

A. Chicken Curry Long Grain Rice

Allergens: **Milk, Celery, Mustard****GF**

	per 100g	per 260g (serving)
Energy(kJ)	409	1064
Energy(Kcal)	97	252
Fat(g)	1	2.7
Fat Saturates(g)	0.4	1.1
Carbs(g)	16.6	43.3
Carbs Sugars(g)	2.1	5.4
Fibre(g)	0.9	2.3
Protein(g)	5.5	14.4
Salt(g)	0.6	1.7

D. Roast Chicken Breast Mash Veg Gravy

Allergens: **Milk****GF**

	per 100g	per 240g (serving)
Energy(kJ)	588	1412
Energy(Kcal)	85	206
Fat(g)	1.5	3.6
Fat Saturates(g)	0.4	1
Carbs(g)	11.1	26.6
Carbs Sugars(g)	2.3	5.6
Fibre(g)	1.6	3.8
Protein(g)	7.8	18.6
Salt(g)	0.3	0.8

E. Vegetable Curry Brown Rice

Allergen: **Milk, Celery, Mustard****GF, Vg**

	per 100g	per 230g (serving)
Energy(kJ)	413	952
Energy(Kcal)	98	225
Fat(g)	1.3	3.1
Fat Saturates(g)	0.9	2
Carbs(g)	18.3	42.1
Carbs Sugars(g)	2.3	5.4
Fibre(g)	1.4	3.2
Protein(g)	2.5	5.7
Salt(g)	0.7	1.7

F. Swedish Meatballs Mash Peas Gravy

Allergens:

GF,DF

	per 100g	per 200g (serving)
Energy(kJ)	448	897
Energy(Kcal)	106	213
Fat(g)	4.2	8.3
Fat Saturates(g)	1.8	3.5
Carbs(g)	14.4	28.7
Carbs Sugars(g)	1.7	3.5
Fibre(g)	2.4	4.7
Protein(g)	3.1	6.2
Salt(g)	0.5	1.1

G. Meatballs Tomato Sauce Penne Pasta

	per 100g	per 220g (serving)
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Allergens: **Gluten (Wheat)****DF**

Energy(kJ)	571	1256
Energy(Kcal)	135	297
Fat(g)	4.9	10.7
Fat Saturates(g)	3.5	7.8
Carbs(g)	18.7	40.4
Carbs Sugars(g)	1.9	4.2
Fibre(g)	1.6	3.6
Protein(g)	5.2	11.5
Salt(g)	0.5	1.1

J. Shredded Chicken Breast Spice Bag

Allergens:

GF, DF

	per 100g	per 200g (servings)
Energy(kJ)	488	975
Energy(Kcal)	138	276
Fat(g)	3.4	6.8
Fat Saturates(g)	1.8	3.7
Carbs(g)	12.5	25
Carbs Sugars(g)	1.4	2.8
Fibre(g)	1.7	3.4
Protein(g)	9.2	18.4
Salt(g)	0.7	1.3

K. Italian Beef Lasagna Side of Veg

Allergens: **Gluten (Wheat), Milk, Celery**

	per 100g	per 180g (serving)
Energy(kJ)	6.7	1204
Energy(Kcal)	14	25
Fat(g)	8.2	14.8
Fat Saturates(g)	3.7	6.7
Carbs(g)	11.7	21
Carbs Sugars(g)	3.6	6.4
Fibre(g)	1.7	3.1
Protein(g)	9	16.2
Salt(g)	0.8	1.5

M. Plain Penne Pasta

Allergens: **Gluten (Wheat)****DF, Vg, Vn**

	per 100g	per 180g (serving)
Energy(kJ)	376	677
Energy(Kcal)	88	159
Fat(g)	0.8	1.5
Fat Saturates(g)	0.2	0.3
Carbs(g)	17.7	31.8
Carbs Sugars(g)	0.3	0.6
Fibre(g)	1	1.9
Protein(g)	3.7	6.6
Salt(g)	0.02	0.04

N. Classic Beef Bolognese Penne Pasta

Allergen: **Gluten (Wheat)**

	per 100g	per 230g (serving)
Energy(kJ)	506	1164

DF

Energy(Kcal)	119	274
Fat(g)	0.8	1.9
Fat Saturates(g)	1.1	2.6
Carbs(g)	17.3	39.7
Carbs Sugars(g)	1.8	4.1
Fibre(g)	1.7	4
Protein(g)	6.3	14.5
Salt(g)	0.2	0.5

O. Penne Pasta Tomato Mozzarella

Allergen: **Gluten (wheat), Milk**

Vg

	per 100g	per 190g (serving)
Energy(kJ)	613	1165
Energy(Kcal)	145	276
Fat(g)	4.5	8.5
Fat Saturates(g)	3.5	6.7
Carbs(g)	19.2	36.6
Carbs Sugars(g)	1.6	3
Fibre(g)	1.6	3.1
Protein(g)	4.3	8.2
Salt(g)	0.2	0.35

P. White Fish Sweet Potato Peas White Sauce

Allergen: **Fish, Milk, Gluten (Wheat)**

	per 100g	per 165g (serving)
Energy(kJ)	502	828
Energy(Kcal)	119	196
Fat(g)	2.3	3.8
Fat Saturates(g)	0.8	1.3
Carbs(g)	7.7	12.8
Carbs Sugars(g)	3.3	5.5
Fibre(g)	1.6	2.6
Protein(g)	11.2	18.4
Salt(g)	0.2	0.33

T. Gluten Free Macaroni with Tomato Sauce

Allergen: N/A

GF, DF, Vg, Vn

	per 100g	per 250g (serving)
Energy(kJ)	330	825
Energy(Kcal)	78	195
Fat(g)	1.4	3.5
Fat Saturates(g)	0.2	0.5
Carbs(g)	10.7	26.7
Carbs Sugars(g)	4.1	10.2
Fibre(g)	2	5
Protein(g)	1.4	3.5
Salt(g)	0.1	0.3

V. Delicious Vegetarian Lasagna Extra Veg

Allergen: **Gluten (Wheat), Milk, Celery**

	per 100g	per 180g (serving)
Energy(kJ)	442	795
Energy(Kcal)	105	190

Vg

Fat(g)	4.8	8.7
Fat Saturates(g)	2.1	3.8
Carbs(g)	11.7	21
Carbs Sugars(g)	3	5.4
Fibre(g)	1.7	3
Protein(g)	3.3	5.9
Salt(g)	0.5	0.9

Y. Traditional Cottage Pie Side of Veg

Allergen: **Milk, Gluten (Barley), Fish, Mustard**

	per 100g	per 180g (serving)
Energy(kJ)	426	768
Energy(Kcal)	102	184
Fat(g)	4.5	8.1
Fat Saturates(g)	2.1	3.8
Carbs(g)	10.8	19.4
Carbs Sugars(g)	1.7	3
Fibre(g)	1.4	2.5
Protein(g)	5	9
Salt(g)	0.8	1.4

low in fat
low in Sat fat
low in sugar

Low in fat
low in sat fat
low in sugar
low in salt

Low in fat
Low in sat fat
Low in sugar

Low in sugar

Low in sugar

Baked

	per 100g	per 200g (servings)
Energy(kJ)	336	673
Energy(Kcal)	102	204
Fat(g)	0.8	1.6
Fat Saturates(g)	0.2	0.4
Carbs(g)	9.9	19.9
Carbs Sugars(g)	1.4	2.7
Fibre(g)	0.5	0.9
Protein(g)	8.8	17.6
Salt(g)	0.8	1.5

Low in fat
Low in sugar
Low in salt

Low in sugar

Low in fat
low in sat fat
Low in sugar
Low in salt

Low in sat fat

Low in Sugar
Low in salt

Low in sugar
Low in salt

not available yet
Low in fat
Low sat fat
Low in sugar

Low in fat
low in sat fat
low in sugar
low in salt

Low in sugar

Low in sugar

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