



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, this meal is sure to warm you on a wintery night.



Ingredients

Braised Lamb (38%) [Lamb (22%), Onions, Prunes, Juice, Tomatoes, Raisins, Spice Glaze (Maltodextrin, Sugar, Herbs and Spices, Salt, Vegetable Gums {Xanthan, Methyl Cellulose, Guar} Natural Colour {Paprika Oleoresin}, Natural Flavour), Garlic, Ginger, Tapioca, Oil, Cinnamon, Paprika, Salt, Chilli Powder, Pepper], Potato Bake [Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Tapioca, Salt, Pepper], Green Beans, Sweet Potato. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS. 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:	1808kJ (434Cal)	452kJ (108Cal)
Protein:	24g	6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.2g	1.8g
--Saturated:	2g	0.5g
Carbohydrates:	39.2g	9.8g
--Sugars:	18.4g	4.6g
Dietary Fibre:	8.4g	2.1g
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

Goulash (51%) [Beef (23%), Onions, Tomatoes, Potatoes, Capsicum, Carrots, Tomato Paste [Concentrated Tomato, Salt], Tapioca, Paprika, Salt, Pepper], Potatoes, Carrots, Beans, Peas, Broccoli, Oil, Parsley. MAY CONTAIN PEANUTS, TREE NUTS. 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 (50%) [Beef (23%), Onions, Tomatoes, Carrots, Red Wine (5%) [Preservative 202,220], Celery, Tomato Paste [Concentrated Tomato, Salt], Paprika, Tapioca, Oil, Salt, Pepper], Potato Mash [Potatoes, Sweet Potatoes, Skim Milk, Tapioca, Salt, Pepper], Beans, Peas, Broccoli. CONTAINS: MILK, SULPHITES. MAY CONTAIN PEANUTS, TREE NUTS. 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:	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

Layers of fresh pasta with a traditional bolognese sauce, tasty 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, Durum Wheat, Beef, Beef Stock, Crushed Tomato (Tomato, Tomato Juice, Food Acid (330)), Tomato Paste (Tomato, Salt), Textured Vegetable Protein (Hydrolyzed Vegetable Protein (Soy), Water), Onions, Vegetable Stock, Corn Flour, Full Cream Milk Powder, Margarine, Plain Flour, Sugar, Oregano, Salt, Carrot, Celery, Garlic, Pepper, Nutmeg, Cloves, Bay Leaves], Sauce [Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Parmesan Cheese, Carrots, Peas, Cauliflower, Parsley. CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS, TRACES OF EGG, FISH, CRUSTACEA. 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:	1739kj (417Cal)	470kJ (113Cal)
Protein:	20g	5.4g
Fat, Total:	11.1g	3g
--Saturated:	5.6g	1.5g
Carbohydrates:	60.3g	16.3g
--Sugars:	9.2g	2.5g
Dietary Fibre:	5.2g	1.4g
Folate:	48.1ug (24% RDI)	13ug
Sodium:	577mg	156mg
Potassium:	377mg	102mg
Phosphorus:	130mg (13% RDI)	35mg

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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 Protein Concentrate (Milk Protein), Modified Food Starch (1442), Spices, Hydrolysed Maize Protein, Mineral Salt (451), Beef Extract], Potato Wedges (25%) [Potato, Paprika, Salt, Pepper], Peas, Carrots, Tomato Relish (15%) [Sauce (Tomatoes, Onions, Tapioca, Celery, Oil, Garlic, Basil, Salt, Pepper)], Relish [Tomato, Apple, Sultanas, Water, Sugar, Onion, Thickener (1422), Salt, Food acid (260), Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds)]. CONTAINS WHEAT, GLUTEN, EGG, MILK PRODUCTS, SOY. MAY CONTAIN PEANUTS, TREE NUTS. 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:	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

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, Tapioca, Salt, Pepper], Diane Sauce (15%) [Water, Cream, Bechamel Sauce (Water, Milk Powder, Butter, Cream, Tapioca, Salt, Thickeners (Corn) (1420, 1422), Xanthan Gum (415)), Garlic, Worcestershire Sauce (Citric Acid (330)), Tomato Paste (Citric Acid (330)), Sugar, Lo Salt, Canola Oil, Soy Powder (Soy, Acidity Regulator (270)), Vegetable Protein Extract (Soy), Beef Stock Blend (Soy, Flavour Enhancer (627, 631)), Beans, Carrots, Pumpkin, Parsley. CONTAINS GLUTEN, MILK & MILK PRODUCTS, SOY. MAY CONTAIN PEANUTS, TREE NUTS. 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:	2296kJ (551Cal)	574kJ (138Cal)
Protein:	29.6g	7.4g
Fat, Total:	34.8g	8.7g
--Saturated:	15.2g	3.8g
Carbohydrates:	29.2g	7.3g
--Sugars:	13.6g	3.4g
Dietary Fibre:	6.8g	1.7g
Sodium:	1048mg	262mg
Potassium:	1228mg	307mg
Phosphorus:	392mg (39% RDI)	98mg

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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 & Sauce (75%) Ravioli (Durum Wheat Semolina, Beef, Breadcrumbs (Wheat), Parmesan Cheese (Milk), Carrots, Onions, Celery, Salt, Beef Booster, Pepper), Sauce (Crushed Tomatoes, Water, Beef, Onions, Texturised Vegetable Protein (Soy), Cornflour, Sugar, Salt, Vegetable Booster, Garlic, Pepper, Basil, Carrots, Oregano, Celery, Beef Booster), Green Beans, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, MILK, SOY. MAY CONTAIN EGGS, PEANUTS, TREE NUTS, FISH, CRUSTACEA. 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:	1544kJ (370Cal)	386kJ (93Cal)
Protein:	24.4g	6.1g
Fat, Total:	6.4g	1.6g
--Saturated:	2.4g	0.6g
Carbohydrates:	60g	15g
--Sugars:	7.6g	1.9g
Dietary Fibre:	8.4g	2.1g
Folate:	52ug (26% RDI)	13ug
Sodium:	936mg	234mg
Potassium:	620mg	155mg
Phosphorus:	404mg (40% RDI)	101mg

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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 (75%) (Tortellini [Durum Wheat Semolina, Water, Breadcrumbs, Beef, Carrot, Egg, Celery, Texturised Vegetable Protein (Soy), Beef Stock, Canola Oil, Cheese Powder, Salt, Pepper], Sauce [Water, Thickened Cream, Bacon, Mushroom, Full Cream Milk Powder, Margarine, Plain Flour, Shallot, Salt, Pepper, Vegetable Stock, Garlic, Onions, Clove, Bay Leaf, Parmesan Cheese, Nutmeg]), Beans, Carrots. CONTAINS WHEAT, GLUTEN, MILK, SOY, EGG. MAY CONTAIN CRUSTACEA, FISH, PEANUTS, TREE NUTS. 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

Beef (24%) [Beef (78%), Water, Salt, Curing Mix (Mineral Salt (451), Dextrose, Antioxidant (316), Sodium Nitrite (250), Humectant (422))], Potato Mash [Potatoes, Skim Milk, Tapioca, Salt, Pepper], White Sauce (17%) [Gluten Free Flour, Water, Skim Milk Powder, Tapioca, Oil, Stock Powder (Sea Salt, Maize Maltodextrin, Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, Canola Oil, Caramelised Sugar Syrup), Salt, Pepper], Carrots, Broccoli, Cauliflower, Parsley. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS. 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

Beef Pie (43%) [Beef Mince (18%), Onions, Peas, 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], Peas, Carrots, 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 PEANUTS, TREE NUTS. 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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dinners.



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

Sausages (66%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223), Canola Oil, Spice and Herb Extracts, Natural Colour (160c), Antioxidant (320, 310), Acidity Regulator (330)] Curry (23%) [Onions, Carrots, Peas, Swede, Tomatoes, Capsicum, Celery, Curry Powder (0.5%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Tapioca, Vinegar, Ginger, Garlic, Pepper], Potato Mash [Potatoes, Pumpkin, Skim Milk, Tapioca, Salt, Pepper], Beans, Cauliflower. CONTAINS MILK, SULPHITES. MAY CONTAIN SOY, PEANUTS, TREE NUTS. 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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dinners.



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 (27%) [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), Spice, Herbs, Tapioca, Mushrooms (3%)], Beans, Peas, Broccoli, Sweet Potatoes. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS. 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:	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 (22%), Diane Sauce (15%) (Water, Cream, Bechamel Sauce [Water, Milk Powder (Whole Milk, Milk Solids), Clarified Butter, Cream, Tapioca, Salt, Modified Corn Starch (1420), Xanthan Gum (415)], Garlic, Worcestershire Sauce [citric acid (330)], Tomato Paste (citric acid (330)), Sugar, Tapioca, Modified Corn Starch (1422), Lo Salt, Canola Oil, Soy Powder [contains Soy, Acidity Regulator (270)], Vegetable Protein Extract (contains Soy), Beef Stock Blend (contains Soy, Flavour Enhancer (627, 631), Xanthan Gum (415)), Carrots, Beans, Peas, Parsley. CONTAINS MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. 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:	1648kj (395Cal)	412kJ (99Cal)
Protein:	32g	8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12g	3g
--Saturated:	5.6g	1.4g
Carbohydrates:	34g	8.5g
--Sugars:	10.4g	2.6g
Dietary Fibre:	10g	2.5g
Sodium:	424mg	106mg
Potassium:	1016mg	254mg
Phosphorus:	404mg (40% RDI)	101mg

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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 (25%), Potato Bake (25%) [Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Tapioca, Salt, Pepper], Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Carrots, Green Beans, Cauliflower, Seeded Mustard (Water, Mustard Seed, Salt, Sugar, Food Acid (Acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract). CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS, SESAME. 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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dinners.



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, Potato Starch, Salt, Dextrose (from maize), Mineral Salts (451, 450, 452,331), Antioxidant (316), Sodium Nitrite (250), Flavour Enhancer (635), Natural Wood Smoke], Potato Mash [Potatoes, Skim Milk, Tapioca, Salt, Pepper], Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Peas, Carrots, Pineapple (6%), Parsley. CONTAINS: MILK. MAY CONTAIN PEANUTS, TREE NUTS. 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

Disclaimer:

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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, Onions, Cracked Wheat, Garlic, 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), Salt, Oregano, Pepper], Potato Mash [Potatoes, Skim Milk, Tapioca, Salt, Pepper], Gravy (24%) [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Onions (2.5%), Tapioca], Broccoli, Sweet Potatoes. CONTAINS WHEAT, GLUTEN, MILK. MAY CONTAIN SOY, PEANUTS, TREE NUTS. 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

Disclaimer:

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dinners.



Indian Style Lamb Curry - Mild

Tender pieces of lamb in a delicious Indian spiced sauce with rice, broccoli and sweet potato.

Lamb is a protein powerhouse and is filled with B vitamins. It can provide much of our daily vitamin B12 requirement. Lamb meat 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%) [Lamb (29%), Onions, Tomatoes, Zucchini, Peas, Carrots, Tapioca, Vinegar, Curry Powder (0.4%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Garlic, Oil, Salt, Ginger, Pepper, Mint, Basil], Rice, Broccoli, Sweet Potatoes. MAY CONTAIN PEANUTS, TREE NUTS. 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:	1708kj (410Cal)	438kJ (105Cal)
Protein:	42.9g	11g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7g	1.8g
--Saturated:	3.1g	0.8g
Carbohydrates:	39.8g	10.2g
--Sugars:	7.8g	2g
Dietary Fibre:	5.8g	1.5g
Folate:	72.9ug (36% RDI)	18.7ug
Sodium:	398mg	102mg
Potassium:	838mg	215mg
Phosphorus:	290mg (29% RDI)	74mg

Disclaimer:

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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

Casserole (50%) [Lamb (23%), Onions, Potatoes, Tomatoes, Carrots, Celery, Tapioca, Salt, Pepper, Rosemary], Potatoes, Carrots, Beans, Broccoli, Peas, Parsley, Canola Oil. MAY CONTAIN PEANUTS, TREE NUTS. 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:	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

Disclaimer:

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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 Meat (70%), Water, Textured Vegetable Protein, Wheat Fibre, Dextrose, Hydrolysed Vegetable Protein, Gluten, Vegetable Powders, Salt, Rice, Oil, Herbs, Spices, Maize), Wedges (Potato Wedges, Paprika, Salt, Pepper), Mushroom Sauce (15%) (Water, Vegetable Fats, Wheat Flour, Cream Powder, Maltodextrin, Modified Starch, Salt, Mushrooms (13%), Yeast Extract, Caramel, Onions, Seasoning, Palm Oil, Flavour, Tomatoes, Sugar, Thickener, Milk Protein, Emulsifier (471), Stabiliser (Potassium Phosphate, Diphosphate), Glucose Syrup, Lactose, Onion Powder, Acidity Regulator (330), Spices, Smoke Flavour) Carrots, Beans, Peas, Parsley. CONTAINS WHEAT, GLUTEN, MILK PRODUCTS. MAY CONTAIN PEANUTS, TREE NUTS. 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:	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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Nepalese Pork & Vegetable Curry

Tender and full of flavour, this warming curry is served with white rice, broccoli and carrots. Garam Masala is a fragrant blend of spices that adds warmth and sweetness to any dish. A tasty curry which is sure to satisfy.



Ingredients

Pork Curry (50%) [Diced Pork, Onions, Tomatoes, Water, Beans, Cauliflower, Carrots, Garlic, Ginger, Canola Oil, Garam Masala (Wheat, Gluten), Vegetable Stock Powder (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) Cumin, Coriander, Cardamon Powder, Ground Cloves, Cinnamon, Turmeric, Bay Leaves], White Rice, Broccoli, Carrots. CONTAINS GLUTEN, WHEAT. MAY CONTAIN PEANUTS, TREE NUTS. 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:	2288kJ (549Cal)	572kJ (137Cal)
Protein:	30.8g	7.7g
Fat, Total:	7.2g	1.8g
--Saturated:	1.6g	0.4g
Carbohydrates:	30.8g	7.7g
--Sugars:	7.6g	1.9g
Dietary Fibre:	10.4g	2.6g
Sodium:	480mg	120mg
Potassium:	928mg	232mg

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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, 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) (contains sulphites), Maltodextrin (Maize), Flavour Enhancer (621), Sugar, Salt, Cream 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), Tapioca], Carrots, Beans, Peas, Parsley. CONTAINS: MILK AND SULPHITES. MAY CONTAIN EGG, FISH, SOY, CRUSTACEA, PEANUTS, TREE NUTS. 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:	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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Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.



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%), [(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 PEANUTS, TREE NUTS. 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:	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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Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.



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%), Gravy (15%) [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Potatoes, Carrots, Beans, Peas, Paprika, Pepper. MAY CONTAIN PEANUTS, TREE NUTS. 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:	1272kj (305Cal)	318kJ (76Cal)
Protein:	37.2g	9.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.6g	0.9g
--Saturated:	0.8g	0.2g
Carbohydrates:	26.8g	6.7g
--Sugars:	7.6g	1.9g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	396mg	99mg
Potassium:	1192mg	298mg
Phosphorus:	472mg (48% RDI)	118mg

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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 PEANUTS, TREE NUTS. 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:	1756kJ (421Cal)	439kJ (105Cal)
Protein:	34.8g	8.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.6g	2.9g
--Saturated:	5.6g	1.4g
Carbohydrates:	39.6g	9.9g
--Sugars:	20.8g	5.2g
Dietary Fibre:	6.4g	1.6g
Folate:	64ug (32% RDI)	16ug
Sodium:	280mg	70mg
Potassium:	1196mg	299mg
Phosphorus:	444mg (45% RDI)	111mg

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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 PEANUTS, TREE NUTS. 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:	1316kJ (316Cal)	329kJ (79Cal)
Protein:	33.6g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.4g	2.1g
--Saturated:	2.8g	0.7g
Carbohydrates:	22.8g	5.7g
--Sugars:	8g	2g
Dietary Fibre:	5.2g	1.3g
Folate:	84ug (42% RDI)	21ug
Sodium:	336mg	84mg
Potassium:	1280mg	320mg
Phosphorus:	456mg (46% RDI)	114mg

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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

Sausages (34%) [Beef, Lamb (70%), Water, Rice Flour, Potato Starch, Salt, Mineral Salt (451), Preservative (223), 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], Onions (3%), Carrots, Peas, Parsley. CONTAINS: MILK, SULPHITES. MAY CONTAIN SOY, PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 410g Per Serve	
Nutritional Details	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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dinners.



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, Peas, Carrots, Tomato Paste [Concentrated Tomato, Salt], Tapioca, Oil, Salt, Basil, Oregano, Pepper], Potato Mash [Potatoes, Skim Milk, Tapioca, Salt, Pepper], Beans, Sweet Potatoes. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS. 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:	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%), Tomato paste (3%) (Concentrated Tomato, Salt), Carrots, Tapioca, Water, Garlic, Salt, Oil, Basil, Oregano, Pepper), Spaghetti (Wheat) (25%), Peas, Carrots, Cauliflower, Parmesan Cheese, Parsley. CONTAINS WHEAT, GLUTEN, MILK PRODUCTS. MAY CONTAIN PEANUTS, TREE NUTS. 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

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)), 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], 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], Peas, Sweet Potatoes. CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. 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

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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)], Gravy (14%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Mushrooms (3%), Potato Mash [Potatoes, Pumpkin, Skim Milk, Tapioca, Salt, Pepper], Peas, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. 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 sautéed 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 Colours (Caramel i, Crocin, Crocetin, Paprika Oleoresin, Annatto, Carmine), Vegetable Gums (Xanthan, Guar), Natural Flavour), Carrots, Celery, Red Capsicum, Oil), Rice, Broccoli, Carrots. CONTAINS SOY. MAY CONTAIN PEANUTS, TREE NUTS. 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:	36.4g	9.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.4g	1.6g
--Saturated:	1.6g	0.4g
Carbohydrates:	57.2g	14.3g
--Sugars:	20.8g	5.2g
Dietary Fibre:	7.2g	1.8g
Sodium:	596mg	149mg
Potassium:	824mg	206mg
Phosphorus:	314mg (31% RDI)	79mg

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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.

Pork is a protein filled with vitamins and minerals. Lean pork can be an excellent addition to a healthy diet.



Ingredients

Meatloaf (25%) [Pork Mince, Onions, Gluten Free Breadcrumbs, Eggs, Garlic Paste (Garlic, Salt), Ginger, Canola Oil, Parsley, Shallots, Chilli Flakes], 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. CONTAINS EGG. MAY CONTAIN PEANUTS, TREE NUTS. 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:	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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Traditional Meatloaf with Gravy

A lean beef mince favourite with carrots, beans and creamy potato mash sprinkled with herbs. We use lean beef mince for our meatloaf, providing an array of B vitamins, minerals and also protein. 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, Milk, Eggs, 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)), Garlic, Mustard, Salt, Parsley, Pepper], Potato Mash [Potatoes, Skim Milk, Tapioca, Salt Basil, Parsley, Sage, Pepper], Gravy (14%), (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)), Beans, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, MILK, EGGS. MAY CONTAIN SOY, PEANUTS, TREE NUTS. 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:	1484kj (356Cal)	371kJ (89Cal)
Protein:	26g	6.5g
Fat, Total:	10g	2.5g
--Saturated:	4.4g	1.1g
Carbohydrates:	35.6g	8.9g
--Sugars:	9.2g	2.3g
Dietary Fibre:	7.2g	1.8g
Folate:	80ug (40% RDI)	20ug
Sodium:	912mg	228mg
Potassium:	1000mg	250mg
Phosphorus:	384mg (38% RDI)	96mg

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