



Cheese & Spinach Pie

With a filling of cheese and spinach, this pie is topped with flaky filo, served with lemon pepper sliced potatoes, green beans, topped with tomato and black olives.

This Greek inspired dish is a tasty vegetarian option for everyone.

Ingredients

Pie (40%) [Fresh Spinach, Shallots, Dill, Vegetable Oil, **Soybean** Oil, Pre-gelatinised Maize Starch, Pasteurised **Egg**, Xanthan Gum (415), Filo Pastry, Pepper, Flavours, Salt, Emulsifiers (471, 322), Antioxidants (320), **Wheaten** Flour (**Wheat**), Feta Cheese (**Milk**)], Potatoes [Potato, Oil, Lemon Pepper Spice (Salt, Pepper, Rice Flour, Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel 2.5%, Vegetable Oil, Lemon Flavour, Lemon Oil, Vegetable Stock (Sea Salt, Maize Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli)], Beans, Sauce [Tomatoes, Onions, Oil, Garlic, Basil, Oregano], Black Olives. **CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY. MAY CONTAIN SESAME, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.**

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2508kj (601Cal)	627kJ (150Cal)
Protein:	20g	5g
Fat, Total:	33.6g	8.4g
--Saturated:	18.8g	4.7g
Carbohydrates:	51.2g	12.8g
--Sugars:	8g	2g
Dietary Fibre:	7.2g	1.8g
Sodium:	1172mg	293mg
Potassium:	1084mg	271mg

Disclaimer:

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Lentil Patties with Mild Veg Curry

Delicious and packed with protein, our lentil patties are served with a mild and tasty vegetable curry and white rice. Lentils are packed full of the dietary fibre called beta-glucan which supports gut and cardiovascular health.



Ingredients

Lentil Patties (42%) (Brown Lentils, **Eggs**, Gluten Free Breadcrumbs, Canola Oil, Onions, Carrots, Celery, Garlic, Pepper, Tomato Paste (Concentrated Tomatoes, Salt), Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Gluten Free **Soy** Sauce (Hydrolysed Vegetable Protein Extract (**Soy**, Maize), Water, Salt, Colour (Caramel Iv) (**Sulphites**)), Vegetable Curry (35%) (Potatoes, Pumpkin, Carrots, Peas, Skim **Milk**, Curry Sauce (**Cashews**, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Green Beans, Water, Light Evaporated **Milk**, Cauliflower, Celery, Red Capsicum, Sweet Potatoes, Tapioca, Canola Oil, Salt, Pepper), White Rice.

CONTAINS EGG, MILK, SOY, CASHEW, SULPHITES. MAY CONTAIN SESAME, CRUSTACEA, FISH, LUPIN, PEANUT, ALMOND, BRAZIL NUT, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2152kJ (516Cal)	538kJ (129Cal)
Protein:	21.6g	5.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.2g	1.3g
--Saturated:	1.2g	0.3g
Carbohydrates:	56g	14g
--Sugars:	8.4g	2.1g
Dietary Fibre:	14.4g	3.6g
Sodium:	724mg	181mg
Potassium:	848mg	212mg

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Satay Vegetables with Zucchini Patty

Delicious mixed vegetables in a satay sauce topped with a patty combining zucchini, chickpeas and lentils.

Zucchini has an abundance of health benefits, from playing a role in improving digestion to supporting healthy circulation and assisting in maintaining blood sugar levels.



Ingredients

Satay Veg Mix (74%) (Coconut Milk [Coconut Extract (50%), Water, Thickener (Guar Gum)], Water, Pumpkin, **Peanut Butter (Peanuts (85%), Vegetable Oil (320), Sugar, Salt)**, Onions, Peas, Carrots, Beans, Broccoli, Cauliflower, Capsicum, Red Curry Paste (Lemongrass, Red Chilli (13%), Galangal, Palm Sugar, Garlic, **Soya** bean Oil, Salt, Shallot, Cumin, Coriander Seeds, Sugar, Coriander Root, Kaffir Lime Leaf, Yeast Extract), Canola Oil, Ginger Paste (Ginger (76%), Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Pepper, Salt), Zucchini Patty (26%) (Chickpeas, Zucchini, Lentils, Peas, Carrots, Parsley, Corn, Buckwheat Flour, Red Capsicum, Salt, Cumin, Rice Bran Oil, Guar Gum, Coriander, Pepper, Preservative (202), Acidity Regulator (330)).

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

Nutritional Details

Nutritional Details	Regular Size 405g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2564kJ (615Cal)	633kJ (152Cal)
Protein:	21.5g	5.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	34g	8.4g
--Saturated:	11.7g	2.9g
Carbohydrates:	54.3g	13.4g
--Sugars:	13.8g	3.4g
Dietary Fibre:	10.1g	2.5g
Sodium:	948mg	234mg
Potassium:	1021mg	252mg

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Spinach & Ricotta Cannelloni

Delicate pasta tube filled with spinach and ricotta cheese topped with a tomato and basil sauce. Served with a cornmeal (polenta) cake, cauliflower, peas, beans and broccoli.

Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide us with protein, iron, vitamins, and minerals. This vegetarian option is a heart pleaser as it is medically low in sodium and heart friendly.



Ingredients

Cannelloni (20%) [Ricotta Cheese (Whey Solids (**Milk**), Water, **Milk**, Salt, Food Acid (260)), Durum **Wheat**, Breadcrumbs (**Wheat** Flour, Bakers Yeast, Iodised Salt, Water), Spinach, Sugar, Garlic, Salt, Vegetable Stock, Shallots, Nutmeg, Pepper], Polenta Cake [Cornmeal, Olive Oil, Parmesan Cheese (**Milk**), Pepper, Salt], Tomato Sauce [Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], White Sauce [Water, **Milk**, 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], Beans, Broccoli, Cauliflower, Peas.

CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN CRUSTACEA, EGG, FISH, SOY, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1424kJ (341Cal)	356kJ (85Cal)
Protein:	14g	3.5g
Fat, Total:	14.4g	3.6g
--Saturated:	6g	1.5g
Carbohydrates:	34.8g	8.7g
--Sugars:	6.8g	1.7g
Dietary Fibre:	6.4g	1.6g
Folate:	62.4ug (31% RDI)	15.6ug
Sodium:	444mg	111mg
Potassium:	760mg	190mg
Phosphorus:	222mg (22% RDI)	55mg

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Tofu with Thai Green Curry

A lightly spiced tofu and vegetable curry accompanied by brown rice.

Tofu is a great source of protein for those that want a meat-free meal. Not only is Tofu a good source of protein but it is a rich source of polyphenols. Polyphenols have both anti-inflammatory and antioxidant effects throughout the body. They also have a prebiotic effect in our gut.



Ingredients

Thai Green Curry (50%) [Coconut Milk (Coconut Extract, Water, Thickener (Guar Gum)), Peas, Onions, Carrots, Green Beans, Canola Oil, Garlic, Ginger, Tapioca, Green Curry Paste (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste (Shrimp (**Crustacea**), Salt), Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt], Tofu (**Soy**), Brown Rice.

CONTAINS CRUSTACEA, SOY. MAY CONTAIN ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1648kJ (395Cal)	412kJ (99Cal)
Protein:	19.2g	4.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.5g
--Saturated:	5.6g	1.4g
Carbohydrates:	38.4g	9.6g
--Sugars:	6.8g	1.7g
Dietary Fibre:	10g	2.5g
Sodium:	612mg	153mg
Potassium:	640mg	160mg

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Vegetable Frittata

A deliciously moist frittata served with roasted seasonal vegetables and gravy.

The humble egg has impressive health credentials. Our Vegetable Frittata is lovingly made with fresh eggs and veggies. Eggs also provide choline - an essential nutrient that is involved in nerve and brain function.



Ingredients

Frittata (45%) (Mixed Vegetables (49%) [Potato, Carrot, Pumpkin, Zucchini, Red Capsicum], **Eggs**, Water, Tasty Cheese [**Milk**, Salt, Culture, Enzyme], Maize Starch, Thickened Cream [**Milk** Fat, Mineral Salts (450, 500), Thickener (400)], **Milk**, Caramelised Onions, Vegetable Stock, Salt, Oregano, Thickener (415), White Pepper, Mixed Herbs (Oregano, Marjoram, Thyme, Sage)], Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Potatoes, Carrots, Sweet Potato, Pumpkin, Beans, Peas, Paprika, Parsley.

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

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1128kJ (271Cal)	282kJ (68Cal)
Protein:	11.2g	2.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.8g	2.2g
--Saturated:	5.2g	1.3g
Carbohydrates:	34.8g	8.7g
--Sugars:	8.8g	2.2g
Dietary Fibre:	7.6g	1.9g
Sodium:	500mg	125mg
Potassium:	1316mg	329mg

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Vegetable Lasagne

Roasted Mediterranean vegetables between layers of fresh pasta, served with carrots, broccoli and cauliflower.

Cauliflower is a member of the cruciferous vegetables family. It is often considered one of the healthiest foods due to the rich supply of health-promoting anti-oxidants. As a bonus it has a high level of anti-inflammatory compounds.



Ingredients

Lasagne (53%) Sauce 59% (Vegetables 36% [Carrots, Potato, Cauliflower, Green Beans, Corn], Crushed Tomato {Diced Tomato, Tomato Puree, Acidity Regulator (330)}, Water, Tomato Paste, Maize Starch, Vegetable Oil, Onions, Salt, Brown Sugar, Vegetable Stock, Basil, Mixed Herbs {Oregano, Marjoram, Thyme, Sage}, White Pepper), Bechamel 29% (Water, Butter, **Wheat** Flour, **Milk**, Salt), Lasagne Sheets (Durum **Wheat**, Semolina, Water), Crushed Tomato (Diced Tomato, Tomato Puree, Acidity Regulator (330)), Parmesan Cheese (**Milk**, Cultures, Salt, Rennet, Anticaking Agent), Water, Sugar, Mixed Herbs (Oregano, Marjoram, Thyme, Sage), Broccoli, Carrots, Cauliflower, Parsley.

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

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	980kj (235Cal)	258kJ (62Cal)
Protein:	9.1g	2.4g
Fat, Total:	8.4g	2.2g
--Saturated:	4.6g	1.2g
Carbohydrates:	33.1g	8.7g
--Sugars:	11g	2.9g
Dietary Fibre:	6.8g	1.8g
Sodium:	650mg	171mg
Potassium:	483mg	127mg

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Vegetable Moussaka

Delicious gluten free layers of potato and eggplant topped with a tasty bchamel sauce served with roast pumpkin, roast sweet potato, green beans and cauliflower.

A Mediterranean diet is one of the healthiest ways of eating, filled with vegetables, legumes, greens and herbs. It has been shown to protect and manage chronic conditions such as Type 2 Diabetes, cardiovascular disease and fatty liver.



Ingredients

Moussaka (50%) [Vegetable Sauce (31%) (Vegetables (36%) Carrot, Potato, Cauliflower, Green Beans, Corn), Sauce (Crushed Tomatoes {Diced Tomato, Tomato Puree, Acidity Regulator (330)}, Water, Tomato Paste, Maize Starch, Vegetable Oil, Onions, Salt, Brown Sugar, Vegetable Stock, Basil, Mixed Herbs (Oregano, Marjoram, Thyme, Sage), White Pepper], Bechamel 40% [Water, Butter, Gluten Free Flour (Maize Starch, Dextrose, **Soy** Flour, Thickener (1422), Raising Agents (500, 575) Salt, Vegetable Gums (410, 415, 466), **Milk**, Salt], Potato, Eggplant, Herbs (Oregano, Marjoram, Thyme, Sage)], Beans, Cauliflower, Pumpkin, Sweet Potato. **CONTAINS MILK, SOY. MAY CONTAIN EGG, SESAME, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT, SULPHITES.**

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1028kj (247Cal)	257kJ (62Cal)
Protein:	8g	2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.2g	2.3g
--Saturated:	5.2g	1.3g
Carbohydrates:	35.2g	8.8g
--Sugars:	11.2g	2.8g
Dietary Fibre:	8.4g	2.1g
Sodium:	484mg	121mg
Potassium:	604mg	151mg

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