

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

low in fat
low in Sat fat
low in sugar

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

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

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

Low in fat
Low in sat fat
Low in sugar

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

Low in sugar

G. Meatballs Tomato Sauce Penne Pasta
Allergens: **Gluten (Wheat)**

DF

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

Low in sugar

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**

Low in sugar

	per 100g	per 200g (serving)
Energy(kJ)	626	1252
Energy(Kcal)	149	299
Fat(g)	7.4	14.9
Fat Saturates(g)	3.4	6.8
Carbs(g)	11.4	22.8
Carbs Sugars(g)	3.7	7.5
Fibre(g)	1.8	3.7
Protein(g)	8.3	16.7
Salt(g)	0.8	1.5

M. Plain Penne Pasta
Allergens: **Gluten (Wheat)**

DF, Vg, Vn

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

	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)**

DF

Low in sat fat
Low in Sugar
Low in salt

	per 100g	per 220g (serving)
Energy(kJ)	549	1257
Energy(Kcal)	130	274
Fat(g)	3.4	6.9
Fat Saturates(g)	1.3	2.6
Carbs(g)	18.8	39.5
Carbs Sugars(g)	1.7	4.1
Fibre(g)	1.4	3.7
Protein(g)	7	15.1
Salt(g)	0.2	0.5

O. Penne Pasta Tomato Mozzarella
Allergen: **Gluten (wheat), Milk**

Vg

Low in sugar
Low in salt

	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

T. Gluten Free Macoroniwith Tomato Sauce
Allergen: N/A

GF, DF, Vg, Vn

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

	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**

Vg

	per 100g	per 200g (serving)
Energy(kJ)	421	843
Energy(Kcal)	100	201
Fat(g)	4.4	8.9
Fat Saturates(g)	1.9	3.9
Carbs(g)	11.4	22.8
Carbs Sugars(g)	3.2	6.5
Fibre(g)	1.8	3.6
Protein(g)	3.2	6.4
Salt(g)	0.4	0.9

Low in sugar

Y. Traditional Cottage Pie Side of Veg
Allergen: **Milk, Gluten (Barley), Fish, Mustard**

	per 100g	per 200g (serving)
Energy(kJ)	408	816
Energy(Kcal)	97	195
Fat(g)	4.1	8.3
Fat Saturates(g)	1.9	3.9
Carbs(g)	10.6	21.2
Carbs Sugars(g)	2	4.1
Fibre(g)	1.6	3.1
Protein(g)	4.7	9.5
Salt(g)	0.7	1.4

Low in sugar

P. Sausages, Mash and Beans
Allergens: **Gluten (Wheat), Milk**

	per 100g	per 220g (serving)
Energy(kJ)	532	1171
Energy(Kcal)	127	279
Fat(g)	5.8	12.7
Fat Saturates(g)	2.3	5
Carbs(g)	13	28.6
Carbs Sugars(g)	2.4	5.2
Fibre(g)	2.3	5
Protein(g)	4.6	10.2
Salt(g)	0.9	1.9