



Bacon Potato & Leek Quiche

Such a tasty combination. Enjoy this quiche any time during the day.

Leeks are low in sodium and have almost no saturated fat or cholesterol. They are a good source of dietary fiber, vitamin B6, iron and magnesium.

Ingredients

Pastry [**Wheat** Flour, Vegetable Oil (Antioxidant 307b, **Soy**)], Shortening [Vegetable Oil, Emulsifiers (471, **Soy** Lecithin)], Natural Colour (160a), Flour Treatment Agent (920), Whey (**Milk**) Powder, Skim **Milk** Powder, Dextrose, Salt, Acidity Regulator (E330), Methyl Cellulose (461)], Potato (18%), **Eggs**, Water, Bacon (7%) [Pork, Salt, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250), Honey Powder, Emulsifier (433)], Tasty Cheese (**Milk**), Leek (6%), Maize Starch, Thickened Cream (**Milk**), **Milk**, Canola Oil, Onions, Butter (**Milk**), Salt, Vegetable Stock Powder, Chicken Stock, Parsley Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper.

CONTAINS GLUTEN, WHEAT, MILK, EGGS, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS, SESAME & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 200g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1834kJ (440Cal)	917kJ (220Cal)
Protein:	14.4g	7.2g
Fat, Total:	25.4g	12.7g
--Saturated:	12.6g	6.3g
Carbohydrates:	37g	18.5g
--Sugars:	4g	2g
Dietary Fibre:	1.2g	0.6g
Folate:	2ug (1% RDI)	1ug
Sodium:	668mg	334mg

Disclaimer:

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Baked Vegetable Pack

Seasonal vegetables ideal for a light snack or an addition to a shared meal.

Vegetables are important sources of many nutrients, including potassium, dietary fibre, folate, vitamin A, and vitamin C. Diets rich in potassium may help to maintain healthy blood pressure.



Ingredients

Potatoes (19%), Carrots (17%), Sweet Potato (17%), Pumpkin (17%), Beans (17%), Cauliflower (12%), Parsley, Paprika, Pepper, Salt.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	660kj (158Cal)	220kJ (53Cal)
Protein:	5.4g	1.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.5g	0.5g
--Saturated:	0.3g	0.1g
Carbohydrates:	24g	8g
--Sugars:	9.9g	3.3g
Dietary Fibre:	6.6g	2.2g
Folate:	77.1ug (40% RDI)	25.7ug
Sodium:	435mg	145mg
Potassium:	939mg	313mg
Phosphorus:	110mg (11% RDI)	37mg

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Cheese & Bacon Pasta

Full of flavour, enjoy our penne pasta with cheese and bacon as a side dish or light meal. Pasta is a wonderful source of complex carbohydrates, releasing energy at a slow and sustained level, necessary for our brain and muscles to function.



Ingredients

Penne (71%) (Durum Wheat, Water), Parmesan Cheese (Milk) (7%), Bacon (5%), Milk Powder, Cheddar Cheese (Milk) (4%), Plain Flour (Wheat), Margarine, Mozzarella Cheese (Milk) (4%), Salt, Pepper.
CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN CRUSTACEA, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS. **CAUTION: CARE MUST BE TAKEN WHEN PEELING BACK LID AS HOT STEAM MAY ESCAPE**

Nutritional Details

Nutritional Details	Regular Size 220g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2750kj (659Cal)	1250kJ (300Cal)
Protein:	28.4g	12.9g
Fat, Total:	19.4g	8.8g
--Saturated:	11g	5g
Carbohydrates:	91.3g	41.5g
--Sugars:	6.8g	3.1g
Dietary Fibre:	3.1g	1.4g
Sodium:	1280mg	582mg
Potassium:	136mg	62mg
Phosphorus:	253mg (25% RDI)	115mg

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Chicken & Corn Soup

Thick, creamy corn soup with tasty chicken pieces.

Corn is a nutritional powerhouse, rich in antioxidants and fibre. Being a good source of antioxidant carotenoids such as lutein and zeaxanthin, corn may promote eye health.



Ingredients

Water, Skim Milk, Corn (19%), Chicken (10%), Onions, Carrots, Celery, Stock Powder [Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chillij], Tapioca, Canola Oil, Turmeric.

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

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	741kJ (178Cal)	247kJ (59Cal)
Protein:	13.5g	4.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1.3g
--Saturated:	0.9g	0.3g
Carbohydrates:	20.7g	6.9g
--Sugars:	12.9g	4.3g
Dietary Fibre:	2.7g	0.9g
Folate:	23.4ug (12% RDI)	7.8ug
Sodium:	585mg	195mg
Potassium:	384mg	128mg
Phosphorus:	290mg (29% RDI)	97mg

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Creamy Pumpkin Soup

Delicious pumpkin soup, thick and creamy and always satisfying.

Pumpkins are loaded with the antioxidant beta-carotene, which is one of the plant carotenoids converted to Vitamin A in the body. Vitamin A is essential for healthy, glowing skin, strong eyesight, and our immune system.



Ingredients

Pumpkin (33%), Water, Skim Milk, Potatoes, Onions, Celery, Carrots, Oil, Tapioca, Stock [Marine Salt, Corn Maltodextrin, Yeast Extract, Dehydrated Vegetables (Onion, Spinach, Cabbage, Garlic, Celery), Natural Vegetable Flavours, Olive Oil, Chilli], Salt, Pepper.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	513kj (123Cal)	171kJ (41Cal)
Protein:	4.2g	1.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	0.6g	0.2g
Carbohydrates:	12.3g	4.1g
--Sugars:	7.2g	2.4g
Dietary Fibre:	3.3g	1.1g
Folate:	20.7ug (10% RDI)	6.9ug
Sodium:	492mg	164mg
Potassium:	597mg	199mg
Phosphorus:	110mg (11% RDI)	36mg

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Ham Tomato & Leek Quiche

Perfect for lunch or add salad or vegetables for a complete meal.

Eggs are a complete protein and more than half of its protein is found in the egg white. Eggs are rich sources of selenium, vitamins D, B6, B12 and minerals such as zinc, iron and copper.

Ingredients

Pastry [Wheat Flour, Vegetable Oil (Antioxidant 307b, Soy)), Shortening [Vegetable Oil, Emulsifiers (471, Soy Lecithin)], Natural Colour (160a), Flour Treatment Agent (920), Whey (Milk) Powder, Skim Milk Powder, Dextrose, Salt, Acidity Regulator (E330), Methyl Cellulose (461)], Eggs, Tomatoes (14%), Water, Ham (12%) [Pork (65%), Water, Salt, Potato Starch, Dextrose, Mineral Salts (541,508,452,500), Sugar, Vegetable Gum (407,415), Antioxidant (316), Sodium Nitrite (250), Sunflower Oil, Flavour], Tasty Cheese (Milk), Leeks (5%), Maize Starch, Thickened Cream (Milk), Milk, Salt, Vegetable Stock Powder, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper.

CONTAINS GLUTEN, WHEAT, MILK, EGGS, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS, SESAME & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 200g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1596kJ (383Cal)	798kJ (191Cal)
Protein:	14.2g	7.1g
Fat, Total:	20g	10g
--Saturated:	10.4g	5.2g
Carbohydrates:	35.4g	17.7g
--Sugars:	5.6g	2.8g
Dietary Fibre:	0.6g	0.3g
Folate:	2ug (1% RDI)	1ug
Sodium:	746mg	373mg

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Hearty Vegetable Soup

Tempting home style broth simmered with ham hock, vegetable pieces such as potato, carrots, red kidney beans, pumpkin, zucchini and spinach.

Kidney beans are a very good source of B Vitamins, dietary fibre, copper and iron. Copper and iron are essential for new blood cell formation.



Ingredients

Water, Tomatoes (7%), Kidney Beans (6%), Broth (From Ham Bones), Potatoes (4%), Pumpkin (3%), Cabbage (3%), Zucchini (3%), Onions (3%), Carrots (3%), Beans (2%), Celery (2%), Ham, Tapioca, Vegetable Stock Powder [Sea Salt, Corn Maltodextrin, Cane Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate And Inosinate, Canola Oil, Chillii], Garlic, Turmeric, Pepper, Salt, 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 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	300kj (72Cal)	100kJ (24Cal)
Protein:	5.1g	1.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.2g	0.4g
--Saturated:	0.3g	0.1g
Carbohydrates:	9g	3g
--Sugars:	3g	1g
Dietary Fibre:	3g	1g
Folate:	18.6ug (9% RDI)	6.2ug
Sodium:	645mg	215mg
Potassium:	381mg	127mg
Phosphorus:	80mg (10% RDI)	27mg

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Lentil & Vegetable Soup

Enjoy the wholesome goodness of brown lentils and diced vegetables in this delicious soup. Lentils, a small but nutritionally mighty member of the legume family, are a good source of fibre. Not only do lentils help lower cholesterol, they are beneficial in managing blood-sugar disorders because their high fibre content prevents blood sugar levels from rising rapidly after a meal. Lentils also provide ample amounts of minerals, B-vitamins, and protein all with virtually no fat.



Ingredients

Water, Tomatoes (13%), Carrots (10%), Brown Lentils (8%), Celery (6%), Potatoes (5%), Onions (5%), Stock Powder [Marine Salt, Corn Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli], Tapioca, Oil, Garlic, Salt, Parsley, Oregano, Pepper.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	312kJ (75Cal)	104kJ (25Cal)
Protein:	2.4g	0.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.3g	0.1g
Carbohydrates:	10.5g	3.5g
--Sugars:	3.9g	1.3g
Dietary Fibre:	3.9g	1.3g
Folate:	16.5ug (8% RDI)	5.5ug
Sodium:	606mg	202mg
Potassium:	414mg	138mg
Phosphorus:	50mg (5% RDI)	17mg

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Pea and Ham Soup

Delicious pea soup speckled with ham pieces. Green peas are a good source of energy, fibre, protein and essential vitamins. Peas are a rich source of a carotenoid called lutein that helps in lowering the risk of macular degeneration of the eyes.



Ingredients

Water, Peas (25%), Onions, Ham (8%), Potatoes, Carrots, Tapioca, Celery, Oil, 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

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	756kJ (181Cal)	252kJ (60Cal)
Protein:	12.6g	4.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6g	2g
--Saturated:	2.1g	0.7g
Carbohydrates:	15.9g	5.3g
--Sugars:	3.6g	1.2g
Dietary Fibre:	5.7g	1.9g
Folate:	45ug (23% RDI)	15ug
Sodium:	381mg	127mg
Potassium:	405mg	135mg
Phosphorus:	126mg (13% RDI)	42mg

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Potato & Leek Soup

This old fashioned favourite is smooth, rich and creamy.

Leeks are a good source of vitamin K1, which is essential for blood clotting and heart health.

Leeks are low in calories but high in nutrients, particularly magnesium and vitamins A, C, and K. They boast small amounts of fiber, copper, vitamin B6, iron, and folate.



Ingredients

Water, Potatoes (22%), Leeks (12%), Onions, Celery, Oil, Salt, Garlic, Parsley, Thyme, Pepper.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	387kj (93Cal)	129kJ (31Cal)
Protein:	0.3g	0.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1.3g
--Saturated:	0.3g	0.1g
Carbohydrates:	10g	3.3g
--Sugars:	3.6g	1.2g
Dietary Fibre:	3.3g	1.1g
Sodium:	807mg	269mg
Potassium:	393mg	131mg
Phosphorus:	58mg (6% RDI)	19mg

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Potato Bake

In the mood for good old fashioned comfort food? You can't go past this generous serve of tempting gluten free potato bake.

One potato contains more potassium than one banana. Potatoes are also high in Vitamin C which aids in collagen production; assists with iron absorption and helps heal wounds.



Ingredients

Potatoes (54%), Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese (Milk), Tapioca, Salt, Pepper.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	918kj (220Cal)	306kJ (73Cal)
Protein:	11.1g	3.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.9g	0.3g
Carbohydrates:	37.5g	12.5g
--Sugars:	8.1g	2.7g
Dietary Fibre:	2.4g	0.8g
Folate:	53.2ug (20% RDI)	17.7ug
Sodium:	843mg	281mg
Potassium:	795mg	265mg
Phosphorus:	224mg (22% RDI)	75mg

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Pumpkin Potato & Spinach Frittata

A hearty serve of gluten free frittata with the goodness of eggs, feta cheese and fresh vegetables.

Compared to other cheeses, Feta is lower in calories and fat. It also contains a high amount of B vitamins, phosphorus and calcium, which can benefit bone health. Additionally, feta contains beneficial bacteria and fatty acids. It is one of the best dietary sources of calcium, essential to the development and health of bones and tooth enamel.



Ingredients

Pumpkin (15%), Potatoes (15%), Eggs, Spinach (9%), Thickened Cream (Milk), Maize Starch, Feta Cheese (Milk) (3%), Leek, Milk Powder, Salt, Vegetable Stock Powder (Yeast Extract), Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Rubbed Oregano Leaves, White Pepper.

CONTAINS MILK, EGGS. MAY CONTAIN TRACES OF PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT, SESAME, SOY, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 240g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1102kj (264Cal)	459kJ (110Cal)
Protein:	11.3g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	5.5g
--Saturated:	7.4g	3.1g
Carbohydrates:	24.2g	10.1g
--Sugars:	5g	2.1g
Dietary Fibre:	1.7g	0.7g
Folate:	45.6ug (23% RDI)	19ug
Sodium:	559mg	233mg

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Rich Beef & Vegetable Soup

Hearty beef, vegetable and pasta pieces in a tasty broth.

Soups made with vegetables and lean meats provide us with an array of vitamins, minerals. Beef is an excellent source of iron and protein and the vegetables in soup contain many vitamins, such as A and C.



Ingredients

Water, Beef (15%), Soup Mix (Soy) (Potato Starch [Sulphite], Pasta [Wheat Flour, Durum Wheat Semolina], Hydrolysed Vegetable Protein [Maize], Flavour Enhancers [621, 635], Sugar, Rice Flour, Flavours [Beef], Dehydrated Vegetable, Yeast, Salt, Canola Oil, Colour [150d], Maltodextrin [Maize], Yeast Extract), Carrots (6%), Celery (6%), Peas (6%), Onions (3%), Broccoli (1.5%), Cauliflower (1.5%), Tapioca, Oil, Salt, Pepper. **CONTAINS GLUTEN, WHEAT, SOY, 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 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	810kj (194Cal)	270kJ (65Cal)
Protein:	22.5g	7.5g
Fat, Total:	4.2g	1.4g
--Saturated:	0.6g	0.2g
Carbohydrates:	15.9g	5.3g
--Sugars:	2.7g	0.9g
Dietary Fibre:	1.2g	0.4g
Folate:	24ug (12% RDI)	8ug
Sodium:	657mg	219mg
Potassium:	255mg	85mg
Phosphorus:	141mg (13% RDI)	47mg

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Spanakopita

A traditional Greek spinach and feta cheese savoury pie

Spinach is rich in vitamins and minerals which not only assist in keeping our skin healthy but also helps maintain our eyesight and regulate our blood pressure.

Ingredients

Spinach (33%), Pastry [**Wheat** Flour, Margarine, (contains 322 (**Soy**)), **Eggs**, Onions, Feta Cheese (**Milk**) (6.5%), Breadcrumbs [**Wheat** Flour, Yeast, Salt, Water, Thiamine, Folic Acid], **Wheat** Flour, Canola Oil, White Rice, Rice Flour, Parsley, Salt, Sugar, Dill, Water, Vegetable Stock Powder [Yeast Extract], **Sesame** Seeds, Aniseed, **Milk**, White Pepper.

CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY, SESAME. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT NUTS & SULPHITES.

Nutritional Details

	Regular Size 220g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1789kj (429Cal)	813kJ (195Cal)
Protein:	13.4g	6.1g
Fat, Total:	22.2g	10.1g
--Saturated:	9.9g	4.5g
Carbohydrates:	44.4g	20.2g
--Sugars:	7.3g	3.3g
Dietary Fibre:	2.2g	1g
Sodium:	968mg	440mg

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Special Fried Rice

A generous serve of flavoursome fried rice with vegetables and bacon pieces.



Ingredients

Water, White Rice, Stock Powder (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Corn, Ham, Peas, **Eggs**, Oyster Sauce (**Mollusc**) (Water, Sugar, Salt, Oyster (**Mollusc**) Extract (6%), Thickener (1422), Rice Flour, Caramel (150A), Oyster (**Mollusc**) Flavour, Food Acid (270), Yeast Extract, Vegetable Gum (415)), **Soy Sauce** (Water, **Soybeans**, **Wheat**, Salt, Alcohol (6.5% alcohol v/v), Sugar, Food Acids (262, 270, 260)), Ginger, Garlic Paste (Garlic, Salt), Onion Powder, Oil, Salt, Shallots

CONTAINS GLUTEN, WHEAT, EGG, MOLLUSC, 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 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1050kj (252Cal)	350kJ (84Cal)
Protein:	9g	3g
Fat, Total:	10.5g	3.5g
--Saturated:	1.2g	0.4g
Carbohydrates:	29.1g	9.7g
--Sugars:	2.2g	0.7g
Dietary Fibre:	2g	0.7g
Sodium:	705mg	235mg
Potassium:	177mg	59mg

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