



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:

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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

Nutritional Details	Regular Size 400g Per Serve	
	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

	Regular Size 400g Per Serve	
Nutritional Details	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

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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

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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

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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

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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

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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

Nutritional Details	Regular Size 400g Per Serve	
	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

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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

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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

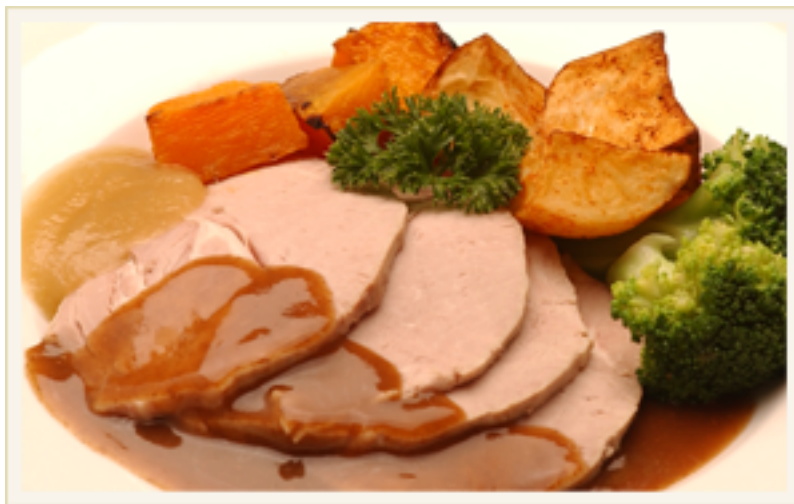
Lamb (25%), Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Mint Jelly (5%) [Sugar, Water, Vinegar, Mint Leaves, Vegetable Gum (440), Colours (102, 133, 150d), Flavour], Potatoes, Pumpkin, Peas, Oil, 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

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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

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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

Disclaimer:

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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

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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

	Regular Size 400g Per Serve	
Nutritional Details	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

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Butter Chicken

Delicious and mild butter chicken is served with an aromatic vegetable korma and fluffy white rice.

Our Butter Chicken is low in fat and calories which is a bonus for such a creamy curry. Filled with flavour, this Diabetes approved meal is a great meal choice.



Ingredients

Butter Chicken (38%) [Chicken (20%), Sauce (13%) (Tomatoes, Ginger, Garlic, Chilli Powder, Garam Masala, Coriander Powder, Spices), Light Evaporated **Milk**, Onions, Water, Tapioca, Skim **Milk**, Salt], Korma [Potatoes, Pumpkin, Carrots, Peas, Sauce (**Cashews**, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Skim **Milk**, Beans, Water, Cauliflower, Light Evaporated **Milk**, Celery, Capsicum, Sweet Potatoes, Tapioca, Canola Oil, Salt, Pepper], Rice, Cumin.

CONTAINS MILK, CASHEW. MAY CONTAIN EGG, SOY, SESAME, CRUSTACEA, FISH, LUPIN, PEANUT, ALMOND, BRAZIL NUT, 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:	1689kJ (405Cal)	433kJ (104Cal)
Protein:	25.3g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.5g	2.7g
--Saturated:	3.1g	0.8g
Carbohydrates:	49.5g	12.7g
--Sugars:	9g	2.3g
Dietary Fibre:	5.1g	1.3g
Sodium:	526mg	135mg
Potassium:	998mg	256mg
Phosphorus:	307mg (31% RDI)	79mg

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Chicken & Apricot Casserole

This tender chicken casserole is complemented by the sweetness of apricots and served with baked vegetables.

The impressive health benefits of apricots are due to the wide range of nutrients present in them. Good for the skin and rich in fibre, apricots are a treasure chest of plant antioxidants and vitamins like beta-carotene and Vitamins C E and K.



Ingredients

Chicken Casserole (48%) [Chicken (25%), Onions, Apricots and Nectar (9%), Carrots, Celery, Tapioca, Soup Mix (Dehydrated Vegetable (Onion), Thickener (1422), Salt, Flavour Enhancer (621, 635), Hydrolysed Vegetable Protein (Maize), Sugar, Flavours (**Soy**), Canola Oil, Colour (150d) (**Sulphite**), Rice Flour, Maltodextrin (Maize), Yeast Extract, Spice Extract), Vinegar, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Parsley, Salt, Pepper, Thyme], Potatoes, Pumpkin, Carrots, Beans, Sweet Potatoes, Paprika. **CONTAINS 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 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1412kJ (339Cal)	353kJ (85Cal)
Protein:	26.8g	6.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.2g	2.8g
--Saturated:	3.2g	0.8g
Carbohydrates:	29.2g	7.3g
--Sugars:	10.8g	2.7g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	400mg	100mg
Potassium:	1348mg	337mg
Phosphorus:	264mg (26% RDI)	66mg

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Chicken Casserole

Traditional hearty casserole with chicken pieces, served with creamy potato mash, peas and sweet potato.

Chicken is not only a good source of protein but is also packed with vitamins and minerals. B vitamins are a class of water-soluble vitamins that play important roles in cell metabolism.



Ingredients

Chicken Casserole (52%) (Chicken (28%), Onions, Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Carrot, Mushrooms, Tomato Paste (Concentrated Tomato, Salt), Tapioca, Garlic, Water, Salt, Canola Oil, Pepper, Parsley, Basil, Oregano), Potato Mash (Potatoes, Skim Milk, Tapioca, Salt, Pepper), Peas, 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:	1501kj (360Cal)	395kJ (95Cal)
Protein:	30g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.2g	3.2g
--Saturated:	3.4g	0.9g
Carbohydrates:	28.1g	7.4g
--Sugars:	9.1g	2.4g
Dietary Fibre:	7.6g	2g
Folate:	87.8ug (44% RDI)	23.1ug
Sodium:	441mg	116mg
Potassium:	984mg	259mg
Phosphorus:	312mg (31% RDI)	82mg

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Chicken Curry Mild

Tender chicken pieces in a mild curry sauce with fluffy rice, sultanas, tender broccoli and carrots.

A healthy serve of protein can assist to stay fuller for longer and love it or hate it - broccoli is an incredibly healthy vegetable, loaded with vitamin C, vitamin K, fibre and potassium.



Ingredients

Chicken Curry (51%) [Chicken (28%), Onions, Zucchini, Peas, Coconut Milk [Coconut Extract (50%), Water, Thickener (Guar Gum)], Tapioca, Green Curry Paste (0.3%) (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste [Shrimp (**Crustacea**), Salt], Kaffir Lime Peel, Coriander Seeds, Pepper, Cumin, Turmeric), **Fish** Sauce [Anchovies (**Fish**) Extract, Salt, Sugar], Curry Powder (0.1%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Canola Oil, Turmeric], Rice, Sultanas, Broccoli, Carrots, Red Capsicum, Almonds, Parsley.

CONTAINS CRUSTACEA, FISH, ALMOND. MAY CONTAIN PEANUT, 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:	1669kJ (400Cal)	428kJ (103Cal)
Protein:	30.4g	7.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.6g
--Saturated:	4.3g	1.1g
Carbohydrates:	34.7g	8.9g
--Sugars:	5.8g	1.5g
Dietary Fibre:	6.2g	1.6g
Folate:	93.2ug (47% RDI)	23.9ug
Sodium:	312mg	80mg
Potassium:	866mg	222mg
Phosphorus:	283mg (28% RDI)	73mg

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Chicken In Sweet & Sour Sauce

Appetizing diced chicken sautéed with pineapple, in a traditional sweet and sour sauce, white rice, peas and beans.
A tasty dish which is sure to satisfy.



Ingredients

Sweet & Sour Chicken (50%) [Chicken (26%), Pineapple, Onions, Carrots, Celery, Red Capsicum, Tapioca, Canola Oil, 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 Colours (Caramel I, Crocin, Crocetin, Paprika Oleoresin, Annatto, Carmine), Vegetable Gums (Xanthan, Guar), Natural Flavour], White Rice, Peas, Beans.

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

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2608kJ (625Cal)	652kJ (156Cal)
Protein:	39.6g	9.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.8g	2.7g
--Saturated:	0.2g	0.1g
Carbohydrates:	44.4g	11.1g
--Sugars:	9.6g	2.4g
Dietary Fibre:	11.2g	2.8g
Sodium:	624mg	156mg
Potassium:	780mg	195mg

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Chicken Parmigiana

Chicken topped with tomato sauce and mozzarella cheese, served with potato and spinach mash, sweet potato and corn. This traditional Italian dish is surprisingly low in calories and packed with fibre and lean protein. Not only is this meal low in sodium it is also a heart friendly dish packed full of vitamins and minerals.



Ingredients

Chicken Parmigiana (43%) [Chicken (25%), Sauce (Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Onions, Olive Oil, Garlic, Basil, Oregano), Mozzarella Cheese (**Milk**), Parmesan Cheese (**Milk**)], Potato Mash [Potatoes, Spinach, Skim **Milk**, Tapioca, Salt, Pepper, Nutmeg], Sweet Potatoes, Corn, 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 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1764kj (423Cal)	441kJ (106Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	15.6g	3.9g
--Saturated:	5.2g	1.3g
Carbohydrates:	34.8g	8.7g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.4g	1.6g
Folate:	89.6ug (45% RDI)	22.4ug
Sodium:	252mg	63mg
Potassium:	1056mg	264mg
Phosphorus:	404mg (41% RDI)	101mg

Disclaimer:

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Chicken Schnitzel

Tasty crumbed chicken served with seasonal baked vegetables and gravy.

Baked vegetables are not only delicious but are loaded with health benefits. Cooking carrots increases the availability of the antioxidant carotenoids. Pumpkin flesh is a good source of vitamins A and C and contains antioxidants, folic acid and potassium. Pumpkins are also low in fat.



Ingredients

Chicken Schnitzel (36%) (Breast Meat, Water, **Soy Flour**, **Wheat Flour**, Isolated **Soy Protein**, Breadcrumbs (**Wheat Flour**, Water, **Rye Flour**, Humectant (422), **Gluten**, Yeast, Salt, Vinegar, Sugar, Canola Oil, Xanthan Gum (415), Malt, **Barley Flour**, Antioxidant (300), Enzymes, Preservative (282), Colours (160a, 102, 110), Thiamine, Folate), Salt, Sugar, Flavour (Thermal Processing Flavour, Yeast Extract, Sugar, Rapeseed Oil, Flavour Enhancers (627, 631), Vegetable Powder, Mineral Salt (508), Liquid Flavours, Spices, Herb), Potatoes, Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Sweet Potato, Beans, Pumpkin, Parsnip, Canola Oil, Pepper, Parsley, Salt, Paprika.

CONTAINS GLUTEN, WHEAT, 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. Vegetable varieties may be subject to seasonal change.

Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1814kJ (435Cal)	465kJ (112Cal)
Protein:	33.9g	8.7g
Fat, Total:	12.5g	3.2g
--Saturated:	3.1g	0.8g
Carbohydrates:	44.1g	11.3g
--Sugars:	7.4g	1.9g
Dietary Fibre:	5.5g	1.4g
Folate:	69.8ug (35% RDI)	17.9ug
Sodium:	1502mg	385mg
Potassium:	1264mg	324mg
Phosphorus:	507mg (51% RDI)	130mg

Disclaimer:

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Chicken With Morel Mushroom Sauce

Sliced tender chicken, delicately flavoured with Morel mushroom sauce, served with potato bake, carrots, peas and sweet potato. Morel mushrooms carry the highest amount of vitamin D among the edible mushrooms. Morels are unique and recognized for their rich mineral content.



Ingredients

Chicken (25%), Potato Bake (25%) (Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper), Carrots, 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)), Peas, Sweet Potato, 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:	1652kJ (396Cal)	413kJ (99Cal)
Protein:	34.8g	8.7g
Fat, Total:	11.2g	2.8g
--Saturated:	2.8g	0.7g
Carbohydrates:	35.2g	8.8g
--Sugars:	8.8g	2.2g
Dietary Fibre:	6.4g	1.6g
Sodium:	628mg	157mg
Potassium:	1008mg	252mg
Phosphorus:	378mg (38% RDI)	94mg

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Creamy Chicken & Mushroom Pie

Topped with puff pastry, enjoy tender chicken pieces in a creamy mushroom sauce with potato bake, carrots and peas.

Mushrooms are a rich source of the soluble dietary fiber, necessary for maintaining healthy cholesterol levels.

Ingredients

Chicken Pie (50%) (Chicken (29%), Onions, Celery, Mushroom Soup (Water, Mushrooms (12%), **Wheat** Flour, Canola Oil, Maize Starch, Salt, Cream (**Milk**), **Milk** Solids, **Soy** Protein, Sugars, Flavours (**Milk** Products, **Wheat**), Yeast Extract, Colour (Caramel 111 - **Wheat**), Mushrooms (7%), **Milk**, 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], Tomato Paste, Salt, Pepper), Potato Bake (Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper), Carrots, Peas, Puff Pastry (5%) [**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

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1932kJ (463Cal)	483kJ (116Cal)
Protein:	33.2g	8.3g
Fat, Total:	20.8g	5.2g
--Saturated:	6g	1.5g
Carbohydrates:	31.2g	7.8g
--Sugars:	10g	2.5g
Dietary Fibre:	6.4g	1.6g
Sodium:	752mg	188mg
Potassium:	872mg	218mg

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Hawaiian Chicken

Crumbed chicken topped with homemade tomato sauce, pineapple and mozzarella cheese, with potato wedges, peas and beans. A very tasty meal that will surely satisfy with its delicious flavours.

Ingredients

Chicken Breast Schnitzel (38%) (Chicken Breast Meat, Water, **Soy**, **Wheat** Flour, **Soy** Protein, Breadcrumbs (**Wheat** Flour, Water, **Rye** Flour, Humectant (422), Yeast, Salt, Vinegar, Canola Oil, Sugar, Xanthan Gum (415), Malt **Barley** Flour, Antioxidant (300), Enzymes, Preservative (282), Colours (160a, 102, 110), Thiamine, Folate), Salt, Sugar, Flavour (Thermal Processing Flavour, Yeast Extract, Sugar, Rapeseed Oil, Flavour Enhancers 627, 631)), Rice Bran Oil, Vegetable Powder, Mineral Salt (508), Liquid Flavours, Herbs, Spices), Plain Wedges (Potato Wedges, Paprika, Salt, Pepper), Napoli Sauce (Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Onions, Olive Oil, Basil, Garlic, Oregano), Green Beans, Peas, Pineapple (6%), Mozzarella Cheese (**Milk**).

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:	2292kJ (550Cal)	573kJ (137Cal)
Protein:	38g	9.5g
Fat, Total:	22.8g	5.7g
--Saturated:	6.8g	1.7g
Carbohydrates:	44.8g	11.2g
--Sugars:	10.4g	2.6g
Dietary Fibre:	6.8g	1.7g
Sodium:	768mg	192mg
Potassium:	1056mg	264mg

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Pineapple Chicken

Succulent chicken sautéed with pineapple pieces served with special rice, broccoli and carrots.

There are only 3 raw materials that the human body can use to make energy: protein, fat and carbohydrates. Protein is an essential macro nutrient that is essential for brain cell function, liver detoxification and for initiating almost all enzyme reactions in our body.



Ingredients

Pineapple Chicken (53%) [Chicken (26%), Onions, Pineapple (6%), Capsicum, Carrots, Mushrooms, Tapioca, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids {Acetic, Citric}, Natural Flavour), White Vinegar, Lemon Juice, Garlic, **Soy** Sauce (Hydrolysed Vegetable Protein Extract (**Soy**, Maize), Water, Salt, Colour (Caramel IV) (**Sulphites**)), Canola Oil, Salt, Pepper], Rice [Rice, Carrots, Peas, Ham, Oil, Salt], Broccoli, Carrots, Parsley. **CONTAINS 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 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1388kj (333Cal)	347kJ (83Cal)
Protein:	29.2g	7.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8g	2g
--Saturated:	2.4g	0.6g
Carbohydrates:	32g	8g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.8g	1.7g
Folate:	84.8ug (42% RDI)	21.2ug
Sodium:	352mg	88mg
Potassium:	824mg	206mg
Phosphorus:	288mg (29% RDI)	72mg

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Roast Chicken with Gravy

Juicy, boneless chicken thigh fillet (skinless) with roast potatoes, roast sweet potatoes, peas and gravy.

Chicken is one of the most popular protein-rich foods and is incredibly versatile. Consider your heart health and choose skinless poultry trimmed of visible fat. Our Roast Chicken meal is also medically low salt and does not exceed 120mg per 100g for sodium.



Ingredients

Chicken (25%), Potatoes, Gravy (15%) [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Peas, Sweet Potatoes, 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:	1688kj (405Cal)	422kJ (101Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	3.6g	0.9g
Carbohydrates:	36g	9g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.8g	1.7g
Folate:	92ug (46% RDI)	23ug
Sodium:	336mg	84mg
Potassium:	1140mg	285mg
Phosphorus:	444mg (45% RDI)	111mg

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Roast Turkey with Cranberry Sauce

Tender sliced turkey, brown gravy, cranberry sauce, roast potatoes, roast pumpkin, peas, broccoli and beans.

White meat such as turkey, is a lean source of protein with a lower fat content than red meat. Turkey is lower in saturated fats than most other meats. Saturated and trans fat increases the risk of heart disease. Our Roast Turkey has a heart-friendly icon and the approval of Diabetes NSW.



Ingredients

Turkey (24%) [Turkey Breast (84%), Water, Salt, Acidity Regulators (326, 261), Modified Starch (1412), Potato Starch, Dextrose (Maize), Sugar, Mineral Salts (451, 450), Hydrolyzed Vegetable Protein (Maize), Vegetable Gum (407, 415), Flavour Enhancer (635), Yeast Extract, Flavouring], Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Cranberry Sauce (5%) [Sugar, Cranberries (32%), Vegetable Gum (Pectin), Food Acid (330)], Potatoes, Pumpkin, Broccoli, Peas, Beans, 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 410g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1382kj (331Cal)	337kJ (81Cal)
Protein:	36.5g	8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	29.1g	7.1g
--Sugars:	12.7g	3.1g
Dietary Fibre:	6.1g	1.5g
Folate:	85.7ug (43% RDI)	20.9ug
Sodium:	976mg	238mg
Potassium:	1283mg	313mg
Phosphorus:	471mg (47% RDI)	115mg

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Satay Chicken with Noodles

Chicken pieces served with Hokkien noodles, carrots, green beans, corn and capsicum in a delicious satay sauce.

Packed full of flavour this is a tasty and warming meal.



Ingredients

Satay Chicken (63%) [Chicken (26%), Mixed Vegetables (Carrots, Corn, Beans, Capsicum) Coconut Milk [Coconut Extract (50%), Water, Thickener (Guar Gum)], Water, **Peanut** Butter (5%) (**Peanuts** (85%), Vegetable Oil (320), Sugar, Salt), Red Curry Paste (2%) (Lemongrass, Red Chilli (13%), Galangal, Palm Sugar, Garlic, **Soya** bean Oil, Salt, Shallot, Spices (Cumin, Coriander Seeds), Sugar, Coriander Root, Kaffir Lime Leaf, Yeast Extract), Canola Oil, Onions, Ginger Paste (Ginger (76%), Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Salt, Pepper], Hokkien Noodles (37%) [**Wheat** Flour, Water, **Wheat**, **Gluten**, Salt, Colours (Carotene, Annatto, Turmeric,) Canola Oil].

CONTAINS GLUTEN, WHEAT, PEANUT, SOY. 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:	2668kJ (640Cal)	667kJ (160Cal)
Protein:	41.6g	10.4g
Fat, Total:	24.8g	6.2g
--Saturated:	6.8g	1.7g
Carbohydrates:	58g	14.5g
--Sugars:	6g	1.5g
Dietary Fibre:	6.8g	1.7g
Sodium:	780mg	195mg
Potassium:	456mg	114mg

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Turkey Meatloaf

A moist and satisfying turkey meatloaf, a hint of sweetness in the gravy, accompanied by baked veg.

For a low fat and low calorie option, our Turkey Meatloaf is not just for the calorie counters but an excellent choice for those who require a gluten-free alternative.



Ingredients

Meatloaf (26%) [Turkey Mince (13%), Spinach, White Rice, Onions, Skim **Milk**, **Eggs**, Salt, Pepper], Gravy [Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour) Brown Sugar], Potatoes, Carrots, Pumpkin, Green Beans, Paprika.

CONTAINS EGG, 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 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1443kj (346Cal)	370kJ (89Cal)
Protein:	23.8g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.5g	0.9g
--Saturated:	0.8g	0.2g
Carbohydrates:	30.8g	7.9g
--Sugars:	13.3g	3.4g
Dietary Fibre:	9.4g	2.4g
Sodium:	745mg	191mg
Potassium:	1381mg	354mg

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Crumbed Fish with Seasoned Wedges NEW RECIPE

Lightly crumbed flash-fried fish with tasty potato wedges, fruit chutney, carrots and beans. Fish is filled with omega-3 fatty acids and vitamins such as D and B2. It is also rich in calcium and phosphorus and the minerals iron, zinc, iodine, magnesium, and potassium.



Ingredients

Crumbed Fish (27%) [Basa (Fish), Canola Oil, Yeast Extract, Dehydrated Vegetable, Wheat Flour, Soy Flour, Water, Breadcrumbs (Wholemeal Wheat Flour, Wheat flour, Water, Rye flour, Humectant (422), Gluten, Yeast, Iodised Salt, Glucose, Sugar, Vitamin C, Dextrose, Wheat Fibre, Vinegar, Canola Oil, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colour (160a), Thiamine, Folate, Soy Flour, Wheat Flour, Vegetable Oil], Cajun Wedges (27%) [Potatoes, Cajun Spice Mix (Oregano, Thyme, Garlic, & Onion Powder, Sweet Paprika, Hot Paprika, Pepper), Oil], Carrots, Beans, Chutney [Tomato, Apple, Sultanas, Water, Sugar, Onion, Thickener (1422), Salt, Food Acid (260), Salt, Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds], Parsley.

CONTAINS FISH, CRUSTACEA, MOLLUSCS, GLUTEN, WHEAT, 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:	1598kJ (383Cal)	432kJ (104Cal)
Protein:	19.6g	5.3g
Fat, Total:	8.9g	2.4g
--Saturated:	1.9g	0.5g
Carbohydrates:	50g	13.5g
--Sugars:	10.4g	2.8g
Dietary Fibre:	7.8g	2.1g
Sodium:	385mg	104mg
Potassium:	1047mg	283mg

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Lemon Fish with Wedges

Moist baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli. Lemons are a citrus fruit that is high in vitamin C. As an antioxidant, vitamin C protects cells from oxidative damage. In addition to this, Vitamin C helps the immune system keep colds and flu at bay.



Ingredients

Basa (28%) (**Fish**), Wedges (28%) [Potato, Gluten Free Breadcrumbs, Lemon Peel, Oil, Salt, Pepper], Lemon Sauce (18%) {[Water, Skim **Milk** Powder, Tapioca, Canola Oil, Gluten Free Flour (Starch, Maize, Tapioca, Rice Flour, Thickener (464)), 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], Lemon Juice & Zest (0.3%), **Fish** Stock, Anchovies (**Fish**)], Gremolata [Gluten Free Breadcrumbs, Parmesan Cheese (**Milk**), Lemon Zest (0.1%), Parsley, Olive Oil, Garlic, Salt, Pepper]}, Broccoli, Carrots, Parsley.

CONTAINS FISH, 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:	1356kJ (325Cal)	339kJ (81Cal)
Protein:	24.8g	6.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.6g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	26.4g	6.6g
--Sugars:	8.8g	2.2g
Dietary Fibre:	6.4g	1.6g
Sodium:	712mg	178mg
Potassium:	1116mg	279mg

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Lightly Battered Fish Fillet

Enjoy flash fried Basa fillet, with a fluffy pumpkin and potato mash and a mix of peas, beans and broccoli.

A tasty seafood dinner with loads of flavour that is heart friendly.



Ingredients

Potato Pumpkin Mash (31%) (Potatoes, Pumpkin, Skim **Milk**, Tapioca, Salt, Pepper), Basa Fillet (23%) [Basa **Fish**, Breader (**Wheat** Flour, Salt, Spices, Flavours, (**Wheat** {Flavour Enhancers (621)} Maltodextrin (Maize), Canola Oil)), Water, Breadcrumbs (Wholemeal **Wheat** Flour, **Wheat** Flour, **Rye** Flour, Humectant (422), **Gluten**, Yeast, Iodised Salt, Vinegar, Canola Oil, Xanthan Gum (415), Malt **Barley** Flour, Antioxidant (300), Enzymes, Preservative (282), Colour (160a), Thiamine, Folate, **Soy** Flour, **Wheat** Flour, Vegetable Oil], Broccoli, Green Beans, Peas.

CONTAINS GLUTEN, WHEAT, FISH, 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 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1326kJ (318Cal)	340kJ (82Cal)
Protein:	26.9g	6.9g
Fat, Total:	6.6g	1.7g
--Saturated:	1.6g	0.4g
Carbohydrates:	32g	8.2g
--Sugars:	6.6g	1.7g
Dietary Fibre:	9.8g	2.5g
Sodium:	546mg	140mg
Potassium:	1030mg	264mg

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Salmon & Vegetable Pie

Topped with puff pastry, Tasmanian salmon pieces and mixed vegetables combine in a delicious creamy sauce. Served with beans and a mix of potato and sweet potato wedges. Not only are oily fish high in omega-3 fatty acids, salmon is rich in Vitamin D and other essential nutrients. Since the human body can't make large amounts of these essential nutrients, salmon is an excellent addition to our diet.



Ingredients

Pie (50%) (**Fish**) [Salmon (19%) (**Fish**), White Sauce (Water, Skim **Milk** Powder, Tapioca, Gluten Free Flour, Oil, 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), Onions, Carrots, Peas, Celery, Garlic, Oil, Tapioca, Parsley, Dill, Salt, Pepper], Potato & Sweet Potato Wedges, Beans, 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], Paprika.

CONTAINS GLUTEN, WHEAT, FISH, 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:	1732kJ (415Cal)	433kJ (104Cal)
Protein:	23.6g	5.9g
Fat, Total:	16.4g	4.1g
--Saturated:	4.8g	1.2g
Carbohydrates:	39.2g	9.8g
--Sugars:	10.8g	2.7g
Dietary Fibre:	8g	2g
Sodium:	308mg	77mg
Potassium:	944mg	236mg
Phosphorus:	363mg (36% RDI)	91mg

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Salmon Fish Cakes with Sauce

Tasty fish cakes topped with homemade tomato sauce, lightly seasoned potato wedges, peas and carrots.

This meal is high in fibre, which is essential for a healthy digestive system. A combination of soluble and insoluble fibre helps maintain normal intestinal function.



Ingredients

Fish Cakes (32%) [Potatoes, Salmon (4%) (**Fish**), Onions, Carrots, Breadcrumbs (**Wheat**), **Eggs**, Anchovies (**Fish**), Canola Oil, Chives, Parsley, Salt, Pepper], Cajun Wedges [Potatoes, Oregano, Thyme, Garlic And Onion Powders, Sweet And Hot Paprika, Pepper], Sauce (10%) [Tomatoes (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Peas, Carrots, Parsley. **CONTAINS GLUTEN, WHEAT, EGG, FISH. 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:	1607kj (385Cal)	423kJ (101Cal)
Protein:	15.6g	4.1g
Fat, Total:	10.6g	2.8g
--Saturated:	2.3g	0.6g
Carbohydrates:	50.5g	13.3g
--Sugars:	9.1g	2.4g
Dietary Fibre:	12.2g	3.2g
Folate:	109.1ug (55% RDI)	28.7ug
Sodium:	570mg	150mg
Potassium:	1041mg	274mg
Phosphorus:	278mg (28% RDI)	73mg

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Tasmanian Salmon with Florentine Sauce

Salmon topped with a white sauce flavoured with a touch of onion and spinach, white rice enriched with peas and shallots, tender carrots and beans.

Salmon is very high in heart-healthy omega-3 fatty acids and has a great protein content. Our Tasmanian Salmon meal is loaded with various important nutrients as well as being medically low salt - a great Heart Friendly meal!



Ingredients

Salmon (26%) (**Fish**) Florentine Sauce (21%) [Water, Skim **Milk** Powder, Gluten Free Flour, Oil, 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)), Silverbeet, Onions, **Fish** Stock (Water, **Fish**, Carrots, Celery, Salt, Pepper), Tapioca, Salt, Pepper, Nutmeg], Rice, Peas, Shallots, Vegetable Stock Powder (Sea Salt, Maize Maltodextrin, Sugar, Dehydrated Vegetables [Cabbage, Onion, Celery, Garlic, Spinach], Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Beans, Parsley.

CONTAINS FISH, 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:	1607kJ (385Cal)	423kJ (101Cal)
Protein:	31.5g	8.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.2g	3.2g
--Saturated:	2.3g	0.6g
Carbohydrates:	35g	9.2g
--Sugars:	7.2g	1.9g
Dietary Fibre:	4.9g	1.3g
Folate:	74.1ug (37% RDI)	19.5ug
Sodium:	163mg	43mg
Potassium:	733mg	193mg
Phosphorus:	422mg (42% RDI)	111mg

Disclaimer:

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Thai Green Fish Curry - Mild

A warming fish and vegetable curry accompanied by fluffy white rice.

A tasty Gluten Free seafood dinner with loads of flavour that you are sure to enjoy.



Ingredients

Green Curry (50%) [Coconut Milk {Coconut Extract (50%), Water, Thickener (Guar Gum)}, Onions, Peas, 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 Seeds, Pepper, Cumin, Turmeric), Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt], Basa Fillet (28%) (**Fish**), White Rice.

CONTAINS CRUSTACEA, FISH. 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:	1672kJ (401Cal)	418kJ (100Cal)
Protein:	27.6g	6.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	5.6g	1.4g
Carbohydrates:	30g	7.5g
--Sugars:	7.6g	1.9g
Dietary Fibre:	10g	2.5g
Sodium:	1024mg	256mg
Potassium:	676mg	169mg

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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

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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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Apple & Rhubarb Crumble

Stewed apple and rhubarb pieces with a delectable crumble topping. Rhubarb is an excellent source of calcium. The rhubarb root is popular in ancient Chinese medicine for soothing stomach ailments and relieving constipation.



Ingredients

Apple (43%) {Apple, Water, Citric Acid (330), Ascorbic Acid (300)} **Wheat** Flour {Vitamins [Thiamine, Folate]}, White Sugar, Rhubarb (12%), Margarine {Vegetable Oil, Water, Salt, Emulsifiers (322 **Soy**, 471), Natural Flavour, Acidity Regulator (500), Antioxidant (307b **Soy**), Food Acid (330), Colour (160a)}, Vegetable Cake Margarine {Vegetable Fats & Oils, Water, Salt, Emulsifiers (471, 475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)}, Modified Maize Starch (E1422), Sultanas {Cotton Seed Oil}. **CONTAINS GLUTEN, WHEAT, SOY, SULPHITES. MAY CONTAIN EGGS, MILK, PEANUTS, TREE NUTS.**

Nutritional Details

Regular Size 180g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		959kJ (230Cal)
Protein:		2.3g
Fat, Total:		9.4g
--Saturated:		5.2g
Carbohydrates:		32.7g
--Sugars:		18.6g
Dietary Fibre:		2g
Sodium:		118mg

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Apricot Fruit Pie with Custard

A shortbread crust encompasses a traditional apricot pie with a custard accompaniment. Apricots have high levels of the soluble fibre called pectin. Inside our digestive system, soluble fibre attaches to cholesterol particles and carries them out of the body, helping to reduce overall cholesterol levels and the risk of heart disease.



Ingredients

Pie: Fruit [Apricot (34%), Apple (23%) (Preservatives (202,223)], Flour (**Wheat**), Sugar, Butter (**Milk**), Vegetable Spread [Vegetable Oil, Water, **Milk Solids**, Salt, Emulsifier (471, **Soy**), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D)], Modified Starch (1422), Water, Baking Powder, **Egg**, **Milk**, Vanilla Essence (Colour 150c), Cinnamon. Custard: Water, **Milk Solids**, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).
CONTAINS: GLUTEN, WHEAT, MILK, EGGS, SOY.

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		787kJ (189Cal)
Protein:		3.1g
Fat, Total:		6.2g
--Saturated:		3.1g
Carbohydrates:		28.9g
--Sugars:		16.2g
Dietary Fibre:		1.5g
Sodium:		93mg
Potassium:		88mg
Phosphorus:		30mg

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Baked Cheesecake

Deliciously smooth cheesecake on a light sponge base.

Not only does cheese provide us with calcium and protein it also contains vitamin B12. Our body does not produce this vitamin so we need to obtain it from animal-based foods or from supplements. Vitamin B12 is required for many functions including producing red blood cells. Vitamin B12 also helps prevent a type of anaemia called Megaloblastic Anaemia.



Ingredients

Base [Sponge Mix (Flour (**Wheat**)), Sugar, **Milk** Solids, Raising Agents (500,541), Emulsifiers (471, 472b, 477, 475), Rice Starch, Maltodextrin, Vegetable Oil, Thickener (412, 415), Stabiliser (450), Colours (110, 102)), Water], Topping [Cream Cheese (**Milk**, Cream (**Milk**), Salt, Vegetable Gum (410, 412), Starter Culture), **Egg**, Sugar, Sour Cream (**Milk**), Thickened Cream ((**Milk**), Gelatine, Vegetable Gum (407a), Emulsifier (471 (**Soy**))), Custard Powder (**Milk**), Lemon Juice, Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt (509)].

CONTAINS WHEAT, GLUTEN, MILK, EGGS.

Nutritional Details

	Regular Size 90g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1187kJ (285Cal)
Protein:		5.2g
Fat, Total:		17.4g
--Saturated:		11.4g
Carbohydrates:		25.2g
--Sugars:		22.5g
Dietary Fibre:		0.1g
Sodium:		206mg

Disclaimer:

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Black Forest with Cream

Chocolate sponge, fresh cream, cherries, topped with chocolate shavings.



Ingredients

Water, White Sugar, **Wheat** Flour {Thiamine, Folate}, Thickened Cream (18%) {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener (400)}, Canola Oil, Cake Concentrate {**Wheat** Flour, Mineral Salt Raising Agent (450,500), Thickener (1422), Salt, Natural Flavour, Mineral Salt (327), Emulsifier (481)}, **Wheat** Fibre, Cocoa Powder, Dark Compound Chocolate (1%) {Sugar, Palm Oil, Dark Cocoa Powder(20%), **Soy** Lecithin), Chocolate Flavour [Food colour (155, 133)] (1%), Cream Stabiliser {Sugar, Vegetable Gum (401), Maize Starch, Thickener (1422)}, Sour Cherries (0.67%), Baking Powder [Raising Agents (450, 500)], Sodium Bicarbonate (500), Modified Maize Starch (E1422).

CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN EGGS, PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 105g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:		1275kJ (306Cal)
Protein:		3.2g
Fat, Total:		15.2g
--Saturated:		5.1g
Carbohydrates:		36.6g
--Sugars:		21.7g
Dietary Fibre:		2.8g
Sodium:		371mg

Disclaimer:

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Bread & Butter Pudding with Custard

Enjoy traditional moist pudding with creamy custard and sultanas.

Custard is a great source of calcium. Not only is calcium essential for healthy bone growth but calcium enables our blood to clot, our muscles to contract, and our heart to beat.



Ingredients

Pudding: **Milk**, **Egg**, Bread [Flour (**Wheat**), Water, Yeast, Salt, Vegetable Oil, Flour (**Soy**), Emulsifiers (481, 471), Anticaking Agent (170), Vitamins (Thiamin, Folate)], Cream (**Milk**), Sugar, Sultanas, Butter (**Milk**), Apricot Glaze (Glucose Syrup, Sugar, Vegetable Gum (440), Acidity Regulator (330), Preservative (220) Mineral Salt (509), Flavour, Colour (160a)), Mixed Spice, Vanilla Essence (Colour 150c). Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).

CONTAINS WHEAT, GLUTEN, MILK, EGG, SOY. MAY CONTAIN TRACES OF SESAME

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		726kJ (174Cal)
Protein:		5.4g
Fat, Total:		6.5g
--Saturated:		3.6g
Carbohydrates:		22.7g
--Sugars:		16.6g
Dietary Fibre:		0.6g
Sodium:		102mg

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Carrot Cake

Fresh grated carrots, pineapples, sultanas, decorated with a delicious cream cheese and walnut icing.

Walnuts contain good fats, such as monounsaturated and polyunsaturated fats (PUFAs), but they are also a good source of the essential fatty acid omega-3. Other nutrients such as vitamin E and folate are also in walnuts and contribute to neuroprotection and memory function.



Ingredients

Canola Oil, White Sugar, Carrots (13%), Cream Cheese (**Milk**, Cream (**Milk**), **Milk Solids**, Salt, Vegetable Gum (410), Food Acid (270), Starter Culture), **Wheat** Flour (Thiamine, Folate), **Egg**, Pineapple (5%) (Pineapple, Sugar, Water), Creme Shortening (Vegetable Oils, Emulsifier (471, 435), Vitamin E (307b)), Glucose Syrup (Corn), Preservative (223) (**Sulphites**), Icing Mixture (Sucrose, Tapioca), Sultanas (Vegetable Oil), **Walnuts**, Modified Maize Starch (E1422), Salt, Baking Powder (Raising Agents (450, 500), Sodium Bicarbonate (500), Cinnamon, Nutmeg, Lemon Flavour.

CONTAINS GLUTEN, WHEAT, EGGS, MILK, WALNUTS, SULPHITES. MAY CONTAIN SOY, PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 140g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1552kJ (372Cal)
Protein:		3.7g
Fat, Total:		24.1g
--Saturated:		6.4g
Carbohydrates:		34.3g
--Sugars:		23.3g
Dietary Fibre:		1.9g
Sodium:		350mg

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Chocolate Fudge Cake with Custard

Smooth, creamy custard compliments this moist chocolate fudge cake.

Cocoa contains high concentrations of antioxidants known as polyphenols. Flavonoids, the most common subclass of polyphenols, are found in higher concentrations in chocolate than in other flavonoid rich substances.



Ingredients

Sponge: Mudcake Mix [Sugar, Flour (**Wheat**), Vegetable Oil, Cocoa Powder, **Egg**, Modified Starch (1422), Colours (Caramel (150d), 155, 122), Raising Agents (500, 541, 341), Salt, Preservative (202), Flavours], Water, Chocolate (Sugar, Vegetable Fat (492 **Soy**), Cocoa Powder, Emulsifiers (476 **Soy**), Flavours), Thickened Cream (Cream (**Milk**), Halal Gelatine, Vegetable Gum (407a), Emulsifier (471)), **Egg**, Canola Oil. Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a).

CONTAINS: WHEAT, GLUTEN, MILK, EGGS, SOY.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1116kJ (268Cal)
Protein:		4g
Fat, Total:		11.6g
--Saturated:		3.3g
Carbohydrates:		35.8g
--Sugars:		25.6g
Dietary Fibre:		1.3g
Sodium:		179mg

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Chocolate Mousse

A high protein, smooth and creamy gluten free chocolate dessert.

A great source of calcium, why not enjoy this gluten free treat?



Ingredients

Milk, Sugar, Milk Solids, Whipping Agent (Fully-Hydrogenated Palm Oil), Cocoa Powder (2.6%), Dextrose, Vegetable Gums (407, 415).

CONTAINS MILK.

Nutritional Details

Regular Size 70g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		722kJ (173Cal)
Protein:		8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		4.1g
--Saturated:		3.3g
Carbohydrates:		24.3g
--Sugars:		23g
Dietary Fibre:		2g
Sodium:		73mg
Potassium:		364mg

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Lamington Pack

Lamingtons with a light cream filling, two per pack!

Coconuts are nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals such as iron, selenium, calcium, magnesium and phosphorous.



Ingredients

Sugar, Water, **Wheat** Flour, Chocolate Dip [Sugar, Cocoa Powder, Gelatine, Thickener (1422), Vegetable Oil (Antioxidant 307), Flavour], Animal Fat and Vegetable Oils, **Egg**, Coconut, Starch (Rice, **Wheat**), Raising Agents (500, 541), Whey (**Milk**) Powder, Vegetable Gum (415), **Soy** Flour, Salt, Emulsifiers (322 **Soy**, 471 **Soy**, 472b, 475, 477), Flavour, Antioxidant (306 **Soy**, 310), Colour (160a, 102, 150a), Preservative (223).

CONTAINS WHEAT, GLUTEN, MILK, SOY, EGGS, TREE NUTS, SULPHITES.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1520kJ (365Cal)
Protein:		3.2g
Fat, Total:		20.7g
--Saturated:		11.7g
Carbohydrates:		41.6g
--Sugars:		30.7g
Dietary Fibre:		2.2g
Sodium:		153mg
Phosphorus:		0mg

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Lemon Drizzle Cake with Custard

Best served warm, our vanilla cake is topped with a tangy lemon drizzle accompanied by custard.



Ingredients

Water, White Sugar, **Egg**, Self Raising Flour {**Wheat** Flour, Raising Agents (339,341,450,500)}, Margarine {Vegetable Fats &Oils, Water, Salt, Emulsifiers (471,475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)}, Custard Mix {Sugar, Thickener (1414), **Milk** solids, Dextrose, Vegetable Fat (Palm Oil, Lactose, **Milk** Protein), Vegetable gums (401, 407, 410, 415), Maize Starch, Natural Flavour, Salt, Preservative (202), Natural Colours (Gardenia Extract, 160c), Lemon Juice (7%) {Lemon, Preservative (202)}, Icing Mixture {Sucrose, Tapioca Starch}, Thickened Cream {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener (400)}, Vanilla Flavour {Colour (150d).

CONTAINS GLUTEN, WHEAT, EGGS, MILK. MAY CONTAIN PEANUTS, SOY, SULPHITES, TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 100g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:		1092kJ (262Cal)
Protein:		3.1g
Fat, Total:		9.6g
--Saturated:		4.9g
Carbohydrates:		38.9g
--Sugars:		29.8g
Dietary Fibre:		0.6g
Sodium:		202mg

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Mango Mousse

Smooth fruit flavour, gluten free, rich in protein and calcium.

Mangos have an impressive vitamin and mineral content. The digestive enzymes in them help promote natural, efficient digestion. The bioactive ingredients in mangoes like esters contribute in enhancing appetite and also improve the function of the digestive system.



Ingredients

Milk, Milk solids, Sugar, Mango Puree (5%), Water, Thickener (1442), Natural Flavour, Food Acid (330, 331), Colour (160a), Vegetable Oil, Maltodextrin, Dextrose, Vegetable Gums (407, 415).

CONTAINS MILK.

Nutritional Details

Regular Size 75g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		644kJ (154Cal)
Protein:		7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		3.3g
--Saturated:		2.6g
Carbohydrates:		23.5g
--Sugars:		20.9g
Dietary Fibre:		0.8g
Sodium:		61mg
Potassium:		212mg

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Orange & Almond Cake

A moist Gluten Free cake bursting with the flavours of orange and almonds.
A delicious treat that can be enjoyed with a cup of tea.



Ingredients

Vegetable Fat (Palm Kernel Oil), Emulsifiers (E471, E435, E322), Antioxidants (E307b, E304), Flavour (Butter Flavour), Colour (E160a) (Soy), White Sugar, Whole Egg, Almonds (19%), Orange (6%), Rice Flour, Polenta, Water, Concentrated Orange Juice (1%), Canola Oil, Potato Starch, Orange Flavour [Colour (110)], Tapioca Starch (Sulphites), Calcium Carbonate (170), Vegetable Gum (E415) (Soy).

CONTAINS ALMONDS, EGG, SOY, SULPHITES. MAY CONTAIN MILK, PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 90g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1925kJ (462Cal)
Protein:		7.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		33.5g
--Saturated:		12.9g
Carbohydrates:		31.9g
--Sugars:		23.3g
Dietary Fibre:		2.5g
Sodium:		28mg

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Peach Crumble

Stewed peaches topped with a delectable crumble.



Ingredients

Peaches (59%) {Peach, Water, Sugar, Citric Acid (330)}, Plain **Wheat** Flour [Thiamine, Folate], White Sugar, Danish Margarine {Vegetable oil, Water, Salt, Emulsifiers (322 **Soy**, 471), Natural Flavour, Acidity Regulator (500), Antioxidant (307b **Soy**), Food Acid (330), Colour (160a)}, Vegetable Cake Margarine {Vegetable Fats & Oils, Water, Salt, Emulsifiers (471,475), Preservative (202), Conditioner (330), Flavour, Antioxidant (320), Colour (160a)}, Modified Maize Starch (E1422).

CONTAINS GLUTEN, WHEAT, SOY. MAY CONTAIN EGGS, MILK, PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

Regular Size 180g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		942kJ (226Cal)
Protein:		2.3g
Fat, Total:		9.3g
--Saturated:		5.1g
Carbohydrates:		24.7g
--Sugars:		19g
Dietary Fibre:		2.8g
Sodium:		119mg

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Pear & Raspberry Cake

A combination of pears and raspberries make this a delicious gluten free treat.

A lovely treat to enjoy for afternoon tea or with coffee.



Ingredients

Vegetable Fat (Palm Kernel Oil), Emulsifiers (E471, E435, E322), Antioxidants (E307b, E304), Flavour (Butter Flavour), Food Colour (E160a)}(**Soy**), White Sugar, Whole **Egg**, **Almonds**, Pear (13%) {Pear, Water, Sugar, Citric Acid (330), Calcium Chloride (509)}, Water, Rice Flour, Raspberries (2%), Polenta, Glazing Gel {Glucose-Fructose Syrup, Water, Sugar, Gelling Agent (440ii, 407, 415), Acidifier (330), Acidity Regulator (331iii, 3412iii), Preservative (202)}, Calcium Carbonate (170), Potato Starch, Tapioca (**Sulphites**), Vanilla Flavour {Colour (150d)}, Raspberry Flavour (0.01%), Vegetable Gum (E415) (**Soy**).

CONTAINS ALMONDS, EGG, SOY, SULPHITE. MAY CONTAIN MILK, PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 90g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1700kJ (408Cal)
Protein:		6.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		29.3g
--Saturated:		11.5g
Carbohydrates:		29.1g
--Sugars:		22.3g
Dietary Fibre:		1.2g
Sodium:		26mg

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Red Velvet Cheesecake

Deliciously moist chocolate cake topped with rich cream cheese.
Rich and creamy marscapone cheese is the star of this dessert.



Ingredients

Cheese Cake Filling (50%) (Cream Cheese [**Milk**, Cream [From **Milk**], **Milk** Solids, Salt, Vegetable Gum [410], Starter Culture], Water, Instant Vanilla Dessert Mix [Sugar, Modified Potato Starch, Gelatin [Beef], Thickening Agent [Carrageenan], Flavouring, Colouring Plant Extract [Cape Jasmine Extract, Paprika Extract]], Skim **Milk** Powder [Contains **Milk** Solids], Sugar), Red Velvet Sponge (32%) (Red Velvet Cake Mix [Sugar, **Wheat** Flour [Thiamine, Folate], Cocoa Powder, Vegetable Oil [Antioxidant [307]], Vegetable Fat [Vegetable Oil [Contains Palm], Emulsifiers [471, 477], Maltodextrin, Potato Flour, **Milk** Solids, Salt, Raising Agents [450, 500], Natural Flavour, Colour [120], Vegetable Gum [415], **Egg** Powder], Water, **Egg** Pulp, Canola Oil).
CONTAINS WHEAT, GLUTEN, EGG, MILK. MAY CONTAIN SOY.

Nutritional Details

Regular Size 110g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1190kJ (285Cal)
Protein:		6g
Fat, Total:		13g
--Saturated:		6.5g
Carbohydrates:		34.6g
--Sugars:		27.3g
Dietary Fibre:		0.7g
Sodium:		269mg
Potassium:		194mg

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Sticky Date With Custard

Creamy custard with moist sticky date pudding. The benefits of including dates in our diet include relief from constipation, intestinal disorders, heart problems, anaemia and many other conditions. They are rich in several vitamins, minerals, and fibre.



Ingredients

Sponge: Water, Dates (23%), Flour (**Wheat**), Brown Sugar, **Egg**, Vegetable Spread (Vegetable Oil, Water, **Milk** Solids, Salt, Emulsifier (471, **Soy**), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D)), Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt 509)), Baking Powder, Baking Soda. Custard: Water, **Milk** Solids, Sugar, Cream (**Milk**), Dextrose Monohydrate, Maltodextrin, Tapioca Starch, Flavour, Xanthan Gum (415), Carrageenan (407), Colour (160a). **CONTAINS: WHEAT, GLUTEN, MILK, EGG, SOY. MAY CONTAIN OCCASIONAL DATE PIT FRAGMENTS.**

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		803kJ (193Cal)
Protein:		3.6g
Fat, Total:		5.1g
--Saturated:		1.8g
Carbohydrates:		33g
--Sugars:		23.9g
Dietary Fibre:		0.3g
Sodium:		190mg

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Strawberry Cream Gateau

Sponge with strawberries and fresh cream topped with white chocolate shavings.



Ingredients

Thickened Cream (21%) {Pasteurised Cream (**Milk**), Mineral Salts (450,500), Thickener (400)}, White Sugar, Sponge Flour {**Wheat** Flour}, Water, **Egg**, White Compound Chocolate (1%) {Sugar, Palm Oil(26%), **Milk** Powder, **Soy** Lecithin}, Wispalett {Water, Humectant (420,1520), Emulsifiers (471,475), Acidity regulator(570)}, Cream Stabiliser {Sugar, Vegetable Gum (401), Maize Starch, Thickener (1422)}, Baking Powder [Raising Agents (450, 500)], Strawberries (0.59%), Skim **Milk** Powder, Sodium Bicarbonate (500), Iodised Salt, Modified Maize Starch (E1422).

CONTAINS GLUTEN, WHEAT, EGGS, MILK, SOY. MAY CONTAIN PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

	Regular Size 105g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1139kJ (273Cal)
Protein:		4.3g
Fat, Total:		10.4g
--Saturated:		6.2g
Carbohydrates:		38.5g
--Sugars:		24.5g
Dietary Fibre:		0.5g
Sodium:		294mg

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Tiramisu

Sponge with coffee infused fresh cream, topped with chocolate shavings.



Ingredients

White Sugar, Water, Thickened Cream (18%) {Pasteurised Cream (**Milk**), Mineral Salts (450, 500), Thickener (400)}, **Wheat** Flour, **Eggs**, Dark Compound Chocolate (1%) {Sugar, Palm Oil, Dark Cocoa Powder(20%), **Soy** Lecithin), Wispalett {Water, Humectant(420, 1520), Emulsifiers (471, 475), Acidity regulator (570)}, Cream Stabiliser {Sugar, Vegetable Gum (401), Maize Starch, Thickener (1422)}, Baking Powder [Raising Agents (450, 500)], Coffee Powder (0.74%), Skim **Milk** Powder, Sodium Bicarbonate (500), Iodised Salt.
CONTAINS WHEAT, GLUTEN, EGGS, MILK, SOY. MAY CONTAIN PEANUTS, SULPHITES, TREE NUTS.

Nutritional Details

Regular Size 100g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1086kJ (260Cal)
Protein:		4.1g
Fat, Total:		9g
--Saturated:		5.3g
Carbohydrates:		38.5g
--Sugars:		25.6g
Dietary Fibre:		0.4g
Sodium:		275mg

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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 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**, Salt, Culture, Enzyme, Anti-Caking Agent], Leek (6%), Maize Starch, Thickened Cream [**Milk** Fat, Mineral Salts (450, 500), Thickener (400)], **Milk**, Canola Oil, Onions, Butter, 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:	1332kJ (319Cal)	666kJ (160Cal)
Protein:	14.6g	7.3g
Fat, Total:	20.4g	10.2g
--Saturated:	10.2g	5.1g
Carbohydrates:	19.6g	9.8g
--Sugars:	4g	2g
Dietary Fibre:	1.6g	0.8g
Sodium:	672mg	336mg

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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 (13%), Parsley, Canola Oil, Paprika, Pepper, Salt.

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:	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

	Regular Size 220g Per Serve	
Nutritional Details	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, 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], 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

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.



Creamy Broccoli & Cauliflower Soup

Smooth, satisfying, rich and creamy soup with a hint of dill.



Ingredients

Vegetable Stock Powder (Sea Salt, Maize Maltodextrin, Sugar, Dehydrated Vegetables [Cabbage, Onion, Celery, Garlic, Spinach], Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Onions, Cauliflower (11%), Broccoli (9%), Potatoes, Celery, Olive Oil, Dill, Tapioca, Pepper, Salt.

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:	408kJ (98Cal)	136kJ (33Cal)
Protein:	2.7g	0.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	0.9g	0.3g
Carbohydrates:	8.1g	2.7g
--Sugars:	3.6g	1.2g
Dietary Fibre:	3g	1g
Sodium:	498mg	166mg
Potassium:	672mg	224mg

Disclaimer:

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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, Canola Oil, Tapioca, Vegetable Stock Powder [Sea Salt, Maize Maltodextrin, Sugar, Dehydrated Vegetables [Cabbage, Onion, Celery, Garlic, Spinach], Yeast Extract, Rice Flour, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli], 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:	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

Disclaimer:

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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 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**, Salt, Culture, Enzyme, Anti-Caking Agent], Leeks (5%), Maize Starch, Thickened Cream [**Milk** Fat, Mineral Salts (450,500), Thickener (400)], **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:	1088kj (261Cal)	544kJ (130Cal)
Protein:	15g	7.5g
Fat, Total:	14.4g	7.2g
--Saturated:	8g	4g
Carbohydrates:	18.2g	9.1g
--Sugars:	5.6g	2.8g
Dietary Fibre:	0.6g	0.3g
Sodium:	848mg	424mg

Disclaimer:

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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%) (Crushed Tomatoes, Tomato Juice, Food Acid (330)), 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, Chilli], 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

	Regular Size 300g Per Serve	
Nutritional Details	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

Disclaimer:

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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%) (Crushed Tomatoes, Tomato Juice, Food Acid (330)), Carrots (10%), Brown Lentils (8%), Celery (6%), Potatoes (5%), Onions (5%), Vegetable 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

Disclaimer:

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Pea & 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, Canola 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

Nutritional Details	Regular Size 300g Per Serve	
	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

Disclaimer:

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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

Nutritional Details	Regular Size 300g Per Serve	
	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

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.



Pumpkin Potato & Feta 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 (23%), Egg, Water, Potato (9%), Leek, Maize Starch, Thickened Cream [Milk Fat, Mineral Salts (450, 500), Thickener (400)], Milk, Feta Cheese (3%) [Milk Cultures, Salt], Vegetable Stock Powder (Yeast Extract), White Pepper, Mixed Herbs [Oregano, Marjoram, Thyme, Sage].

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

Nutritional Details

Regular Size 240g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1130kJ (271Cal)	471kJ (113Cal)
Protein:	12g	5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.9g	5.8g
--Saturated:	7.4g	3.1g
Carbohydrates:	24.7g	10.3g
--Sugars:	6.5g	2.7g
Dietary Fibre:	1.2g	0.5g
Sodium:	557mg	232mg

Disclaimer:

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Rich Beef & Vegetable Soup - New Recipe

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



Ingredients

Water, Diced Beef (11%), Carrots (5%), Peas (5%), Onions, Broccoli (2%), Cauliflower (2%), Celery (1%), Pasta (Durum **Wheat** Semolina, **Eggs**), Demi-glaze (Thickener (1422,1412) {**Sulphites**}, Maltodextrin (Maize), Flavour Enhancer (621), Sugar, Salt, Cream (**Milk**) Powder, Sunflower Oil, Onion Powder, Colours 150d, Beetroot), Mineral Salt (Potassium Chloride), Tomato Powder, Maize Starch, Skim **Milk** Powder, Garlic Powder, Beef Flavours, Burgundy Flavour (**Milk** Derivatives), Beef Extract, Food Acid (Citric), Flavours), Tomato Paste (Concentrated Tomatoes, Salt), Tapioca, Canola Oil, Tabasco Sauce (Distilled Vinegar, Red Pepper, Salt). **CONTAINS GLUTEN, WHEAT, EGG, MILK, SULPHITES. 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

Nutritional Details	Regular Size 300g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	435kj (104Cal)	145kJ (35Cal)
Protein:	14.1g	4.7g
Fat, Total:	1.8g	0.6g
--Saturated:	0.3g	0.1g
Carbohydrates:	7.2g	2.4g
--Sugars:	2.1g	0.7g
Dietary Fibre:	2.1g	0.7g
Sodium:	336mg	112mg
Potassium:	390mg	130mg

Disclaimer:

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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**), Raising Agent (500,450), Emulsifier (481), Preservative (202), Colour (160a)], **Eggs**, Onions, Feta Cheese (6.5%) (**Milk**, Cultures, Salt), 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:	1542kj (370Cal)	701kJ (168Cal)
Protein:	9.7g	4.4g
Fat, Total:	22.2g	10.1g
--Saturated:	10.1g	4.6g
Carbohydrates:	33.7g	15.3g
--Sugars:	2.6g	1.2g
Dietary Fibre:	1.8g	0.8g
Sodium:	1019mg	463mg

Disclaimer:

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Special Fried Rice

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



Ingredients

Water, White Rice, 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), Carrots, Corn, Ham (Pork, Water, Salt, Potato Starch, Salt, Dextrose (Maize), Starch, Mineral Salts (451, 450, 452, 331), Antioxidant (316), Sodium Nitrite (250), Flavour Enhancer (635), Natural Wood Smoke), 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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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 Diane (50%) (Beef (25%), Carrot, Mushrooms, Celery, Onions, **Milk Powder** (Whole **Milk**, **Milk Solids**), Tomato Paste, Cream (**Milk**), Water, Textured Vegetable Protein Granules (Defatted **Soy** Flour, Caramel Colour (150a)), Garlic, Tapioca Starch, Worcestershire Sauce (Contains Colour (150d)), Canola Oil, Lo Salt Gravy Mix (Contains **Soy**, Colour (150a)), Modified Corn Starch (1422), **Soy** Powder (**Soy**, Acidity Regulator [270]), Flavoured Stock Blend (Contains **Soy**, Flavour Enhancer (627, 631)), Pepper, Vegetable Gum (412), Lo Salt), Peas & Corn (Peas, Sweet Corn, Water, Lo Salt, Vegetable Gum (415)), Penne Pasta (Water, Penne (Durum Wheat Semolina), Canola Oil, Lo Salt, 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:	2045kJ (490Cal)	568kJ (136Cal)
Protein:	33.5g	9.3g
Fat, Total:	17.6g	4.9g
--Saturated:	6.5g	1.8g
Carbohydrates:	46.4g	12.9g
--Sugars:	7.9g	2.2g
Dietary Fibre:	5g	1.4g
Sodium:	306mg	85mg
Potassium:	698mg	194mg

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

Hickory Beef (50%) (Beef (20%), Beef Stock (Maltodextrin (Corn), Dextrose, Yeast Extract, Hydrolyzed Vegetable Protein (Maize, **Soy**), Salt, Flavour Enhancer (635), Natural Flavour, Vegetable Powder (Onion, Garlic), Vegetable Oil.), Water, Crushed Tomatoes (Contains Citric Acid (330)), Cannellini Beans, Onions, Tomato Paste, Sugar, Lemon Juice (**Sulphites**) (Contains Preservative (223), Antioxidant (300)), Modified Corn Starch (1422), Canola Oil, Worcestershire Sauce (Contains Colour (150d)), Tapioca, Garlic, Lo Salt Gravy Mix (Contains **Soy**, Colour (150a)), Ginger (Contains Food Acid (260), Preservative (202), Vegetable Gum (415, 412)), Pepper, Ground Coriander, Smoke Flavour (Contains Food Acid (260)), Cumin, Ground Paprika, Mustard Ground, Chilli Powder, Salt), Carrots & Peas (Carrot, Peas, Water, Canola Oil, Vegetable Gum (415), Lo Salt), Potatoes & Corn (Potato (**Sulphites**) (Preservative (220)), Water, Sweet Corn, **Milk Powder (Milk, Milk Solids)**, Vegetable Shortening (Contains Emulsifiers [435, 471], Antioxidant [307b From **Soy**]), Potato Flakes (Contains Emulsifier (471), Citric Acid (330)), Potato Starch, Dried Parsley, Salt, Nutmeg).

CONTAINS MILK, SOY, SULPHITE.

Nutritional Details

	Regular Size 360g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1627kJ (390Cal)	452kJ (108Cal)
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:	13.7g	3.8g
Dietary Fibre:	4.7g	1.3g
Sodium:	176mg	49mg
Potassium:	860mg	239mg

Disclaimer:

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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 (22%), Water, Carrot, Onions, Curry Powder, Tapioca Starch, Modified Corn Starch (1422), Cream (Milk), Almond Meal (Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Walnut), Garlic, Ginger (Contains Food Acid (260), Preservative (202), Vegetable Gum (415, 412)), Canola Oil, Vegetable Protein Extract (Contains Soy, Maltodextrin (Corn)), Turmeric, Chilli Powder, Salt), Beans, Carrots & Corn (31%) (Carrot, Green Beans, Sweet Corn, Water, Vegetable Gum (415), Salt), Raisin Rice (Water, White Rice, Raisins, Canola Oil, Lo Salt).

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

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1447kJ (347Cal)	402kJ (96Cal)
Protein:	21.6g	6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.6g	3.5g
--Saturated:	3.6g	1g
Carbohydrates:	33.5g	9.3g
--Sugars:	7.9g	2.2g
Dietary Fibre:	7.2g	2g
Sodium:	230mg	64mg
Potassium:	500mg	139mg

Disclaimer:

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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

Oat Cake (29%) (Potato (**Sulphites**) (Preservative (220)), **Egg**, Spinach (3%), Cheddar Cheese (**Milk**, Salt, Culture, Enzyme, **Milk Fat**), **Oats** (2%), Onions, Pasteurised Cream (**Milk**), Flour (**Wheat** Flour, Raising Agents (450, 500), Vitamins (Thiamin, Folic Acid)), Bread Crumbs (**Barley**, **Rye**) (Contains **Wheat** Flour), Canola Oil, Salt, Ground Paprika, Vegetable Gum (412), Vegetable Gum (415)), Baked Beans (Navy Beans, Tomato Sauce (Water, Tomato Paste, Sugar, Thickener (1422), Salt, Spice Seasoning)), Corn & Capsicum (Sweet Corn, Capsicum, Onions, Canola Oil, Salt, Vegetable Gum (415)), Beef Chipolata (Beef, Water, Potato Starch, Salt, **Soy** Protein Concentrate (**Soy** & **Sulphites**), Seasoning (Contains Flavour Enhancer (621), Colour (160c)), Dextrose, Seasoning (Contains Mineral Salt (451), Antioxidant (316), Acidity Regulator (331)), Preservative (Contains Preservative 223(**Sulphites**), Colour (150a)), Tomato Salsa (Tomato Pulp (Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (**Sulphites**) (Contains Preservative (223), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract (Contains **Soy**, Maltodextrin (Corn)), Cumin, Lo Salt, Vegetable Gum (412), Dried Oregano, Pepper, Vegetable Gum (415)). **CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY, SULPHITES. MAY CONTAIN LUPIN.**

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1596kJ (383Cal)	456kJ (109Cal)
Protein:	17.8g	5.1g
Fat, Total:	18.2g	5.2g
--Saturated:	7.4g	2.1g
Carbohydrates:	40.2g	11.5g
--Sugars:	8.4g	2.4g
Dietary Fibre:	6.3g	1.8g
Sodium:	1508mg	431mg
Potassium:	721mg	206mg

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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

Quiche (31%) (Potato (**Sulphites**) (Preservative (220)), Shortcrust Pastry (**Soy**) (**Wheat** Flour, Water, Vegetable Margarine (Vegetable Oil, Water, Salt, Emulsifier [471, 472c], Natural Flavour, Antioxidants [304], Natural Colour [160a]), Salt, Citric Acid), Diced Bacon (Contains **Soy** Protein, Acidity Regulator (325), Thickeners (407a, 415), Emulsifiers (451, 508, 450, 452), Antioxidant (316), Sodium Nitrite (250)), **Egg**, Cheddar Cheese (**Milk**, Salt, Culture, Enzyme, **Milk** Fat), **Milk** Powder (Whole **Milk**, **Milk** Solids), Flour (**Wheat** Flour, Raising Agents (450, 500), Vitamins (Thiamin, Folic Acid)), Chives, Vegetable Gum (407), Salt, Pepper), Potatoes (Potato (**Sulphites**) (Preservative (220)), Bechamel Sauce (Contains **Milk** Powder (Whole **Milk**, **Milk** Solids), Clarified Butter (**Milk**), Cream (**Milk**), Modified Corn Starch (1420), Vegetable Gum (415)), Salt, Dried Parsley), Corn Cake (**Sulphites**) (Corn (Corn, Water, Sugar, Salt), Flour (**Wheat** Flour, Raising Agents (450, 500), Vitamins (Thiamin, Folic Acid)), **Egg**, Red Capsicum, Canola Oil, Spring Onion, Skim **Milk** Powder (Contains **Milk** Solids), Sugar, Coriander, Garlic, Salt, Dried Chives, Dried Parsley, Baking Powder (**Wheat**) (Contains **Wheat** Corn Flour, Mineral Salt (339, 341, 450, 500)), Baking Soda), Beef Chipolata (Beef, Water, Potato Starch, Salt, **Soy** Protein Concentrate (**Soy** & **Sulphites**), Seasoning (Contains Flavour Enhancer (621), Colour (160c)), Dextrose, Seasoning (Contains Mineral Salt (451), Antioxidant (316), Acidity Regulator (331)), Preservative (Contains Preservative 223(**Sulphites**), Colour (150a)), Tomato Salsa (Tomato Pulp (Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (**Sulphites**) (Contains Preservative (223), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract (Contains **Soy**, Maltodextrin (Corn)), Cumin, Lo Salt, Vegetable Gum (412), Dried Oregano, Pepper, Vegetable Gum (415)).

CONTAINS GLUTEN, WHEAT, EGG, MILK, SOY, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 320g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2016kj (483Cal)	630kj (151Cal)
Protein:	21.4g	6.7g
Fat, Total:	25.9g	8.1g
--Saturated:	11.8g	3.7g
Carbohydrates:	47.4g	14.8g
--Sugars:	9.3g	2.9g
Dietary Fibre:	4.5g	1.4g
Sodium:	1117mg	349mg
Potassium:	790mg	247mg

Disclaimer:

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are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.



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

Satay Lamb (50%) (Lamb (27%), Sunflower Seeds, Carrot, Onions, Capsicum, Coconut **Milk** Powder (Contains Coconut Milk, Maltodextrin, Sodium Caseinate (**Milk** Protein)), Crushed Tomatoes (Contains Citric Acid (330)), Lemon Juice (**Sulphites**) (Contains Preservative (223), Antioxidant (300)), Modified Corn Starch (1422), Tapioca Starch, Garlic, Ginger (Contains Food Acid (260), Preservative (202), Vegetable Gum (415, 412)), Sugar, Beef Stock (Contains **Soy**, Flavour Enhancer (635)), Canola Oil, Cumin, Turmeric, Chilli Powder, Chinese Five Spice, Ground Paprika, Pepper, Salt), Beans, Carrots & Corn (Carrots, Green Beans, Sweet Corn, Water, Vegetable Gum (415), Salt), Raisin Rice (22%) (Water, White Rice, Raisins, Canola Oil, Salt).

CONTAINS MILK, SOY, SULPHITES

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2164kJ (519Cal)	601kJ (144Cal)
Protein:	30.6g	8.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	25.9g	7.2g
--Saturated:	4.3g	1.2g
Carbohydrates:	40.3g	11.2g
--Sugars:	10.1g	2.8g
Dietary Fibre:	2.5g	0.7g
Sodium:	198mg	55mg
Potassium:	533mg	148mg

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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

Lasagne (51%) (**Sulphites**) [Lamb (18%), Spinach (13%), Lasagne Sheets (9%) (Durum **Wheat**, Semolina, **Egg**, Water), Cheddar Cheese (**Milk**, Salt, Culture, Enzyme), Bechamel Sauce (**Milk Powder** (Whole **Milk**, **Milk Solids**), Clarified Butter (**Milk**), Cream (**Milk**), Modified Corn Starch (1420), Vegetable Gum (415)), Onions, Cous Cous (Durum **Wheat** Semolina), Tapioca, Cheese Powder (**Milk**, Citric Acid (330)), Skim **Milk Powder** (**Milk Solids**), Modified Corn Starch (1422), Canola Oil, Garlic, Vegetable Gum (412), Paprika, Vegetable Gum (407), Pepper, Nutmeg], Carrots (Carrot, Vegetable Gum (415), Lo Salt), Potatoes (Potatoes (**Sulphites**), (Preservative 220)), Bechamel Sauce (**Milk Powder**, **Milk**, **Milk Solids**), Clarified Butter (**Milk**), Cream (**Milk**), Modified Corn Starch (1420), Vegetable Gum (415), Salt, Parsley).

CONTAINS GLUTEN, WHEAT, EGG, MILK, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1758kJ (421Cal)	475kJ (114Cal)
Protein:	28.1g	7.6g
Fat, Total:	15.2g	4.1g
--Saturated:	8.1g	2.2g
Carbohydrates:	47g	12.7g
--Sugars:	10.7g	2.9g
Dietary Fibre:	4.1g	1.1g
Sodium:	370mg	100mg
Potassium:	903mg	244mg

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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

Chicken Casserole (44%) (Chicken Breast (25%), Potato (**Sulphites**) (Preservative (Sulphur Dioxide)), Onions, Water, Capsicum, Peas (2%), Tapioca, Modified Starch (1422), Canola Oil, Creole Seasoning (Sweet Paprika, Salt, Cayenne Pepper, Garlic Powder, Onion Powder, Cumin, Nutmeg, Pepper, White Pepper, Dried Oregano, Thyme, Bay Leaves), Lo Salt Gravy Mix (Contains **Soy**, Natural Colour (Caramel I)), Vegetable Gum (412), Salt, Tomato Paste (Contains Acidity Regulator (Citric Acid))), Herb Rice (28%) (Water, White Rice (9%), Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Green Beans (26%), Water, Vegetable Gum (Xanthan Gum), Lo Salt.

CONTAINS SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1339kJ (321Cal)	372kJ (89Cal)
Protein:	25.9g	7.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.1g	1.7g
--Saturated:	1.1g	0.3g
Carbohydrates:	37.1g	10.3g
--Sugars:	3.6g	1g
Dietary Fibre:	3.6g	1g
Sodium:	227mg	63mg
Potassium:	374mg	104mg

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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

Chicken Chasseur (44%) (**Sulphites**) (Chicken Breast (23%), Crushed Tomatoes (Citric Acid (330)), Mushrooms, Onions, Tomato Paste, Tapioca, Lo Salt Gravy Mix (Contains **Soy**, Colour (150a)), Garlic, Canola Oil, Pepper, Vegetable Gum (412), Mixed Herbs), Carrots & Peas (Carrots, Peas, Canola Oil, Vegetable Gum (415), Lo Salt), Potatoes (Potatoes (**Sulphites**) (Contains Preservative [220]), Canola Oil, Lo Salt, Dried Parsley, White Pepper).

CONTAINS SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1274kJ (306Cal)	354kJ (85Cal)
Protein:	27.4g	7.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.3g	2.3g
--Saturated:	1.1g	0.3g
Carbohydrates:	27g	7.5g
--Sugars:	8.3g	2.3g
Dietary Fibre:	5.8g	1.6g
Sodium:	284mg	79mg
Potassium:	1040mg	289mg

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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

Chicken Curry (44%) (Chicken Breast (25%), Pumpkin, Crushed Tomatoes (Contains Citric Acid (330)), Onions, Modified Corn Starch (1422), Coconut **Milk** Powder (Contains Coconut Milk, Maltodextrin, Sodium Caseinate (**Milk Protein**)), Tapioca Starch, Canola Oil, Lemon Juice (**Sulphites**) (Contains Preservative (223), Antioxidant (300)), Flavoured Stock Blend (Contains Flavour Enhancer (635)), Ground Paprika, Ground Coriander, Chilli Powder, Cumin, Garlic, Ginger (Contains Food Acid (260), Preservative (202), Vegetable Gum (415, 412)), Turmeric, Curry Leaves, Salt, Pepper, Kaffir Lime Leaves), Carrots (Carrot, Water, Vegetable Gum (415), Lo Salt), Raisin Rice (Water, White Rice, Raisins, Canola Oil, Salt).

CONTAINS MILK, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1498kJ (359Cal)	416kJ (100Cal)
Protein:	24.5g	6.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.7g	2.7g
--Saturated:	1.1g	0.3g
Carbohydrates:	39.6g	11g
--Sugars:	12.2g	3.4g
Dietary Fibre:	3.6g	1g
Sodium:	205mg	57mg
Potassium:	713mg	198mg

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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

Peas (53%) (Water, Vegetable Gum (415), Lo Salt), Turkey Provencale (44%) (**Sulphites**) (Turkey (26%), Carrot, Crushed Tomatoes (Contains Citric Acid (330)), Onions, Tomato Paste, Water, Modified Corn Starch (1422), Garlic, Sugar, Vegetable Gum (415), Dried Rosemary, Vegetable Gum (412), Thyme), Herb Rice (28%) (Water, White Rice (9%), Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs).

CONTAINS SULPHITES.

Nutritional Details

Regular Size 360g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1501kj (360Cal)	417kJ (100Cal)
Protein:	29.2g	8.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.5g	1.8g
--Saturated:	1.4g	0.4g
Carbohydrates:	43.9g	12.2g
--Sugars:	5.8g	1.6g
Dietary Fibre:	7.6g	2.1g
Sodium:	302mg	84mg
Potassium:	828mg	230mg

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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

Curry (54%) (Chickpeas (11%), Peas (11%), **Soy** Milk (Water, Whole **Soybeans**, Raw Sugar, Mineral (Calcium Phosphate), Vegetable Gums (460, 466, 407), Flavours, Salt, Food Acids (340, 331)), Carrots, Sweet Corn, Tomato Paste, Capsicum, Onions, Tapioca, Curry Powder, Garlic, Vegetable Stock Blend (Contains Flavour Enhancer [627, 631]), Turmeric, Vegetable Gum (412), Salt, Chilli Powder), Cauliflower With Seeded Mustard (Cauliflower (24%), Water, Canola Oil, Mustard Seeds, Vegetable Gum (415), Salt), Tomato Rice (Water, White Rice, Tomato Paste, Salt).

CONTAINS SOY.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1358kJ (326Cal)	367kJ (88Cal)
Protein:	13g	3.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7g	1.9g
--Saturated:	0.7g	0.2g
Carbohydrates:	46.2g	12.5g
--Sugars:	7.8g	2.1g
Dietary Fibre:	8.9g	2.4g
Sodium:	300mg	81mg
Potassium:	773mg	209mg

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