



## 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

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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

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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

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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

	Regular Size 360g Per Serve	
Nutritional Details	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

Nutritional Details	Regular Size 360g Per Serve	
	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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