



Butter Chicken

Delicious and mild butter chicken is served with an aromatic vegetable korma and fluffy white rice.

Our Butter Chicken is low in fat and calories which is a bonus for such a creamy curry. Filled with flavour, this Diabetes approved meal is a great meal choice.



Ingredients

Butter Chicken (38%) [Chicken (20%), Sauce (13%) (Tomatoes, Ginger, Garlic, Chilli Powder, Garam Masala, Coriander Powder, Spices), Light Evaporated **Milk**, Onions, Water, Tapioca, Skim **Milk**, Salt], Korma [Potatoes, Pumpkin, Carrots, Peas, Sauce (**Cashews**, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Skim **Milk**, Beans, Cauliflower, Light Evaporated **Milk**, Water, Capsicum, Sweet Potatoes, Celery, Tapioca, Oil, Salt, Pepper], Rice, Cumin.

CONTAINS MILK, CASHEW. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1689kJ (405Cal)	433kJ (104Cal)
Protein:	25.3g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	10.5g	2.7g
--Saturated:	3.1g	0.8g
Carbohydrates:	49.5g	12.7g
--Sugars:	9g	2.3g
Dietary Fibre:	5.1g	1.3g
Sodium:	526mg	135mg
Potassium:	998mg	256mg
Phosphorus:	307mg (31% RDI)	79mg

Disclaimer:

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Chicken & Apricot Casserole

This tender chicken casserole is complemented by the sweetness of apricots and served with baked vegetables.

The impressive health benefits of apricots are due to the wide range of nutrients present in them. Good for the skin and rich in fibre, apricots are a treasure chest of plant antioxidants and vitamins like beta-carotene and Vitamins C E and K.



Ingredients

Chicken Casserole (48%) [Chicken (25%), Onions, Apricots and Nectar (9%), Carrots, Celery, Tapioca, Soup Mix (Dehydrated Vegetable (Onion), Thickener (1422), Salt, Flavour Enhancer (621, 635), Hydrolysed Vegetable Protein (Maize), Sugar, Flavours (**Soy**), Canola Oil, Colour (150d) (**Sulphite**), Rice Flour, Maltodextrin (Maize), Yeast Extract, Spice Extract), Vinegar, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour), Parsley, Salt, Pepper, Thyme], Potatoes, Pumpkin, Carrots, Beans, Sweet Potatoes, Paprika. **CONTAINS SOY, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1412kJ (339Cal)	353kJ (85Cal)
Protein:	26.8g	6.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.2g	2.8g
--Saturated:	3.2g	0.8g
Carbohydrates:	29.2g	7.3g
--Sugars:	10.8g	2.7g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	400mg	100mg
Potassium:	1348mg	337mg
Phosphorus:	264mg (26% RDI)	66mg

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Chicken Casserole

Traditional hearty casserole with chicken pieces, served with creamy potato mash, peas and sweet potato.

Chicken is not only a good source of protein but is also packed with vitamins and minerals. B vitamins are a class of water-soluble vitamins that play important roles in cell metabolism.



Ingredients

Chicken Casserole (52%) (Chicken (28%), Onion, Tomato, Carrot, Mushrooms, Tomato Paste (Concentrated Tomato, Salt), Tapioca, Garlic, Water, Salt, Oil, Pepper, Parsley, Basil, Oregano), Potato Mash (Potatoes, Skim Milk, Tapioca, Salt, Pepper), Peas, Sweet Potato.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1501kj (360Cal)	395kJ (95Cal)
Protein:	30g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.2g	3.2g
--Saturated:	3.4g	0.9g
Carbohydrates:	28.1g	7.4g
--Sugars:	9.1g	2.4g
Dietary Fibre:	7.6g	2g
Folate:	87.8ug (44% RDI)	23.1ug
Sodium:	441mg	116mg
Potassium:	984mg	259mg
Phosphorus:	312mg (31% RDI)	82mg

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Chicken Curry Mild

Tender chicken pieces in a mild curry sauce with fluffy rice, sultanas, tender broccoli and carrots.

A healthy serve of protein can assist to stay fuller for longer and love it or hate it - broccoli is an incredibly healthy vegetable, loaded with vitamin C, vitamin K, fibre and potassium.



Ingredients

Chicken Curry (51%) [Chicken (28%), Onions, Zucchini, Peas, Coconut Milk, Tapioca, Green Curry Paste (0.3%) (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste [Shrimp (**Crustacea**), Salt], Kaffir Lime Peel, Coriander Seeds, Pepper, Cumin, Turmeric), **Fish** Sauce [Anchovies (**Fish**) Extract, Salt, Sugar], Curry Powder (0.1%) (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Oil, Turmeric], Rice, Broccoli, Carrots, Sultanas, **Almonds**, Capsicum, Parsley.

CONTAINS CRUSTACEA, FISH, ALMOND. MAY CONTAIN PEANUT, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1669kJ (400Cal)	428kJ (103Cal)
Protein:	30.4g	7.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.6g
--Saturated:	4.3g	1.1g
Carbohydrates:	34.7g	8.9g
--Sugars:	5.8g	1.5g
Dietary Fibre:	6.2g	1.6g
Folate:	93.2ug (47% RDI)	23.9ug
Sodium:	312mg	80mg
Potassium:	866mg	222mg
Phosphorus:	283mg (28% RDI)	73mg

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Chicken Parmigiana

Chicken topped with tomato sauce and mozzarella cheese, served with potato and spinach mash, sweet potato and corn. This traditional Italian dish is surprisingly low in calories and packed with fibre and lean protein. Not only is this meal low in sodium it is also a heart friendly dish packed full of vitamins and minerals.



Ingredients

Chicken Parmigiana (43%) [Chicken (25%), Sauce (Tomatoes, Onions, Olive Oil, Garlic, Basil, Oregano), Mozzarella Cheese (**Milk**), Parmesan Cheese (**Milk**)], Potato Mash [Potatoes, Spinach, Skim **Milk**, Tapioca, Salt, Pepper, Nutmeg], Sweet Potatoes, Corn, Parsley.

CONTAINS MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1764kJ (423Cal)	441kJ (106Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	15.6g	3.9g
--Saturated:	5.2g	1.3g
Carbohydrates:	34.8g	8.7g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.4g	1.6g
Folate:	89.6ug (45% RDI)	22.4ug
Sodium:	252mg	63mg
Potassium:	1056mg	264mg
Phosphorus:	404mg (41% RDI)	101mg

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Chicken Schnitzel

Tasty crumbed chicken served with seasonal baked vegetables and gravy.

Baked vegetables are not only delicious but are loaded with health benefits. Cooking carrots increases the availability of the antioxidant carotenoids. Pumpkin flesh is a good source of vitamins A and C and contains antioxidants, folic acid and potassium. Pumpkins are also low in fat.



Ingredients

Chicken Schnitzel (36%) (Breast Meat, Water, **Soy Flour**, **Wheat Flour**, Isolated **Soy Protein**, Breadcrumbs (**Wheat Flour**, Water, **Rye Flour**, Humectant (422), **Gluten**, Yeast, Salt, Vinegar, Sugar, Canola Oil, Xanthan Gum (415), Malt, **Barley Flour**, Antioxidant (300), Enzymes, Preservative (282), Colours (160a, 102, 110), Thiamine, Folate), Salt, Sugar, Flavour (Thermal Processing Flavour, Yeast Extract, Sugar, Rapeseed Oil, Flavour Enhancers (627, 631), Vegetable Powder, Mineral Salt (508), Liquid Flavours, Spices, Herb), Potatoes, Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Sweet Potato, Beans, Pumpkin, Parsnip, Canola Oil, Pepper, Parsley, Salt, Paprika.

CONTAINS GLUTEN, WHEAT, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS. Vegetable varieties may be subject to seasonal change.

Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1814kJ (435Cal)	465kJ (112Cal)
Protein:	33.9g	8.7g
Fat, Total:	12.5g	3.2g
--Saturated:	3.1g	0.8g
Carbohydrates:	44.1g	11.3g
--Sugars:	7.4g	1.9g
Dietary Fibre:	5.5g	1.4g
Folate:	69.8ug (35% RDI)	17.9ug
Sodium:	1502mg	385mg
Potassium:	1264mg	324mg
Phosphorus:	507mg (51% RDI)	130mg

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Chicken With Morel Mushroom Sauce

Sliced tender chicken, delicately flavoured with Morel mushroom sauce, served with potato bake, carrots, peas and sweet potato. Morel mushrooms carry the highest amount of vitamin D among the edible mushrooms. Morels are unique and recognized for their rich mineral content.



Ingredients

Chicken (25%), Potato Bake (25%) (Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper), Carrots, Mushroom Sauce (15%) (Water, Vegetable Fats, **Wheat** Flour, Cream Powder (**Milk**), Maltodextrin, Modified Starch, Salt, Mushrooms (13%) (Morel, Cep, Chantrell), Yeast Extract, Caramel, Onions, Seasoning, Palm Oil, Flavour, Tomatoes, Sugar, Thickener, **Milk** Protein, Emulsifier (471), Stabiliser (Potassium Phosphate, Diphosphate), Glucose Syrup, Lactose (**Milk**), Onion Powder, Acidity Regulator (330), Spices, Smoke Flavour), Peas, Sweet Potato, Parsley.

CONTAINS GLUTEN, WHEAT, MILK. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1648kJ (395Cal)	412kJ (99Cal)
Protein:	34.8g	8.7g
Fat, Total:	13.6g	3.4g
--Saturated:	4.8g	1.2g
Carbohydrates:	28.8g	7.2g
--Sugars:	10.8g	2.7g
Dietary Fibre:	8g	2g
Sodium:	628mg	157mg
Potassium:	1008mg	252mg
Phosphorus:	378mg (38% RDI)	94mg

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Creamy Chicken & Mushroom Pie

Topped with puff pastry, enjoy tender chicken pieces in a creamy mushroom sauce with potato bake, carrots and peas.

Mushrooms are a rich source of the soluble dietary fiber, necessary for maintaining healthy cholesterol levels.

Ingredients

Chicken Pie (50%) (Chicken, Onions, Celery, Mushroom Soup (Water, Mushrooms (12%), **Wheat** Flour, Canola Oil, Maize Starch, Salt, Cream (**Milk**), **Milk** Solids, **Soy** Protein, Sugars, Flavours (**Milk** Products, **Wheat**), Yeast Extract, Colour (Caramel 111 - **Wheat**), Mushrooms (7%), **Milk**, 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], Tomato Paste, Salt, Pepper), Potato Bake (Potatoes, Water, Skim **Milk**, Gluten Free Flour, Mozzarella Cheese (**Milk**), Tapioca, Salt, Pepper), Carrots, Peas, Puff Pastry (5%) [**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 PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1932kJ (463Cal)	483kJ (116Cal)
Protein:	33.2g	8.3g
Fat, Total:	20.8g	5.2g
--Saturated:	6g	1.5g
Carbohydrates:	31.2g	7.8g
--Sugars:	10g	2.5g
Dietary Fibre:	6.4g	1.6g
Sodium:	752mg	188mg
Potassium:	872mg	218mg

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Hawaiian Chicken

Crumbed chicken topped with homemade tomato sauce, pineapple and mozzarella cheese, with potato wedges, peas and beans. A very tasty meal that will surely satisfy with its delicious flavours.

Ingredients

Chicken Breast Schnitzel (38%) (Chicken Breast Meat, Water, **Soy**, **Wheat** Flour, **Soy** Protein, Breadcrumbs (**Wheat** Flour, Water, **Rye** Flour, Humectant (422), Yeast, Salt, Vinegar, Canola Oil, Sugar, Xanthan Gum (415), Malt **Barley** Flour, Antioxidant (300), Enzymes, Preservative (282), Colours (160a, 102, 110), Thiamine, Folate), Salt, Sugar, Flavour (Thermal Processing Flavour, Yeast Extract, Sugar, Rapeseed Oil, Flavour Enhancers 627, 631)), Rice Bran Oil, Vegetable Powder, Mineral Salt (508), Liquid Flavours, Herbs, Spices), Plain Wedges (Potato Wedges, Paprika, Salt, Pepper), Napoli Sauce (Tomatoes, Onions, Olive Oil, Basil, Garlic, Oregano), Green Beans, Peas, Pineapple (6%), Mozzarella Cheese (**Milk**).

CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	2292kJ (550Cal)	573kJ (137Cal)
Protein:	38g	9.5g
Fat, Total:	22.8g	5.7g
--Saturated:	6.8g	1.7g
Carbohydrates:	44.8g	11.2g
--Sugars:	10.4g	2.6g
Dietary Fibre:	6.8g	1.7g
Sodium:	768mg	192mg
Potassium:	1056mg	264mg

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Pineapple Chicken

Succulent chicken sautéed with pineapple pieces served with special rice, broccoli and carrots.

There are only 3 raw materials that the human body can use to make energy: protein, fat and carbohydrates. Protein is an essential macro nutrient that is essential for brain cell function, liver detoxification and for initiating almost all enzyme reactions in our body.



Ingredients

Pineapple Chicken (53%) [Chicken (26%), Onions, Pineapple (6%), Capsicum, Carrots, Mushrooms, Tapioca, Tomato Sauce (Tomatoes, Sugar, Salt, Food Acids {Acetic, Citric}, Natural Flavour), White Vinegar, Lemon Juice, Garlic, **Soy** Sauce (Hydrolysed Vegetable Protein Extract (**Soy**, Maize), Water, Salt, Colour (Caramel IV) (**Sulphites**)), Oil, Salt, Pepper], Rice [Rice, Carrots, Peas, Ham, Oil, Salt], Broccoli, Carrots, Parsley.
CONTAINS SOY, SULPHITES. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1388kj (333Cal)	347kJ (83Cal)
Protein:	29.2g	7.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8g	2g
--Saturated:	2.4g	0.6g
Carbohydrates:	32g	8g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.8g	1.7g
Folate:	84.8ug (42% RDI)	21.2ug
Sodium:	352mg	88mg
Potassium:	824mg	206mg
Phosphorus:	288mg (29% RDI)	72mg

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Pramod's Chicken Curry

Delicious Nepalese inspired tender chicken and vegetable curry is served with sweet potato and a mix of white rice and peas.

A delicious Dairy Free chicken curry that is also Heart Friendly! This is a tasty curry which is sure to satisfy.



Ingredients

Chicken Curry (63%) [Chicken, Onions, Water, Broccoli, Carrots, Potatoes, Cauliflower, Beans, Tomatoes, Garlic, Canola Oil, Ginger, Lemon Juice, Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Chicken Stock Powder (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli) Coriander, Garam Masala (**Wheat**), Cumin, Cardamom, Chilli, Cloves], White Rice, Sweet Potatoes, Peas. **CONTAINS GLUTEN, WHEAT. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1712kJ (411Cal)	428kJ (103Cal)
Protein:	39.6g	9.9g
Fat, Total:	13.2g	3.3g
--Saturated:	4g	1g
Carbohydrates:	33.6g	8.4g
--Sugars:	7.2g	1.8g
Dietary Fibre:	10g	2.5g
Sodium:	552mg	138mg
Potassium:	824mg	206mg

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Roast Chicken with Gravy

Juicy, boneless chicken thigh fillet (skinless) with roast potatoes, roast sweet potatoes, peas and gravy

Chicken is one of the most popular protein-rich foods and is incredibly versatile. Consider your heart health and choose skinless poultry trimmed of visible fat. Our Roast Chicken meal is also medically low salt and does not exceed 120mg per 100g for sodium.



Ingredients

Chicken (25%), Potatoes, Gravy (15%) [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Peas, Sweet Potatoes, Oil, Paprika, Salt, Pepper.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1688kJ (405Cal)	422kJ (101Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	3.3g
--Saturated:	3.6g	0.9g
Carbohydrates:	36g	9g
--Sugars:	8.4g	2.1g
Dietary Fibre:	6.8g	1.7g
Folate:	92ug (46% RDI)	23ug
Sodium:	336mg	84mg
Potassium:	1140mg	285mg
Phosphorus:	444mg (45% RDI)	111mg

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Roast Turkey with Cranberry Sauce

Tender sliced turkey, brown gravy, cranberry sauce, roast potatoes, roast pumpkin, peas, broccoli and beans.

White meat such as turkey, is a lean source of protein with a lower fat content than red meat. Turkey is lower in saturated fats than most other meats. Saturated and trans fat increases the risk of heart disease. Our Roast Turkey has a heart-friendly icon and the approval of Diabetes NSW.



Ingredients

Turkey (24%) [Turkey Breast (84%), Water, Salt, Acidity Regulators (326, 261), Modified Starch (1412), Potato Starch, Dextrose (Maize), Sugar, Mineral Salts (451, 450), Hydrolyzed Vegetable Protein (Maize), Vegetable Gum (407, 415), Flavour Enhancer (635), Yeast Extract, Flavouring], Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Cranberry Sauce (5%) [Sugar, Cranberries (32%), Vegetable Gum (Pectin), Food Acid (330)], Potatoes, Pumpkin, Broccoli, Peas, Beans, Oil, Paprika, Salt, Pepper.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1382kj (331Cal)	337kJ (81Cal)
Protein:	36.5g	8.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	29.1g	7.1g
--Sugars:	12.7g	3.1g
Dietary Fibre:	6.1g	1.5g
Folate:	85.7ug (43% RDI)	20.9ug
Sodium:	976mg	238mg
Potassium:	1283mg	313mg
Phosphorus:	471mg (47% RDI)	115mg

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Satay Chicken with Noodles

Chicken pieces served with Hokkien noodles, carrots, green beans, corn and capsicum in a delicious satay sauce.

Packed full of flavour this is a tasty and warming meal.

Ingredients

Satay Chicken (63%) [Chicken (26%), Mixed Vegetables (Carrots, Corn, Beans, Capsicum) Coconut Milk, Water, **Peanut** Butter (5%) (**Peanuts** (85%), Vegetable Oil (320), Sugar, Salt), Red Curry Paste (2%) (Lemongrass, Red Chilli (13%), Galangal, Palm Sugar, Garlic, **Soya** bean Oil, Salt, Shallot, Spices (Cumin, Coriander Seeds), Sugar, Coriander Root, Kaffir Lime Leaf, Yeast Extract), Canola Oil, Onion, Ginger Paste (Ginger (76%), Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Salt, Pepper], Hokkien Noodles (37%) [**Wheat** Flour, Water, **Wheat**, **Gluten**, Salt, Colours (Carotene, Annatto, Turmeric,) Canola Oil].

CONTAINS GLUTEN, WHEAT, PEANUT, SOY. MAY CONTAIN ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	2668kJ (640Cal)	667kJ (160Cal)
Protein:	41.6g	10.4g
Fat, Total:	24.8g	6.2g
--Saturated:	6.8g	1.7g
Carbohydrates:	58g	14.5g
--Sugars:	6g	1.5g
Dietary Fibre:	6.8g	1.7g
Sodium:	780mg	195mg
Potassium:	456mg	114mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.



Turkey Rissoles

Flavoursome and moist turkey rissoles are served with a delicious mix of baked vegetables and gravy.

For a low fat, low calorie option, our Turkey Rissoles are not just for the calorie counters but also an excellent choice for those who require a gluten-free alternative. Parsnips contain high levels of potassium, manganese, magnesium, phosphorous, zinc, and iron. In addition to an impressive range of vitamins parsnips are also rich in fibre.



Ingredients

Rissoles (26%) (Turkey Mince (13%), Onions, Rice, Zucchini, Carrots, Parsley, Tarragon, Salt, Pepper), Potatoes, Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spices, Herbs, Tapioca), Carrots, Sweet Potatoes, Pumpkin, Beans, Paprika, Parsley.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. 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:	1049kJ (252Cal)	269kJ (65Cal)
Protein:	17.9g	4.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1g
--Saturated:	1.2g	0.3g
Carbohydrates:	32.4g	8.3g
--Sugars:	9.4g	2.4g
Dietary Fibre:	5.8g	1.5g
Folate:	79.2ug (40% RDI)	20.3ug
Sodium:	589mg	151mg
Potassium:	1197mg	307mg
Phosphorus:	322mg (32% RDI)	83mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.