

Menu Item Nutrition Facts

Meat													
	Name	Serving	Energy (kj)	Protein (g)	Fat (g)	Saturated (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Folate (ug)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
0	Aromatic Braised Lamb	100g	452 (108Cal)	6	1.8	0.5	9.8	4.6	2.1	-	80	280	-
		400g	1808 (434Cal)	24	7.2	2	39.2	18.4	8.4	-	320	1120	-
1	Beef Goulash	100g	363 (87Cal)	9.6	2	0.8	6.9	2.1	2.1	24	83	296	72
		390g	1416 (339Cal)	37.4	7.8	3.1	26.9	8.2	8.2	93.6 (12%RDI)	324	1154	280 (28%RDI)
2	Beef in Red Wine Casserole	100g	346 (83Cal)	6.5	1.9	0.8	9.7	1.3	2.1	23	88	258	85
		400g	1384 (332Cal)	26	7.6	3.2	38.8	5.2	8.4	92 (46%RDI)	352	1032	338 (34%RDI)
3	Beef Lasagne	100g	470 (113Cal)	5.4	3	1.5	16.3	2.5	1.4	13	156	102	35
		370g	1739 (417Cal)	20	11.1	5.6	60.3	9.2	5.2	48.1 (24%RDI)	577	377	130 (13%RDI)
4	Beef Patty with Tomato Relish	100g	471 (113Cal)	6.3	4.6	2.1	10.1	3	2.7	-	169	343	-
		400g	1884 (452Cal)	25.2	18.4	8.4	40.4	12	10.8	-	676	1372	-
5	Beef Polpette with Diane Sauce	100g	574 (138Cal)	7.4	8.7	3.8	7.3	3.4	1.7	-	262	307	-
		400g	2296 (551Cal)	29.6	34.8	15.2	29.2	13.6	6.8	-	1048	1228	-

		400g	350 (84Cal) 1400 (336Cal)	8.5 34	1.7 6.8	0.7 2.8	7.8 31.2	3.8 15.2	1.7 6.8	18 72 (7%RDI)	115 460	271 1084	85 340 (34%RDI)
21	Pork Steak in Plum Sauce	100g 370g	548 (131Cal) 2028 (486Cal)	8.3 30.7	3.6 13.3	1.5 5.6	16.1 59.6	2.4 8.9	1.1 4.1	17.8 65.9 (33%RDI)	67 248	178 659	83 307 (31%RDI)
22	Roast Beef with Rich Brown Gravy	100g 400g	318 (76Cal) 1272 (305Cal)	9.3 37.2	0.9 3.6	0.2 0.8	6.7 26.8	1.9 7.6	1.5 6	21 84 (42%RDI)	99 396	298 1192	118 472 (48%RDI)
23	Roast Lamb with Mint Jelly	100g 400g	439 (105Cal) 1756 (421Cal)	8.7 34.8	2.9 11.6	1.4 5.6	9.9 39.6	5.2 20.8	1.6 6.4	16 64 (32%RDI)	70 280	299 1196	111 444 (45%RDI)
24	Roast Pork with Apple Sauce	100g 400g	329 (79Cal) 1316 (316Cal)	8.4 33.6	2.1 8.4	0.7 2.8	5.7 22.8	2 8	1.3 5.2	21 84 (42%RDI)	84 336	320 1280	114 456 (46%RDI)
25	Sausages in Onion Gravy	100g 410g	518 (124Cal) 2124 (509Cal)	5.5 22.5	7.5 30.7	3.8 15.6	7.6 31.2	1.7 7	2.2 9	13 53.3 (27%RDI)	304 1246	248 1017	129 529 (53%RDI)
26	Shepherds Pie	100g 380g	294 (71Cal) 1117 (268Cal)	6.6 25.1	1.2 4.6	0.6 2.3	7.2 27.4	2.4 9.1	1.8 6.8	25.2 95.8 (21%RDI)	79 300	289 1098	69 263 (26%RDI)
27	Spaghetti with Beef and Tomato	100g	402 (96Cal)	7.8	2.1	0.9	10.2	2.3	2.3	18.4	126	204	84

		380g	1528 (366Cal)	29.6	8	3.4	38.8	8.7	8.7	69.9 (35%RDI)	479	775	320 (32%RDI)
28	Steak and Kidney Pie	100g	477 (114Cal)	11.6	3.1	0.9	8.8	2.1	1.9	27	145	232	103
		380g	1813 (435Cal)	44.1	11.8	3.4	33.4	8	7.2	102.6 (52%RDI)	551	882	391 (41%RDI)
29	Steak Pie with Mushroom Gravy	100g	558 (134Cal)	5	6.5	3.1	12.5	2.8	1.7	17.2	244	213	88
		400g	2232 (535Cal)	20	26	12.4	50	11.2	6.8	68.8 (34%RDI)	976	852	353 (35%RDI)
30	Sweet & Sour Pork	100g	475 (114Cal)	9.1	1.6	0.4	14.3	5.2	1.8	-	149	206	-
		400g	1900 (456Cal)	36.4	6.4	1.6	57.2	20.8	7.2	-	596	824	-
31	Tasty Pork Meatloaf	100g	368 (88Cal)	6.1	1.1	0.3	12	7.4	2.2	-	93	270	-
		400g	1472 (353Cal)	24.4	4.4	1.2	48	29.6	8.8	-	372	1080	-
32	Traditional Meatloaf with Gravy	100g	371 (89Cal)	6.5	2.5	1.1	8.9	2.3	1.8	20	228	250	96
		400g	1484 (356Cal)	26	10	4.4	35.6	9.2	7.2	80 (40%RDI)	912	1000	384 (38%RDI)

Poultry

	Name	Serving	Energy (kj)	Protein (g)	Fat (g)	Saturated (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Folate (ug)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
0	Butter Chicken	100g	433 (104Cal)	6.5	2.7	0.8	12.7	2.3	1.3	-	135	256	-
		390g	1689 (405Cal)	25.3	10.5	3.1	49.5	9	5.1	-	526	998	-

1	Chicken & Apricot Casserole	100g 400g	353 (85Cal) 1412 (339Cal)	6.7 26.8	2.8 11.2	0.8 3.2	7.3 29.2	2.7 10.8	1.5 6	21 84 (42%RDI)	100 400	337 1348	66 264 (26%RDI)
2	Chicken Casserole	100g 380g	395 (95Cal) 1501 (360Cal)	7.9 30	3.2 12.2	0.9 3.4	7.4 28.1	2.4 9.1	2 7.6	23.1 87.8 (44%RDI)	116 441	259 984	82 312 (31%RDI)
3	Chicken Curry Mild	100g 390g	428 (103Cal) 1669 (400Cal)	7.8 30.4	3.6 14	1.1 4.3	8.9 34.7	1.5 5.8	1.6 6.2	23.9 93.2 (47%RDI)	80 312	222 866	73 283 (28%RDI)
4	Chicken Parmigiana	100g 400g	441 (106Cal) 1764 (423Cal)	7.9 31.6	3.9 15.6	1.3 5.2	8.7 34.8	2.1 8.4	1.6 6.4	22.4 89.6 (45%RDI)	63 252	264 1056	101 404 (41%RDI)
5	Chicken Schnitzel	100g 390g	465 (112Cal) 1814 (435Cal)	8.7 33.9	3.2 12.5	0.8 3.1	11.3 44.1	1.9 7.4	1.4 5.5	17.9 69.8 (35%RDI)	385 1502	324 1264	130 507 (51%RDI)
6	Chicken With Morel Mushroom Sauce	100g 400g	412 (99Cal) 1648 (395Cal)	8.7 34.8	3.4 13.6	1.2 4.8	7.2 28.8	2.7 10.8	2 8	- -	157 628	252 1008	- -
7	Creamy Chicken & Mushroom Pie	100g 400g	483 (116Cal) 1932 (463Cal)	8.3 33.2	5.2 20.8	1.5 6	7.8 31.2	2.5 10	1.6 6.4	- -	188 752	218 872	- -

8	Hawaiian Chicken	100g	573 (137Cal)	9.5	5.7	1.7	11.2	2.6	1.7	-	192	264	-
		400g	2292 (550Cal)	38	22.8	6.8	44.8	10.4	6.8	-	768	1056	-
9	Pineapple Chicken	100g	347 (83Cal)	7.3	2	0.6	8	2.1	1.7	21.2	88	206	72
		400g	1388 (333Cal)	29.2	8	2.4	32	8.4	6.8	84.8 (42%RDI)	352	824	288 (29%RDI)
10	Pramod's Chicken Curry	100g	428 (103Cal)	9.9	3.3	1	8.4	1.8	2.5	-	138	206	-
		400g	1712 (411Cal)	39.6	13.2	4	33.6	7.2	10	-	552	824	-
11	Roast Chicken with Gravy	100g	422 (101Cal)	7.9	3.3	0.9	9	2.1	1.7	23	84	285	111
		400g	1688 (405Cal)	31.6	13.2	3.6	36	8.4	6.8	92 (46%RDI)	336	1140	444 (45%RDI)
12	Roast Turkey with Cranberry Sauce	100g	337 (81Cal)	8.9	1.4	0.3	7.1	3.1	1.5	20.9	238	313	115
		410g	1382 (331Cal)	36.5	5.7	1.2	29.1	12.7	6.1	85.7 (43%RDI)	976	1283	471 (47%RDI)
13	Satay Chicken with Noodles	100g	667 (160Cal)	10.4	6.2	1.7	14.5	1.5	1.7	-	195	114	-
		400g	2668 (640Cal)	41.6	24.8	6.8	58	6	6.8	-	780	456	-
14	Turkey Rissoles	100g	269 (65Cal)	4.6	1	0.3	8.3	2.4	1.5	20.3	151	307	83
		390g	1049 (252Cal)	17.9	3.9	1.2	32.4	9.4	5.8	79.2 (40%RDI)	589	1197	322 (32%RDI)

Seafood

	Name	Serving	Energy (kj)	Protein (g)	Fat (g)	Saturated (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Folate (ug)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
0	Crumbed Fish with Seasoned Wedges	100g 370g	536 (129Cal) 1983 (476Cal)	4 14.8	4.9 18.1	0.7 2.6	15.9 58.8	3.8 14.1	2.5 9.2	27 99.9 (50%RDI)	228 844	294 1088	103 381 (38%RDI)
1	Lemon Fish with Wedges	100g 400g	339 (81Cal) 1356 (325Cal)	6.2 24.8	1.4 5.6	0.3 1.2	6.6 26.4	2.2 8.8	1.6 6.4	- -	178 712	279 1116	- -
2	Lightly Battered Fish Fillet	100g 390g	340 (82Cal) 1326 (318Cal)	6.9 26.9	1.7 6.6	0.4 1.6	8.2 32	1.7 6.6	2.5 9.8	- -	140 546	264 1030	- -
3	Salmon & Vegetable Pie	100g 400g	433 (104Cal) 1732 (415Cal)	5.9 23.6	4.1 16.4	1.2 4.8	9.8 39.2	2.7 10.8	2 8	- -	77 308	236 944	- -
4	Salmon Fish Cakes with Sauce	100g 380g	423 (101Cal) 1607 (385Cal)	4.1 15.6	2.8 10.6	0.6 2.3	13.3 50.5	2.4 9.1	3.2 12.2	28.7 109.1 (55%RDI)	150 570	274 1041	73 278 (28%RDI)
5	Tasmanian Salmon with Florentine Sauce	100g 380g	423 (101Cal) 1607 (385Cal)	8.3 31.5	3.2 12.2	0.6 2.3	9.2 35	1.9 7.2	1.3 4.9	19.5 74.1 (37%RDI)	43 163	193 733	111 422 (42%RDI)
6	Thai Green Fish Curry - Mild	100g 400g	418 (100Cal) 1672 (401Cal)	6.9 27.6	3.3 13.2	1.4 5.6	7.5 30	1.9 7.6	2.5 10	- -	256 1024	169 676	- -

	Lasagne	380g	346 (83Cal) 1315 (315Cal)	3.5 13.3	2.7 10.3	1.4 5.3	8.7 33.1	3.1 11.8	2.1 8	33 125.4 (21%RDI)	161 612	217 825	80 304 (30%RDI)
7	Vegetable Moussaka	100g 400g	234 (56Cal) 936 (224Cal)	2 8	1.9 7.6	0.9 3.6	7.1 28.4	2.5 10	1.6 6.4	25.8 103.2 (52%RDI)	214 856	259 1036	108 432 (43%RDI)

Dessert

	Name	Serving	Energy (kj)	Protein (g)	Fat (g)	Saturated (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Folate (ug)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
0	Apple &Rhubarb Crumble	100g 180g	885 (212Cal) 1593 (382Cal)	1.7 3.1	8 14.4	5.1 9.2	32.2 58	20.5 36.9	1.9 3.4	- -	4 7	0 0	- -
1	Apple Custard Cake	100g 190g	681 (163Cal) 1294 (310Cal)	1.6 3	8 15.2	5 9.5	21.4 40.7	9.1 17.3	1.3 2.5	- -	32 61	0 0	- -
2	Apricot Fruit Pie with Custard	100g 150g	787 (189Cal) 1180 (283Cal)	3.1 4.7	6.2 9.3	3.1 4.7	28.9 43.3	16.2 24.3	1.5 2.2	- -	93 140	88 132	- -
3	Baked Cheesecake	100g 90g	1187 (285Cal) 1068 (256Cal)	5.2 4.7	17.4 15.7	11.4 10.3	25.2 22.7	22.5 20.2	0 0	- -	206 185	0 0	- -
4	Banana Raspberry Parfait	100g 160g	518 (124Cal)	4.7	5.3	3.2	14.1	6.2	1	-	52	0	-

			829 (199Cal)	7.5	8.5	5.1	22.6	9.9	1.6	-	83	0	-
5	Bread & Butter Pudding with Custard	100g	726 (174Cal)	5.4	6.5	3.6	22.7	16.6	0	-	102	0	-
		150g	1089 (261Cal)	8.1	9.8	5.4	34	24.9	0	-	153	0	-
6	Carrot Cake	100g	1585 (380Cal)	3.7	24.9	5	34.9	23.9	1.9	-	354	0	-
		140g	2219 (532Cal)	5.2	34.9	7	48.9	33.5	2.7	-	496	0	-
7	Chocolate Fudge Cake with Custard	100g	1116 (268Cal)	4	11.6	3.3	35.8	25.6	1.3	-	179	0	-
		160g	1786 (428Cal)	6.4	18.6	5.3	57.3	41	2.1	-	286	0	-
8	Chocolate Panna Cotta	100g	1450 (348Cal)	10.6	22.4	13.3	25.2	21.6	1.1	-	65	278	-
		95g	1378 (330Cal)	10.1	21.3	12.6	23.9	20.5	1	-	62	264	-
9	Hazelnut Mousse	100g	1540 (369Cal)	6.1	28.9	17.9	20.7	20.3	1.7	-	32	226	-
		85g	1309 (314Cal)	5.2	24.6	15.2	17.6	17.3	1.4	-	27	192	-
10	Jam & Cream Sponge	100g	1260 (302Cal)	5	12.1	7.1	42.6	29.3	0.9	-	61	65	-
		95g	1197 (287Cal)	4.8	11.5	6.7	40.5	27.8	0.9	-	58	62	-
11	Lamington Pack	100g	1520 (365Cal)	3.2	20.7	11.7	41.6	30.7	2.2	-	153	0	-
		160g	2432 (583Cal)	5.1	33.1	18.7	66.6	49.1	3.5	-	245	0	-

12	Lemon Curd	100g	1240 (297Cal)	4.5	14.2	9	37.4	31.1	1	-	76	0	-
		130g	1612 (387Cal)	5.9	18.5	11.7	48.6	40.4	1.3	-	99	0	-
13	Mango Mousse	100g	644 (154Cal)	7.1	3.3	2.6	23.5	20.9	0.8	-	61	212	-
		75g	483 (116Cal)	5.3	2.5	2	17.6	15.7	0.6	-	46	159	-
14	Pavlova with Cream &Peach	100g	928 (223Cal)	2.3	15.7	10.1	17.7	16.6	0.6	-	31	81	-
		80g	742 (178Cal)	1.8	12.6	8.1	14.2	13.3	0.5	-	25	65	-
15	Red Velvet Cheesecake	100g	1190 (285Cal)	6	13	6.5	34.6	27.3	0.7	-	269	194	-
		110g	1309 (314Cal)	6.6	14.3	7.2	38.1	30	0.8	-	296	213	-
16	Sticky Date With Custard	100g	803 (193Cal)	3.6	5.1	1.8	33	23.9	0.3	-	190	0	-
		160g	1285 (308Cal)	5.8	8.2	2.9	52.8	38.2	0.5	-	304	0	-
17	Trifle	100g	1010 (242Cal)	3.2	11.2	6.9	14.6	23.8	0.5	-	118	54	-
		160g	1616 (388Cal)	5.1	17.9	11	23.4	38.1	0.8	-	189	86	-

Sides

Name	Serving	Energy (kj)	Protein (g)	Fat (g)	Saturated (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Folate (ug)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
------	---------	----------------	----------------	------------	------------------	----------------------	--------------	--------------	----------------	----------------	-------------------	--------------------

	Rice	300g	350 (84Cal)	3	3.5	0.4	9.7	0.7	0.7	-	235	59	-
			1050 (252Cal)	9	10.5	1.2	29.1	2.2	2	-	705	177	-

Economy

	Name	Serving	Energy (kj)	Protein (g)	Fat (g)	Saturated (g)	Carbohydrates (g)	Sugar (g)	Fibre (g)	Folate (ug)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
0	Economy - Beef Diane	100g	560 (134Cal)	9	4.9	1.8	12.8	2.2	2	-	112	190	-
		360g	2016 (483Cal)	32.4	17.6	6.5	46.1	7.9	7.2	-	403	684	-
1	Economy - Hickory BBQ Beef	100g	453 (109Cal)	8.2	3.5	1.2	10.1	3.9	2	-	80	261	-
		360g	1631 (391Cal)	29.5	12.6	4.3	36.4	14	7.2	-	288	940	-
2	Economy - Lamb & Almond Curry	100g	424 (102Cal)	7.3	3.8	1.1	8.8	2.1	2	-	86	161	-
		360g	1526 (366Cal)	26.3	13.7	4	31.7	7.6	7.2	-	310	580	-
3	Economy - Potato & Spinach Oat Cakes	100g	430 (103Cal)	4.5	3.9	1.5	11.4	2.5	2.4	-	470	243	-
		350g	1505 (361Cal)	15.8	13.7	5.2	39.9	8.8	8.4	-	1645	850	-
4	Economy - Quiche Lorraine	100g	612 (147Cal)	6.1	6.8	3	14.5	2.9	1.7	-	283	0	-
		320g	1958 (470Cal)	19.5	21.8	9.6	46.4	9.3	5.4	-	906	0	-
5	Economy - Satay Lamb	100g	545 (131Cal)	7.7	6.4	1.1	10.2	2.7	2.1	-	90	178	-
		360g	1962 (471Cal)	27.7	23	4	36.7	9.7	7.6	-	324	641	-

6	Economy - Spinach & Diced Lamb Lasagne	100g 370g	517 (124Cal) 1913 (459Cal)	7.5 27.8	4.2 15.5	2.2 8.1	12.8 47.4	3 11.1	2.1 7.8	- -	120 444	291 1077	- -
7	Economy - Chicken Cajun Casserole	100g 360g	373 (89Cal) 1343 (322Cal)	7.1 25.6	1.7 6.1	0.3 1.1	10.4 37.4	1.2 4.3	1.6 5.8	- -	104 374	168 605	- -
8	Economy - Chicken Chasseur	100g 360g	355 (85Cal) 1278 (306Cal)	7.6 27.4	2.2 7.9	0.4 1.4	7.5 27	2.3 8.3	2.2 7.9	- -	119 428	290 1044	- -
9	Economy - Red Curry Chicken	100g 360g	421 (101Cal) 1516 (363Cal)	7.2 25.9	2.7 9.7	0.3 1.1	10.8 38.9	3.4 12.2	1.8 6.5	- -	84 302	202 727	- -
10	Economy - Turkey Provencale	100g 360g	422 (101Cal) 1519 (364Cal)	8.4 30.2	1.8 6.5	0.4 1.4	11.5 41.4	1.7 6.1	2.4 8.6	- -	119 428	211 760	- -
11	Economy - Sweet Vegetable Curry	100g 370g	368 (88Cal) 1362 (327Cal)	3.5 13	1.9 7	0.2 0.7	12.6 46.6	2.1 7.8	3.3 12.2	- -	102 377	209 773	- -