



Cheese & Spinach Pie

With a filling of cheese and spinach, this pie is topped with flaky filo, served with lemon pepper sliced potatoes, green beans, topped with tomato and black olives.

This Greek inspired dish is a tasty vegetarian option for everyone.

Ingredients

Pie (40%) [Fresh Spinach, Shallots, Dill, Vegetable Oil, Soyabean Oil, Pre-gelatinised Maize Starch, Eggs, Xanthan Gum (415), Filo Pastry, Pepper, Flavours, Salt, Emulsifiers (471, 322), Antioxidant (320), Wheaten Flour, Feta Cheese], Potatoes [Potatoes, Oil, Lemon Pepper Spice (Salt, Pepper, Rice Flour, Flavour, Food Acid (Citric), Sugar, Garlic, Onion, Lemon Peel, Oil, Lemon Flavour, Lemon Oil), Vegetable Stock (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)], Beans, Sauce (Tomato, Onion, Oil, Basil, Garlic, Oregano), Black Olives. CONTAINS WHEAT, GLUTEN, EGG, SOY, DAIRY PRODUCTS. MAY CONTAIN SESAME SEEDS, PEANUTS, TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2508kJ (601Cal)	627kJ (150Cal)
Protein:	20g	5g
Fat, Total:	33.6g	8.4g
--Saturated:	18.8g	4.7g
Carbohydrates:	51.2g	12.8g
--Sugars:	8g	2g
Dietary Fibre:	7.2g	1.8g
Sodium:	1172mg	293mg
Potassium:	1084mg	271mg

Disclaimer:

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Lentil Patties with Vegetable Korma

Delicious and protein packed, these lentil patties are served with a mild vegetable korma curry and white rice.

Lentils are packed full of the dietary fibre called beta-glucan which assists in gut and cardiovascular health.



Ingredients

Lentil Patties (42%) [Brown Lentils, Onions, Carrots, Celery, Gluten Free Breadcrumbs, Eggs, Soy Sauce (Hydrolysed Vegetable Protein Extract (Soy, Maize), Water, Salt, Colour (Caramel IV) (Sulphites), Tomato Paste (Concentrated Tomatoes, Salt), Garlic, Canola Oil, Mild Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Pepper], Vegetable Korma (35%) [Potatoes, Pumpkin, Carrots, Peas, Milk, Korma Sauce (Cashews, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Green Beans, Water, Evaporated Milk, Cauliflower, Celery, Red Capsicum, Sweet Potatoes, Tapioca, Canola Oil, Salt, Pepper], White Rice. CONTAINS EGG, MILK, SOY, CASHEW, SULPHITES. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2152kj (516Cal)	538kJ (129Cal)
Protein:	21.6g	5.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.2g	1.3g
--Saturated:	1.2g	0.3g
Carbohydrates:	56g	14g
--Sugars:	8.4g	2.1g
Dietary Fibre:	14.4g	3.6g
Sodium:	724mg	181mg
Potassium:	848mg	212mg

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Satay Vegetables with Zucchini Patty

Delicious mixed vegetables in a satay sauce topped with a patty combining zucchini, chickpeas and lentils.

Zucchini has an abundance of health benefits, from playing a role in improving digestion to supporting healthy circulation and assisting in maintaining blood sugar levels.



Ingredients

Satay Veg Mix (74%) (Coconut Milk, Water, Pumpkin, Peanut Butter (Peanuts (85%), Vegetable Oil (320), Sugar, Salt), Onion, Peas, Carrots, Beans, Broccoli, Cauliflower, Capsicum, Red Curry Paste (Lemongrass, Red Chilli, Galangal, Palm Sugar, Garlic, Soya Bean Oil, Salt, Shallot, Spices (Cumin, Coriander Seeds), Sugar, Coriander Root, Kaffir Lime Leaf, Yeast Extract), Canola Oil, Ginger Paste (Ginger (76%), Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Pepper, Salt), Zucchini Patty (26%) (Chickpeas, Zucchini, Lentils, Green Peas, Carrots, Parsley, Onion, Gluten Free Flour, Salt, Coriander, Pepper, Cumin, Rice-Bran Oil). CONTAINS PEANUTS, SOYBEANS. MAY CONTAIN TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 405g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2466kj (591Cal)	609kJ (146Cal)
Protein:	19g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	38.1g	9.4g
--Saturated:	9.3g	2.3g
Carbohydrates:	39.7g	9.8g
--Sugars:	13g	3.2g
Dietary Fibre:	10.5g	2.6g
Sodium:	1195mg	295mg
Potassium:	749mg	185mg

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Spinach & Ricotta Cannelloni

Delicate pasta tube filled with spinach and ricotta cheese topped with a tomato and basil sauce. Served with a cornmeal (polenta) cake, cauliflower, peas, beans and broccoli.

Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide us with protein, iron, vitamins, and minerals. This vegetarian option is a heart pleaser as it is medically low in sodium and heart friendly.



Ingredients

Cannelloni (20%) [Ricotta Cheese (Whey Solids, Water, Milk, Salt, Food Acid (260)), Durum Wheat, Breadcrumbs (Wheat Flour, Bakers Yeast, Iodised Salt, Water), Spinach, Sugar, Garlic, Salt, Vegetable Stock, Shallots, Nutmeg, Pepper], Polenta Cake [Cornmeal, Olive Oil, Cheese, Parmesan Cheese, Pepper, Salt], Tomato Sauce (Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper), White Sauce [Water, Milk, Tapioca, Canola Oil, Gluten Free Flour, 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], Beans, Broccoli, Cauliflower, Peas. CONTAINS WHEAT, GLUTEN, MILK. MAY CONTAIN SOY, EGG, PEANUTS, TREE NUTS, FISH, CRUSTACEA.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1424kj (341Cal)	356kJ (85Cal)
Protein:	14g	3.5g
Fat, Total:	14.4g	3.6g
--Saturated:	6g	1.5g
Carbohydrates:	34.8g	8.7g
--Sugars:	6.8g	1.7g
Dietary Fibre:	6.4g	1.6g
Folate:	62.4ug (31% RDI)	15.6ug
Sodium:	444mg	111mg
Potassium:	760mg	190mg
Phosphorus:	222mg (22% RDI)	55mg

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Tofu & Vegetable Satay with Rice

Mixed vegetables and cubed tofu combine with brown rice in a delicious satay sauce.

Tofu is a great source of protein for those that want a meat-free meal.



Ingredients

Veg Satay (55%) [Coconut Milk, Water, Pumpkin (6%), Peanut Butter (Peanuts (85%), Vegetable Oil (320), Sugar, Salt), Onions, Peas (4%), Carrots (4%), Beans (4%), Broccoli (4%), Cauliflower (4%), Capsicum (4%), Red Curry Paste (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, Ginger Paste (Ginger, Vinegar, Canola Oil, Salt, Acidity Regulator (270)), Garlic Paste (Garlic, Salt), Salt, Pepper], Brown Rice (25%), Tofu (20%) (Soy). CONTAINS PEANUT, SOY. MAY CONTAIN TREE NUTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1948kJ (467Cal)	487kJ (117Cal)
Protein:	22.8g	5.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	24g	6g
--Saturated:	7.2g	1.8g
Carbohydrates:	35.2g	8.8g
--Sugars:	8.4g	2.1g
Dietary Fibre:	10g	2.5g
Sodium:	592mg	148mg
Potassium:	768mg	192mg

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Vegetable Frittata

A deliciously moist frittata served with roasted seasonal vegetables and gravy.

The humble egg has impressive health credentials. Our Vegetable Frittata is lovingly made with fresh eggs and veggies. Eggs also provide choline - an essential nutrient that is involved in nerve and brain function.



Ingredients

Frittata (45%) (Mixed Vegetables (40%) [Spinach, Carrots, Potato, Pumpkin, Capsicum], Eggs, Water, Tasty Cheese, Thickened Cream, Maize Starch, Onions, Milk Powder, Leek, Vegetable Stock Powder [Salt, Dehydrated Vegetables, Hydrolyzed Veg Protein, Sugar, Rice Flour, Corn Starch, Spices, Yeast Extract], Tomatoes, Salt, Oregano, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Potatoes, Sweet Potatoes, Pumpkin, Carrots, Beans, Peas, Paprika, Parsley. CONTAINS: EGGS, MILK PRODUCTS. MAY CONTAIN PEANUTS, TREE NUTS, SOY, SESAME SEEDS & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1408kj (338Cal)	352kJ (84Cal)
Protein:	13.2g	3.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	14g	3.5g
--Saturated:	7.6g	1.9g
Carbohydrates:	36g	9g
--Sugars:	9.6g	2.4g
Dietary Fibre:	5.2g	1.3g
Folate:	80.8ug (40% RDI)	20.2ug
Sodium:	764mg	191mg
Potassium:	940mg	235mg
Phosphorus:	376mg (38% RDI)	94mg

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Vegetable Lasagne

Roasted Mediterranean vegetables between layers of fresh pasta, served with carrots, broccoli and cauliflower.

Cauliflower is a member of the cruciferous vegetables family. It is often considered one of the healthiest foods due to the rich supply of health-promoting anti-oxidants. As a bonus it has a high level of anti-inflammatory compounds.



Ingredients

Lasagne (53%) [Mixed Vegetables (33%) (Spinach, Carrots, Onions, Potatoes, Green & Red Capsicum, Eggplant, Leek], Water, Crushed Tomatoes (Tomatoes, Salt, Vegetable Oil, Herbs, Spices, Garlic, Food Acid (330)), Lasagne Sheets (Durum Wheat, Semolina, Water), Cheese, Anti-Caking Agent (Tapioca Starch (460), Preservative (200)), Butter, Tomato Paste, Wheat Flour, Milk, Maize Starch, Canola Oil, Tasty Cheese, Sugar, Salt, Herbs (Oregano, Marjoram, Thyme, Sage), Basil, White Pepper, Dried Mint], Broccoli, Cauliflower, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, MILK. MAY CONTAIN EGGS, PEANUTS, TREE NUTS, SOY, SESAME SEEDS & SULPHITES

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1315kJ (315Cal)	346kJ (83Cal)
Protein:	13.3g	3.5g
Fat, Total:	10.3g	2.7g
--Saturated:	5.3g	1.4g
Carbohydrates:	33.1g	8.7g
--Sugars:	11.8g	3.1g
Dietary Fibre:	8g	2.1g
Folate:	125.4ug (21% RDI)	33ug
Sodium:	612mg	161mg
Potassium:	825mg	217mg
Phosphorus:	304mg (30% RDI)	80mg

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Vegetable Moussaka

Delicious gluten free layers of potato and eggplant topped with a tasty bachelorette sauce served with roast pumpkin, roast sweet potato, green beans and cauliflower.

A Mediterranean diet is one of the healthiest ways of eating, filled with vegetables, legumes, greens and herbs. It has been shown to protect and manage chronic conditions such as Type 2 Diabetes, cardiovascular disease and fatty liver.



Ingredients

Moussaka (53%) (Vegetables (40%) [Tomatoes, Spinach, Carrots, Onions, Potato, Green and Red Capsicum], Potatoes (18%), Eggplant (13%), Margarine [Vegetable Oil, Water, Salt, Emulsifiers (Soy Lecithin 471), Flavour, Acidity Regulator (500), Antioxidant (306), Food Acid (330), Colour (160a)], Cheese (Milk), Anti-Caking Agent (Tapioca Starch (460), Preservative (200)), Eggplant, Gluten Free Flour, Milk Powder, Tomato Paste, Maize Starch, Leek, Canola Oil [Antioxidant (307), Emulsifier (900)], Tasty Cheese [Milk, Salt, Culture, Enzyme, Anti-Caking Agent], Salt, Sugar, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Basil, Paprika, Dill, White Pepper), Beans, Cauliflower, Pumpkin, Sweet Potato. CONTAINS: MILK & SOY. MAY CONTAIN EGGS, PEANUTS, TREE NUTS, SESAME SEEDS, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	936kj (224Cal)	234kJ (56Cal)
Protein:	8g	2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.6g	1.9g
--Saturated:	3.6g	0.9g
Carbohydrates:	28.4g	7.1g
--Sugars:	10g	2.5g
Dietary Fibre:	6.4g	1.6g
Folate:	103.2ug (52% RDI)	25.8ug
Sodium:	856mg	214mg
Potassium:	1036mg	259mg
Phosphorus:	432mg (43% RDI)	108mg

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