [(Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Dijon Mustard (Water, Mustard Seeds, Salt, Sugar, Food Acid (Acetic) Turmeric)], Peas, Carrots, Parsley.

**CONTAINS GLUTEN, WHEAT, EGG, MILK. MAY CONTAIN SOY, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS**

### Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1336kJ (320Cal)	334kJ (80Cal)
Protein:	28g	7g
Fat, Total:	4.8g	1.2g
--Saturated:	1.6g	0.4g
Carbohydrates:	36.4g	9.1g
--Sugars:	12.8g	3.2g
Dietary Fibre:	8.9g	2.2g
Sodium:	588mg	147mg
Potassium:	904mg	226mg

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## Beef Patty with Tomato Relish

Generous prime beef patty topped with a tomato based relish, served with potato wedges, mushy peas and carrot rounds.

Beef is not only a great source of protein but it is also a rich source of iron, which is essential for growth and development.



### Ingredients

Beef Patty (25%) [Beef (69%), Rehydrated Onions, Breadcrumbs (**Wheat** Flour, Water, Yeast, Canola Oil, Salt, Acidity Regulator (262)), Textured **Soy** Protein, **Egg**, Salt, Whey (**Milk**) Protein Concentrate, Modified Food Starch (1442), Spices, Hydrolysed Maize Protein, Mineral Salt (451), Beef Extract], Potato Wedges (25%) [Potato, Paprika, Salt, Pepper], Peas, Carrots, Tomato Sauce (15%) [Sauce (Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330))), Onions, Tapioca, Celery, Oil, Garlic, Basil, Salt, Pepper), Relish [Tomato, Apple, Sultanas, Water, Sugar, Onions, Thickener (1422), Salt, Food Acid (260), Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds)].

**CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1884kJ (452Cal)	471kJ (113Cal)
Protein:	25.2g	6.3g
Fat, Total:	18.4g	4.6g
--Saturated:	8.4g	2.1g
Carbohydrates:	40.4g	10.1g
--Sugars:	12g	3g
Dietary Fibre:	10.8g	2.7g
Sodium:	676mg	169mg
Potassium:	1372mg	343mg

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## Beef Polpette with Diane Sauce

Appetizing beef meatballs in a tasty Diane sauce, served with potato bake, beans, carrots and pumpkin.

Beef is a fantastic source of protein, loaded with vitamins, minerals, antioxidants.

## Ingredients

Beef Meatballs (25%) (Beef Meat (70%), Water, Textured Vegetable Protein, **Wheat** Fibre, Dextrose, Hydrolysed Vegetable Protein, **Gluten**, Vegetable Powders, Salt, Rice, Oil, Herbs, Spices, Maize), Potato Bake (25%) [Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper], Diane Sauce (15%) [Water, Cream (**Milk**), Bechamel Sauce (Water, **Milk** Powder (Whole **Milk**, **Milk** Solids), Clarified Butter (**Milk**), Cream (**Milk**), Tapioca, Salt, Modified Corn Starch (1420), Vegetable Gum (415)), Lo Salt Gravy Mix (**Soy**), Worcestershire Sauce (Contains Colour (150d)), Tomato Paste, Garlic, Sugar, Tapioca, Modified Corn Starch (1422), Lo Salt, Canola Oil, **Soy** Powder (**Soy**, Acidity Regulator [270]), Vegetable Protein Extract (Contains **Soy**, Maltodextrin (Corn)), Beef Stock Blend (Contains **Soy**, Flavour Enhancer (627, 631)), Vegetable Gum (415)], Beans, Carrots, Pumpkin, Parsley.

**CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1644kj (394Cal)	411kJ (99Cal)
Protein:	22g	5.5g
Fat, Total:	19.6g	4.9g
--Saturated:	13.2g	3.3g
Carbohydrates:	31.6g	7.9g
--Sugars:	11.6g	2.9g
Dietary Fibre:	6.4g	1.6g
Sodium:	1120mg	280mg
Potassium:	1044mg	261mg

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## Beef Ravioli with Bolognese Sauce

A generous serve of traditional ravioli with a tasty beef and tomato sauce served with carrot batons and green beans.

Minced beef is rich in iron which essential for carrying oxygen throughout our body. Tomato based sauces are filled with the powerful anti-oxidant Lycopene which is essential for prostate health.



### Ingredients

Beef Ravioli (75%) (Durum **Wheat** Semolina, Beef, Breadcrumbs (**Wheat**), Parmesan Cheese (**Milk**), Carrots, Onions, Celery, Salt, Beef Booster, Pepper), Sauce (Crushed Tomatoes, Water, Beef, Onions, Texturized Vegetable Protein (**Soy**), Cornflour, Sugar, Salt, Vegetable Booster, Garlic, Pepper, Basil, Carrots, Oregano, Celery, Beef Booster), Beans, Carrots, Parsley.

**CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN CRUSTACEA, EGG, FISH, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1520kj (365Cal)	380kJ (91Cal)
Protein:	24.8g	6.2g
Fat, Total:	4.8g	1.2g
--Saturated:	1.6g	0.4g
Carbohydrates:	62g	15.5g
--Sugars:	6.8g	1.7g
Dietary Fibre:	7.6g	1.9g
Sodium:	944mg	236mg
Potassium:	444mg	111mg

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## Beef Tortellini with Boscaiola Sauce

Tasty beef tortellini with a creamy sauce of mushrooms and bacon, served with green beans and carrot rounds.

Mushrooms contain many vital vitamins and minerals such as niacin and other B vitamins. Since certain B vitamins are found in animal tissue and not plants, and most mushrooms have a high protein content, they are a good supplement for vegetarians.



### Ingredients

Tortellini & Sauce (73%) (Durum **Wheat** Semolina, Water, Breadcrumbs (**Wheat**), Beef, Carrot, **Egg**, Celery, texturized Vegetable Protein (**Soy**), Beef Stock, Canola Oil, Cheese Powder (**Milk**), Salt, Pepper], Sauce [Water, Thickened Cream (**Milk**), Bacon, Mushrooms, Full Cream **Milk** Powder, Margarine, Plain Flour (**Wheat**), Shallot, Salt, Pepper, Vegetable Stock, Garlic, Onions, Clove, Bay Leaf, Parmesan Cheese (**Milk**), Nutmeg]), Carrots, Beans.

**CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY. MAY CONTAIN CRUSTACEA, FISH, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1996kj (479Cal)	499kJ (120Cal)
Protein:	23.2g	5.8g
Fat, Total:	18g	4.5g
--Saturated:	11.6g	2.9g
Carbohydrates:	60g	15g
--Sugars:	9.2g	2.3g
Dietary Fibre:	9.2g	2.3g
Folate:	54ug (27% RDI)	13.5ug
Sodium:	768mg	192mg
Potassium:	360mg	90mg
Phosphorus:	285mg (29% RDI)	71mg

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## Corned Silverside with White Sauce

Lightly salted silverside in a creamy white sauce served with potato mash, carrots, broccoli and cauliflower.

Cruciferous vegetables such as broccoli and cauliflower are low in calories and rich in folate, Vitamins C, E, K and fibre. Fibre is an important nutrient to incorporate into your diet if weight loss is a goal. It helps to keep you feeling full for longer.



### Ingredients

Silverside (24%) (Beef (78%) Water, Salt, Curing Mix (Mineral Salt (451), Dextrose, Antioxidant (316), Sodium Nitrite (250), Humectant (422)), Potato Mash (24%) (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), White Sauce (17%) (Water, Skim **Milk** Powder, Tapioca, Canola Oil, Gluten Free Flour, Stock Powder (Sea Salt, Maize Maltodextrin, Sugar, Rice Flour, Natural Vegetable Flavour, Yeast Extract, Disodium Guanylate And Inosinate, Dehydrated Vegetables (Onion, Garlic), Canola Oil, Caramelised Sugar Syrup) Salt, Pepper), Broccoli, Carrots, Cauliflower, Parsley.

**CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1070kJ (257Cal)	261kJ (63Cal)
Protein:	27.1g	6.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.9g	1.2g
--Saturated:	1.6g	0.4g
Carbohydrates:	22.1g	5.4g
--Sugars:	8.6g	2.1g
Dietary Fibre:	6.1g	1.5g
Folate:	106.2ug (53% RDI)	25.9ug
Sodium:	910mg	222mg
Potassium:	1099mg	268mg
Phosphorus:	410mg (41% RDI)	100mg

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## Cottage Beef Pie

Prime minced beef simmered in gravy, topped with pastry, served with potato mash, peas and carrots.

Minced beef provides a good source of the minerals iron and zinc. Iron is essential for the proper growth and development of the human body. It helps metabolise proteins and plays a role in the production of haemoglobin and red blood cells. Zinc maintains heart health by supporting blood vessels. Zinc also supports the immune system.



## Ingredients

Cottage Pie (43%) (Beef (18%), Onions, Peas, Skim **Milk**, Potatoes, Tapioca, Worcestershire Sauce (Water, White Vinegar, Molasses, Onion, Salt, Garlic, Spices, Natural Flavours, Colour (150d)), Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt, Pepper), Potato Mash (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Carrots, Peas, Puff Pastry [**Wheat** Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, **Soy** Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330], Parsley.

**CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1568kJ (376Cal)	392kJ (94Cal)
Protein:	32.8g	8.2g
Fat, Total:	10.8g	2.7g
--Saturated:	4g	1g
Carbohydrates:	32g	8g
--Sugars:	9.2g	2.3g
Dietary Fibre:	8.8g	2.2g
Folate:	112ug (56% RDI)	28ug
Sodium:	480mg	120mg
Potassium:	1028mg	257mg
Phosphorus:	329mg (33% RDI)	82mg

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## Curried Sausages

Tasty skinless sausages in a mild curry sauce, with pumpkin and potato mash, green beans and cauliflower.

A hearty dish that is loaded with flavour and vegetables. The curry spices have a number of valuable health benefits which includes supporting heart, bone and liver health.



## Ingredients

Curried Sausages (66%) (Sausages (35%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223) (**Sulphites**), Canola Oil, Spice And Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)] Curry (23%) [Onions, Carrots, Peas, Swede, Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Capsicum, Celery, Curry Powder (0.5%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Tapioca, Vinegar, Ginger, Garlic, Salt, Pepper], Potato Pumpkin Mash (Potatoes, Pumpkin, Skim **Milk**, Tapioca, Salt, Pepper), Beans, Cauliflower. **CONTAINS MILK, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1841kJ (441Cal)	449kJ (108Cal)
Protein:	20.9g	5.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	25.8g	6.3g
--Saturated:	11.9g	2.9g
Carbohydrates:	26.6g	6.5g
--Sugars:	9.8g	2.4g
Dietary Fibre:	9g	2.2g
Folate:	88.6ug (44% RDI)	21.6ug
Sodium:	849mg	207mg
Potassium:	832mg	203mg
Phosphorus:	213mg (21% RDI)	52mg

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## Grilled Steak & Mushroom Sauce

Succulent beef in a mushroom sauce with potato mash, sweet potato and a mix of beans, peas and broccoli.

Mushrooms are very low in sodium and calories and this meal certainly ticks both of these boxes. Medically low in sodium and under 400 calories in total, this is a great tasty meal.



## Ingredients

Potato Mash (26%) (Potatoes, Skim Milk, Tapioca, Salt, Pepper), Beef Steak (22%), Gravy (22%) (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Sweet Potato, Broccoli, Beans, Peas, Mushrooms (3%)), Salt.

**CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1621kj (389Cal)	438kJ (105Cal)
Protein:	31.8g	8.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.7g	2.9g
--Saturated:	5.2g	1.4g
Carbohydrates:	37.7g	10.2g
--Sugars:	7g	1.9g
Dietary Fibre:	5.2g	1.4g
Folate:	82.1ug (37% RDI)	22.2ug
Sodium:	296mg	80mg
Potassium:	1047mg	283mg
Phosphorus:	339mg (34% RDI)	92mg

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## Grilled Steak with Diane Sauce

Moist, tender beef steak topped with tasty Diane sauce with potato wedges, green beans, carrots and peas.

A tasty meal which is heart-friendly and gluten free!



### Ingredients

Potato Wedges (25%) (Potato, Paprika, Salt, Pepper), Beef Steak (22%), Diane Sauce (15%) (Water, Pasteurised Cream (**Milk**), Bechamel Sauce (Water, **Milk** Powder (Whole **Milk**, **Milk** Solids), Clarified Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Salt, Modified Corn Starch (1420), Vegetable Gum (415)), Lo Salt Gravy Mix (**Soy**), Worcestershire Sauce (Contains Colour (150d)), Tomato Paste, Garlic, Sugar, Tapioca Starch, Modified Corn Starch (1422), Lo Salt, Canola Oil, **Soy** Powder (**Soy**, Acidity Regulator [270]), Vegetable Protein Extract (Contains **Soy**, Maltodextrin (Corn)), Beef Stock Blend (Contains **Soy**, Flavour Enhancer (627, 631)), Vegetable Gum (415)), Carrots, Beans, Peas, Parsley.

**CONTAINS MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1656kJ (397Cal)	414kJ (99Cal)
Protein:	36g	9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.2g	2.8g
--Saturated:	4.4g	1.1g
Carbohydrates:	35.2g	8.8g
--Sugars:	9.6g	2.4g
Dietary Fibre:	8.8g	2.2g
Sodium:	424mg	106mg
Potassium:	1016mg	254mg
Phosphorus:	404mg (40% RDI)	101mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.



## Grilled Steak with Potato Bake

Tender beef steak complemented with a mild seeded mustard gravy, served with potato bake, carrot rounds, green beans and cauliflower. The potato bake which accompanies our steak is low in calories and big on flavour, allowing us to classify this meal as heart friendly.



### Ingredients

Beef Steak (25%), Potato Bake (25%) (Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese (Milk), Tapioca, Salt, Pepper), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Carrots, Beans, Cauliflower, Seeded Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract).

**CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1512kJ (363Cal)	378kJ (91Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	16g	4g
--Saturated:	4g	1g
Carbohydrates:	20.8g	5.2g
--Sugars:	8.8g	2.2g
Dietary Fibre:	4.4g	1.1g
Folate:	72ug (7% RDI)	18ug
Sodium:	612mg	153mg
Potassium:	984mg	246mg
Phosphorus:	332mg (33% RDI)	83mg

### Disclaimer:

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## Ham Steak & Pineapple

Moist ham steak lightly grilled, topped with pineapple, served with mushy peas, potato mash, carrots and gravy.

Promoting a healthy digestive system, pineapple is also a natural detoxifier.

Pineapples can assist in helping reduce the risk of macular degeneration due in part to the high amounts of vitamin C and antioxidants it contains.



### Ingredients

Ham Steak (25%) (Pork (81%), Water, Salt, Potato Starch, Salt, Dextrose (from Maize), Starch, Mineral Salts (451, 450, 452, 331), Antioxidant (316), Sodium Nitrite (250), Flavour Enhancer (635), Natural Wood Smoke), Potato Mash (25%) (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Carrots, Peas, Pineapple (6%), Parsley.

**CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 395g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1307kJ (314Cal)	331kJ (79Cal)
Protein:	21.7g	5.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.5g	1.9g
--Saturated:	2.8g	0.7g
Carbohydrates:	35.2g	8.9g
--Sugars:	8.3g	2.1g
Dietary Fibre:	7.1g	1.8g
Folate:	62.4ug (31% RDI)	15.8ug
Sodium:	1513mg	383mg
Potassium:	901mg	228mg
Phosphorus:	470mg (47% RDI)	119mg

### Disclaimer:

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## Homestyle Rissoles with Onion Gravy

Tasty rissoles in our popular onion gravy with potato mash, broccoli and sweet potato. Made with skim milk, our creamy potato mash is not laden with calories. By avoiding the use of butter and full cream milk our mash has the added benefit of being lower in saturated fats.



### Ingredients

Rissoles (29%) [Beef (19%), Onions (6%), Cracked **Wheat**, Garlic, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Worcestershire Sauce (Water, White Vinegar, Molasses, Onion, Salt, Garlic, Spices, Natural Flavours, Colour (150d)), Salt, Oregano, Pepper), Potato Mash (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Gravy (21%) (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Onions (2.5%), Tapioca), Broccoli, Sweet Potato.

**CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 420g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1466kJ (352Cal)	349kJ (84Cal)
Protein:	32.8g	7.8g
Fat, Total:	8.8g	2.1g
--Saturated:	3.4g	0.8g
Carbohydrates:	31.1g	7.4g
--Sugars:	8.8g	2.1g
Dietary Fibre:	7.6g	1.8g
Folate:	130.2ug (64% RDI)	31ug
Sodium:	651mg	155mg
Potassium:	1168mg	278mg
Phosphorus:	343mg (34% RDI)	82mg

#### Disclaimer:

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## Lamb & Vegetable Curry

Slow cooked diced lamb, warming Indian spices, served with rice, broccoli and sweet potato.

Lamb is a protein powerhouse and is filled with B vitamins. Lamb also contains trace elements such as copper, manganese and selenium which form part of the enzymes, hormones and cells in our body.



### Ingredients

Lamb Curry (51%) [Diced Lamb (18%), Water, Onions (7%), Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Zucchini (3%), Carrots (2%), Peas (2%), Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Chicken Stock (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavour, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Garlic, Tapioca, White Vinegar, Salt, Ginger, Basil, Mint, Pepper], Rice (Rice, Cumin), Sweet Potatoes, Broccoli.

**MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1794kJ (430Cal)	460kJ (110Cal)
Protein:	33.5g	8.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.8g	1.5g
--Saturated:	1.9g	0.5g
Carbohydrates:	35.1g	9g
--Sugars:	6.6g	1.7g
Dietary Fibre:	10.5g	2.7g
Sodium:	640mg	164mg
Potassium:	772mg	198mg

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## Lamb Casserole

Flavoursome home-style lamb casserole served with steamed potatoes, peas, beans, broccoli and carrots.

Lamb meat is a protein rich in the mineral zinc which is essential for growth, healing and a healthy immune system. For those looking for a dairy-free option, this tasty casserole is an excellent pick.



### Ingredients

Lamb Casserole (50%) (Lamb (23%), Onions, Potatoes, Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Carrots, Tapioca, Salt, Pepper, Rosemary, Celery), Potatoes, Carrots, Beans, Peas, Broccoli, Parsley, Canola Oil.

**MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1244kj (298Cal)	311kJ (75Cal)
Protein:	24.4g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.4g	2.1g
--Saturated:	4.4g	1.1g
Carbohydrates:	26.8g	6.7g
--Sugars:	7.2g	1.8g
Dietary Fibre:	8g	2g
Folate:	69.6ug (35% RDI)	17.4ug
Sodium:	232mg	58mg
Potassium:	932mg	233mg
Phosphorus:	272mg (27% RDI)	68mg

### Disclaimer:

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## Mini Meatballs with Mushroom Sauce

Beef meatballs complemented by a flavoursome mushroom sauce served with potato wedges, carrots, peas and beans.

Beef contains vitamin B12 which helps keep our blood and nerve cells healthy.

### Ingredients

Meatballs (25%) (Beef (70%), Water, Textured Vegetable Protein, **Wheat** Fibre, Dextrose, Hydrolysed Vegetable Protein, **Gluten**, Vegetable Powders, Salt, Rice, Oil, Herbs, Spices, Maize), Wedges (25%) (Potato Wedges, Paprika, Salt, Pepper), Mushroom Sauce (15%) (Water, Mushrooms (13%), Chanterelle Sauce (Contains Cream Powder (**Milk**), **Wheat** Flour, Emulsifier (472e), Thickening Agent (Guar Gum), Lactose, **Milk** Protein, Acidulant (Citric Acid), Stabilizer (Diphosphate)), Chasseur Sauce (Contains **Wheat** Flour, Acidulant (Citric Acid)), Morel Sauce (Contains Cream Powder (**Milk**) (22%), **Wheat** Flour, Thickener (Guar Gum), Stabiliser (Diphosphate, Potassium Phosphate), **Milk** Protein, Acidulant (Citric Acid)), Modified Corn Starch (1422)), Carrots, Beans, Peas, Parsley.

**CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2412kj (578Cal)	603kJ (145Cal)
Protein:	30g	7.5g
Fat, Total:	33.6g	8.4g
--Saturated:	14g	3.5g
Carbohydrates:	35.2g	8.8g
--Sugars:	10g	2.5g
Dietary Fibre:	10.4g	2.6g
Sodium:	1020mg	255mg
Potassium:	1388mg	347mg

### Disclaimer:

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## Pork & Vegetable Curry

Mild and flavoursome diced pork curry served with carrots and coconut rice.

Spices add flavour to curries and this curry is not only tasty but also Gluten Free.



### Ingredients

Pork Curry (63%) [Coconut Milk (Coconut Extract, Water, Thickener (Guar Gum)), Pork (11%), Zucchini (5%), Broccoli (5%), Cauliflower (5%), Corn (5%), Carrots (3%), Onions, Tapioca, **Peanut** Butter (Roasted **Peanuts**, Vegetable Oil (320), Sugar, Salt), Garlic, Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Chicken Stock (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetable Flavour, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), **Soy** Sauce (Hydrolysed Vegetable Protein Extract (**Soy**, Maize), Water, Salt, Colour (Caramel Iv) (**Sulphites**)), Ginger, Salt, Turmeric, Chilli Powder], Coconut Rice [White Rice, Water, Coconut Milk (Coconut Extract, Water, Thickener (Guar Gum))], Carrots.

**CONTAINS PEANUT, SOY, SULPHITES. MAY CONTAIN ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1764kJ (423Cal)	441kJ (106Cal)
Protein:	21.6g	5.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	8g	2g
Carbohydrates:	28g	7g
--Sugars:	9.6g	2.4g
Dietary Fibre:	7.6g	1.9g
Sodium:	760mg	190mg
Potassium:	756mg	189mg

#### Disclaimer:

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## Pork a l'Orange

Delicious pork steak is complemented by an orange infused gravy, accompanied by potato bake, peas, carrot batons and green beans. Pork is a meat that is enriched with B Vitamins. Diabetes is an ever-increasing concern in many countries. TLC meals with the D icon (Diabetes Friendly) have been submitted to Diabetes NSW for nutritional approval. They are considered beneficial to assist in maintaining blood sugar levels.



## Ingredients

Potato Bake 25% [Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper], Pork (22%), Orange Gravy (15%) [Water, (Marmalade (3%) (Sugar, Oranges (30%), Water, Gelling Agent (Fruit Pectin), Food Acids (330, 331), Natural Orange Oil), Demi-Glace (Thickeners (1422, 1412), Maltodextrin, Flavour Enhancer (621), Sugar, Salt, Cream Powder (**Milk**), Vegetable Oil, Starch, Colours (150d, Beetroot Powder), Onion Powder, Mineral Salt (Potassium Chloride), Tomato Powder, Skim **Milk** Powder, Burgundy Flavour (**Milk**), Garlic Powder, Beef Flavours, Beef Extract, Food Acid (Citric), Flavours, Processing Aid (**Sulphites**)), Tapioca], Carrots, Beans, Peas, Parsley.

**CONTAINS: MILK AND SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1400kJ (336Cal)	350kJ (84Cal)
Protein:	34g	8.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.8g	1.7g
--Saturated:	2.8g	0.7g
Carbohydrates:	31.2g	7.8g
--Sugars:	15.2g	3.8g
Dietary Fibre:	6.8g	1.7g
Folate:	72ug (7% RDI)	18ug
Sodium:	460mg	115mg
Potassium:	1084mg	271mg
Phosphorus:	340mg (34% RDI)	85mg

## Disclaimer:

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## Pork Steak in Plum Sauce

Tender and juicy pork steak with sweet plum sauce, served with Nasi Goreng rice, cauliflower and broccoli.

We have put a tasty and healthy spin on this meal that is usually high in fat and calories. Our version is a flavoursome, heart friendly dinner which is also medically low in sodium and has the approval of Diabetes NSW.



### Ingredients

Rice (40%) [Rice, Corn, Carrots, Peas, Capsicum, Nasi Goreng Paste (Onions, Water, **Soybean Oil**, Dark **Soy** Sauce, Caramel (150a), Water, Salt, Food Acid (270), Tomato Paste, Garlic, Sugar, Shallot, Dried Chilli, White Pepper, Turmeric)], Pork (22%), Plum Sauce (16%) [(Gravy {Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs}, Tapioca), Plum Conserve (Sugar, Plums (40%), Fruit Pectin (440A), Lemon Juice), White Vinegar, Ginger, Dry Mustard], Broccoli, Cauliflower, Onions, Oil, Salt, Pepper.

**CONTAINS SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2028kJ (486Cal)	548kJ (131Cal)
Protein:	30.7g	8.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.3g	3.6g
--Saturated:	5.6g	1.5g
Carbohydrates:	59.6g	16.1g
--Sugars:	8.9g	2.4g
Dietary Fibre:	4.1g	1.1g
Folate:	65.9ug (33% RDI)	17.8ug
Sodium:	248mg	67mg
Potassium:	659mg	178mg
Phosphorus:	307mg (31% RDI)	83mg

#### Disclaimer:

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## Roast Beef with Rich Brown Gravy

Tender slices of beef served with roast potatoes, roast carrots, beans, peas and gravy. With plenty of vegetables loaded in this Roast dinner you will definitely be getting a substantial amount of vitamins, minerals and fibre into your day. A winner not just in flavour but also for those counting their calories.



### Ingredients

Beef (25%), Potatoes, Gravy (15%) [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Carrots, Beans, Peas, Paprika, Pepper.

**MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1484kj (356Cal)	371kJ (89Cal)
Protein:	34.4g	8.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	4.8g	1.2g
Carbohydrates:	22.8g	5.7g
--Sugars:	5.6g	1.4g
Dietary Fibre:	8g	2g
Sodium:	396mg	99mg
Potassium:	1500mg	375mg

#### Disclaimer:

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## Roast Lamb with Mint Jelly

Lean slices of lamb, home-style brown gravy infused with mint jelly, roast potatoes, roast pumpkin and peas.

Our most popular dinner, this is our take on a traditional Sunday roast. Lamb is an exceptional source of nutrients, including zinc. Like iron, the zinc found in lamb meat is more easily absorbed by the body than zinc found in other sources.



## Ingredients

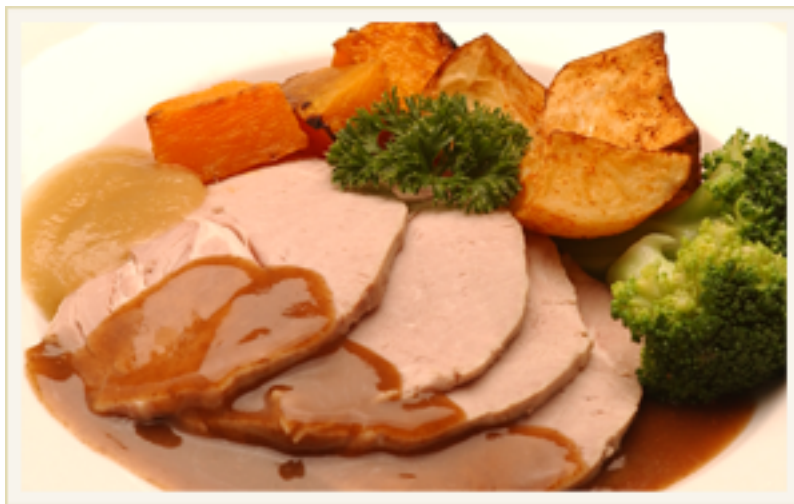
Lamb (25%), Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Mint Jelly (5%) [Sugar, Water, Vinegar, Mint Leaves, Vegetable Gum (440), Colours (102, 133, 150d), Flavour], Potatoes, Pumpkin, Peas, Oil, Paprika, Salt, Pepper. **MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1680kj (403Cal)	420kJ (101Cal)
Protein:	35.6g	8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.2g	2.8g
--Saturated:	3.6g	0.9g
Carbohydrates:	34.8g	8.7g
--Sugars:	18g	4.5g
Dietary Fibre:	9.2g	2.3g
Sodium:	280mg	70mg
Potassium:	1308mg	327mg

## Disclaimer:

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## Roast Pork with Apple Sauce

Tender oven roasted pork slices with gravy, apple sauce, roast potatoes, roast pumpkin and broccoli.

There is nothing better than a healthy roast with delicious veggies. With our delicious Apple sauce and gravy, this meal is a hit not just with its taste but also for the waistline.



## Ingredients

Pork (25%), Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Apple Sauce (5%) [Apples, Sugar, Food Acid (330, 331)], Potatoes, Pumpkin, Broccoli, Oil, Paprika, Salt, Pepper.

**MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1180kj (283Cal)	295kJ (71Cal)
Protein:	38.4g	9.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4g	1g
--Saturated:	0.8g	0.2g
Carbohydrates:	21.2g	5.3g
--Sugars:	9.6g	2.4g
Dietary Fibre:	7.2g	1.8g
Sodium:	336mg	84mg
Potassium:	1420mg	355mg

## Disclaimer:

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## Sausages in Onion Gravy

Tasty skinless sausages in home-style onion gravy, creamy potato mash, peas and carrots. Our take on the traditional bangers and mash is an appetizing option and for those wishing to select gluten-free items, this is an ideal choice.



### Ingredients

Sausage (34%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223) (**Sulphites**), Canola Oil, Spice And Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)], Potato Mash (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Gravy (15%) (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Carrots, Peas, Onions (3%), Parsley.

**CONTAINS MILK, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2124kJ (509Cal)	518kJ (124Cal)
Protein:	22.5g	5.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	30.7g	7.5g
--Saturated:	15.6g	3.8g
Carbohydrates:	31.2g	7.6g
--Sugars:	7g	1.7g
Dietary Fibre:	9g	2.2g
Folate:	53.3ug (27% RDI)	13ug
Sodium:	1246mg	304mg
Potassium:	1017mg	248mg
Phosphorus:	529mg (53% RDI)	129mg

### Disclaimer:

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## Shepherd's Pie

Prime minced beef flavoured with tomato, creamy potato mash, beans and sweet potato. Lean minced beef is an excellent source of iron.



### Ingredients

Shepherd's Pie (47%) (Minced Beef (18%), Onions, Zucchini, Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Peas, Carrots, Tomato Paste (Concentrated Tomato, Salt), Oil, Salt, Tapioca, Canola Oil, Basil, Oregano, Pepper), Potato Mash (Potatoes, Skim Milk, Tapioca, Salt, Pepper), Beans, Sweet Potato. **CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1117kJ (268Cal)	294kJ (71Cal)
Protein:	25.1g	6.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.6g	1.2g
--Saturated:	2.3g	0.6g
Carbohydrates:	27.4g	7.2g
--Sugars:	9.1g	2.4g
Dietary Fibre:	6.8g	1.8g
Folate:	95.8ug (21% RDI)	25.2ug
Sodium:	300mg	79mg
Potassium:	1098mg	289mg
Phosphorus:	263mg (26% RDI)	69mg

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## Spaghetti with Beef and Tomato

Traditional spaghetti in a rich homemade Neopolitan sauce with prime beef, carrots, peas and cauliflower.

The combination of spaghetti and beef provides us with a healthy and nutritious meal. Beef provides us with protein, vitamin B12, niacin, vitamin B6, selenium, zinc and phosphorus. It is also a wonderful source for carbohydrates and folic acid thanks to the pasta content.



### Ingredients

Beef & Tomato Sauce (39%) (Beef (41%), Onions, Tomatoes (5%) [Crushed Tomatoes, Tomato Juice, Food Acid (330)], Tomato Paste (3%) [Concentrated Tomato, Salt], Carrots, Tapioca, Water, Garlic, Salt, Olive Oil, Basil, Oregano, Pepper), Spaghetti (**Wheat**) (25%), Peas, Carrots, Cauliflower, Parmesan Cheese (**Milk**), Parsley.

**CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN EGG, SOY, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1528kJ (366Cal)	402kJ (96Cal)
Protein:	29.6g	7.8g
Fat, Total:	8g	2.1g
--Saturated:	3.4g	0.9g
Carbohydrates:	38.8g	10.2g
--Sugars:	8.7g	2.3g
Dietary Fibre:	8.7g	2.3g
Folate:	69.9ug (35% RDI)	18.4ug
Sodium:	479mg	126mg
Potassium:	775mg	204mg
Phosphorus:	320mg (32% RDI)	84mg

### Disclaimer:

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## Steak and Kidney Pie

Prime pieces of beef with tender kidneys, topped with a pastry lid, creamy potato mash, peas and sweet potato.

Offal such as kidney is a great source of protein and are extremely high in natural vitamin A, which is crucial for your health. Vitamin A is a fat-soluble vitamin that supports healthy vision, skin, bones and other tissues in the body.



### Ingredients

Steak & Kidney Pie (Pie (47%) [Minced Beef (17%), Lamb Kidney (11%), Onions, Water, Carrots, Celery, Tapioca, Tomato Paste [Concentrated Tomato, Salt], Hot English Mustard [Water, Mustard Seeds, Salt, Vegetable Shortening, Mustard Flavour, Turmeric, Food Acid (Citric), Emulsifier (Lecithin (**Soy**)), Vegetable Oil, Colour (Beta-Carotene), Spice Extract], Worcestershire Sauce (Water, White Vinegar, Molasses, Onion, Salt, Garlic, Spices, Natural Flavours, Colour (150d)), Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Salt, Pepper, Parsley], Potato Mash (Potatoes, Skim **Milk**, Tapioca, Salt, Pepper), Peas, Sweet Potato, Puff Pastry (**Wheat** Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, **Soy** Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330), Parsley, Pepper.

**CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

	Regular Size 380g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1813kJ (435Cal)	477kJ (114Cal)
Protein:	44.1g	11.6g
Fat, Total:	11.8g	3.1g
--Saturated:	3.4g	0.9g
Carbohydrates:	33.4g	8.8g
--Sugars:	8g	2.1g
Dietary Fibre:	7.2g	1.9g
Folate:	102.6ug (52% RDI)	27ug
Sodium:	551mg	145mg
Potassium:	882mg	232mg
Phosphorus:	391mg (41% RDI)	103mg

#### Disclaimer:

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assist with healthy weight management.



## Steak Pie with Mushroom Gravy

A traditional style meat pie with gravy, creamy potato and pumpkin mash, carrots and peas. The meat pie is considered iconic in Australia however it is believed to have originated in Europe! Our mushroom gravy goes perfectly with our Pie and our tasty selection of vegetables makes this an enjoyable meal.

### Ingredients

Pie (44%) [Water, **Wheat** Flour, Beef (26%), Margarine (Animal Fat, Palm Oil, Water, Salt, Emulsifiers (471, 322 **Soy**, Acidity Regulator (330), Natural Flavour, Natural Colour (160a)), Thickener (1422), Textured **Soy** Protein, Seasoning Mix [Contains **Soy**, **Wheat**, Flavour Enhancers (Disodium Inosinate, 5-, Disodium Guanylate, 5)), Natural Colours (150a, 160a), Salt, Onion Powder, Dextrose, Black Pepper, Hydrolysed Vegetable Protein, Pastry Glaze (Contains **Milk**, Natural Colour (160a))], Pumpkin Potato Mash (Potatoes, Pumpkin, Skim **Milk**, Tapioca, Salt, Pepper), Gravy (14%) (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Carrots, Peas, Mushrooms (3%), Parsley.

**CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2232kJ (535Cal)	558kJ (134Cal)
Protein:	20g	5g
Fat, Total:	26g	6.5g
--Saturated:	12.4g	3.1g
Carbohydrates:	50g	12.5g
--Sugars:	11.2g	2.8g
Dietary Fibre:	6.8g	1.7g
Folate:	68.8ug (34% RDI)	17.2ug
Sodium:	976mg	244mg
Potassium:	852mg	213mg
Phosphorus:	353mg (35% RDI)	88mg

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## Sweet & Sour Pork

Tender diced pork sauted with pineapple in a traditional sweet and sour sauce served with white rice, broccoli and carrots.

One of the key nutrients found in pineapple is bromelain which has long been recognised for its anti-inflammatory and anti-microbial effects.



### Ingredients

Sweet & Sour Pork (50%) [Pork (22%), Water, Pineapple And Juice, Onions, Spice Glaze [Sugar, Tomato Powder (Tomato, Anti-caking Agent {Silicon Dioxide}), Spices, Salt, Vinegar Powder (Maltodextrin, Vinegar), Soy Sauce Powder, Food Acid (Citric Acid), Natural Colour (Caramel 1, Crocin, Crocetin, Paprika Oleoresin, Annatto, Carmine), Vegetable Gums (Xanthan, Guar), Natural Flavour], Carrots, Celery, Red Capsicum, Canola Oil], White Rice, Broccoli, Carrots.

**CONTAINS SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1900kj (456Cal)	475kJ (114Cal)
Protein:	35.2g	8.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10g	2.5g
--Saturated:	3.2g	0.8g
Carbohydrates:	51.2g	12.8g
--Sugars:	22.8g	5.7g
Dietary Fibre:	9.6g	2.4g
Sodium:	596mg	149mg
Potassium:	824mg	206mg

#### Disclaimer:

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## Tasty Pork Meatloaf

With a hint of ginger, this tempting meatloaf is complemented by a plum infused gravy, served with mixed baked vegetables.

Lean pork can be an excellent addition to a healthy diet. This tasty meal is Gluten Free, Dairy Free and Low Sodium.



## Ingredients

Meatloaf (25%) (Pork Mince, Onions, Gluten Free Breadcrumbs, **Eggs**, Garlic Paste (Garlic, Salt), Ginger, Canola Oil, Parsley, Shallots, Chilli Flakes), Green Beans, Plum Sauce (15%) (Gravy [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Plum Conserve (Sugar, Plums (40%), Fruit Pectin (440a), Lemon Juice), White Vinegar, Ginger, Dry Mustard), Potatoes, Pumpkin, Sweet Potatoes, Beans, Paprika.

**CONTAINS EGG. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

## Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1472kJ (353Cal)	368kJ (88Cal)
Protein:	24.4g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.4g	1.1g
--Saturated:	1.2g	0.3g
Carbohydrates:	48g	12g
--Sugars:	29.6g	7.4g
Dietary Fibre:	8.8g	2.2g
Sodium:	372mg	93mg
Potassium:	1080mg	270mg

### Disclaimer:

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