



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

	Regular Size 390g Per Serve	
Nutritional Details	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 casserole 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

Nutritional Details	Regular Size 400g Per Serve	
	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

	Regular Size 400g Per Serve	
Nutritional Details	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

	Regular Size 395g Per Serve	
Nutritional Details	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

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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

	Regular Size 420g Per Serve	
Nutritional Details	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

	Regular Size 390g Per Serve	
Nutritional Details	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

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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

	Regular Size 400g Per Serve	
Nutritional Details	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

Nutritional Details	Regular Size 400g Per Serve	
	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

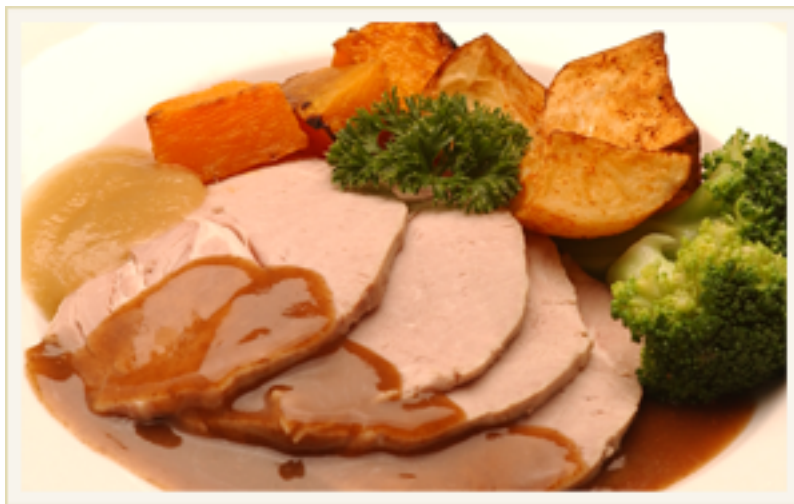
Lamb (25%), Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Mint Jelly (5%) [Sugar, Water, Vinegar, Mint Leaves, Vegetable Gum (440), Colours (102, 133, 150d), Flavour], Potatoes, Pumpkin, Peas, Oil, 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

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dinners.



Shepherds Pie

Prime minced beef flavoured with tomato, creamy potato mash, beans and sweet potato. Lean minced beef is an excellent source of iron.



Ingredients

Shepherds 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

Disclaimer:

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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.



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

	Regular Size 400g Per Serve	
Nutritional Details	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

Disclaimer:

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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

Disclaimer:

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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

Disclaimer:

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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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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), Evaporated Milk, Onions, Water, Skim Milk, Tapioca, Salt], Vegetable Korma (38%) [Potatoes, Pumpkin, Carrots, Peas, Sauce (Cashews, Ginger, Garlic, Spices, Onion, Tomato, Chilli Powder, Garam Masala, Coriander Powder), Onions, Skim Milk, Beans, Cauliflower, Evaporated Milk, Water, Capsicum, Sweet Potatoes, Celery, Tapioca, Oil, Salt, Pepper], Rice, Cumin. CONTAINS MILK, CASHEWS. 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

	Regular Size 390g Per Serve	
Nutritional Details	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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dinners.



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 (Onions), Thickener (1422), Salt, Flavour Enhancer (621, 635), Hydrolysed Vegetable Protein (Maize), Sugar, Flavours (Soy), Canola Oil, Colour (150d), Rice Flour, Maltodextrin (Maize), Yeast Extract, Spice Extract), White 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 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:	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

Casserole (53%) [Chicken (28%), Onions, Tomatoes, Carrots, Mushrooms, Tomato Paste [Concentrated Tomato, Salt], Tapioca, Water, Garlic, Salt, Oil, Pepper, Parsley, Basil, Oregano], Potato Mash [Potatoes, Skim Milk, Tapioca, Salt, Pepper], Peas, Sweet Potatoes. CONTAINS MILK. 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:	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, Salt}, Kaffir Lime Peel, Coriander Seeds, Pepper, Cumin, Turmeric), Fish Sauce [Anchovy 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: TREE NUTS (ALMONDS), CRUSTACEA & FISH. MAY CONTAIN PEANUTS, OTHER 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:	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, Parmesan Cheese], Potato Mash [Potatoes, Spinach, Skim Milk, Tapioca, Salt, Pepper, Nutmeg], Sweet Potatoes, Corn, 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 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

Disclaimer:

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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 & 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, Rapeseed Oil, Flavour Enhancers (627, 631), Vegetable Powder, Mineral Salt (508), Liquid Flavours, Spices, Herb), Gravy (Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca), Potatoes, Sweet Potatoes, Beans, Pumpkin, Parsnip, Oil, Parsley, Salt, Pepper, Paprika. CONTAINS WHEAT, RYE, BARLEY, GLUTEN, SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS. Vegetable varieties are subject to seasonal changes and inclusions may vary with each batch.

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

Disclaimer:

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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.



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, Milk, Gluten Free Flour, Mozzarella Cheese, Tapioca, 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, Peas, Sweet Potatoes, Parsley. CONTAINS GLUTEN, MILK. 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:	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

Pie (50%) [Chicken, Onions, Celery, Mushroom Soup (Water, Mushrooms (12%), Wheat Flour, Canola Oil, Maize Starch, Salt, Cream, 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, Tapioca, Salt, Pepper), Carrots, Peas, 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

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

Disclaimer:

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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 is hearty and sure to satisfy with its delicious flavours.

Ingredients

Chicken Schnitzel (38%) [Chicken Breast, 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), Wedges (Potato Wedges, Paprika, Salt, Pepper], Sauce [Tomatoes, Onions, Olive Oil, Basil, Garlic, Oregano], Green Beans, Peas, Pineapple (6%), Mozzarella Cheese (Milk). CONTAINS GLUTEN, WHEAT, RYE, BARLEY, 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:	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

Disclaimer:

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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) (Sulphite)), Oil, Salt, Pepper], Rice [Rice, Carrots, Peas, Ham, Oil, Salt], Broccoli, Carrots, Parsley. CONTAINS SOY, SULPHITE. 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:	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

Disclaimer:

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dinners.



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.



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, Gluten), Cumin, Cardamom, Chilli, Cloves], White Rice, Sweet Potatoes, Peas. 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:	1712kJ (411Cal)	428kJ (103Cal)
Protein:	31.2g	7.8g
Fat, Total:	14.4g	3.6g
--Saturated:	4.4g	1.1g
Carbohydrates:	35.6g	8.9g
--Sugars:	6.4g	1.6g
Dietary Fibre:	6.4g	1.6g
Sodium:	552mg	138mg
Potassium:	824mg	206mg

Disclaimer:

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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%), Gravy (15%) [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Potatoes, Peas, Sweet Potatoes, Oil, Paprika, Salt, Pepper. MAY CONTAIN PEANUTS, TREE NUTS. MAY CONTAIN FRAGMENTS OF BONE.

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

Disclaimer:

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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 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:	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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Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.



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 WHEAT, GLUTEN, PEANUTS, SOYBEANS. MAY CONTAIN 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:	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

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

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Crumbed Fish with Seasoned Wedges

Lightly crumbed fish with tasty potato wedges, fruit chutney, carrots and beans.

Fish is filled with omega-3 fatty acids and vitamins such as D and B2. It is also rich in calcium and phosphorus and the minerals iron, zinc, iodine, magnesium, and potassium.



Ingredients

Fish (27%) [Flounder Fillets, Crumbs {Maize Flour, Rice Flour, Dextrose (Tapioca, Maize), Salt, Canola Oil, Mineral Salts (450, 500)}, Canola Oil, Thickener (1404), Rice Flour, Water, Maize Starch, Salt, Yeast Extract, Dehydrated Vegetables (Onion & Garlic Powder), Mineral Salts (500, 541), Vegetable Gum (412), Spices (Pepper)], Potato Wedges (27%), Carrots, Beans, Fruit Chutney [Tomato, Apple, Sultanas, Water, Sugar, Onion, Thickener (1422), Salt, Food Acid (260), Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds], Cajun Spice [Oregano, Thyme, Garlic Powder, Onion Powder, Sweet Paprika, White Pepper, Hot Paprika], Parsley. CONTAINS FISH. 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:	1983kJ (476Cal)	536kJ (129Cal)
Protein:	14.8g	4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	18.1g	4.9g
--Saturated:	2.6g	0.7g
Carbohydrates:	58.8g	15.9g
--Sugars:	14.1g	3.8g
Dietary Fibre:	9.2g	2.5g
Folate:	99.9ug (50% RDI)	27ug
Sodium:	844mg	228mg
Potassium:	1088mg	294mg
Phosphorus:	381mg (38% RDI)	103mg

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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.



Lemon Fish with Wedges

Moist baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli. Lemons are a citrus fruit that is high in vitamin C. As an antioxidant, vitamin C protects cells from oxidative damage. In addition to this, Vitamin C helps the immune system keep colds and flu at bay.



Ingredients

Basa Fillet (26%) Wedges (26%) [Potato, Gluten Free Breadcrumbs, Lemon Peel, Oil, Salt, Pepper], Lemon Sauce (18%) [Water, Skim Milk Powder, Tapioca, Canola Oil, Gluten Free Flour (Starch, Maize, Tapioca, Rice Flour, Thickener (464)), 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], Lemon Juice & Zest (0.3%), Fish Stock, Anchovies], Gremolata [Gluten Free Breadcrumbs, Parmesan Cheese, Lemon Zest (0.1%), Parsley, Olive Oil, Garlic, Salt, Pepper], Broccoli, Carrots, Parsley. CONTAINS FISH, MILK. 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:	1356kJ (325Cal)	339kJ (81Cal)
Protein:	24.8g	6.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.6g	1.4g
--Saturated:	1.2g	0.3g
Carbohydrates:	26.4g	6.6g
--Sugars:	8.8g	2.2g
Dietary Fibre:	6.4g	1.6g
Sodium:	712mg	178mg
Potassium:	1116mg	279mg

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dinners.



Lightly Battered Fish Fillet

Enjoy flash fried Basa fillet, with a fluffy pumpkin and potato mash and a mix of peas, beans and broccoli.

A tasty seafood dinner with loads of flavour that is heart friendly.



Ingredients

Mash (31%) [Potatoes, Pumpkin, Skim Milk, Tapioca, Salt, Pepper], Basa Fillet (23%) (Fish) [Basa, Southern Style Breader (Wheat Flour, Egg Albumin, Mineral Salts (500, 541), Salt, Spices, Flavours [(Wheat, Contains Flavour Enhancers (627, 631), Egg], Canola Oil, Yeast Extract, Dehydrated Vegetable), Water, Breadcrumbs (Wheat Flour, Water, Rye Flour, Humectant (422), Yeast, Salt, Vinegar, Canola Oil, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colour (160a), Thiamine, Folate), Soy Flour, Wheat Flour, Vegetable Oil], Broccoli, Green Beans, Peas. CONTAINS GLUTEN, WHEAT, EGG, FISH, SOY, MILK. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 390g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1326kJ (318Cal)	340kJ (82Cal)
Protein:	26.9g	6.9g
Fat, Total:	6.6g	1.7g
--Saturated:	1.6g	0.4g
Carbohydrates:	32g	8.2g
--Sugars:	6.6g	1.7g
Dietary Fibre:	9.8g	2.5g
Sodium:	546mg	140mg
Potassium:	1030mg	264mg

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Salmon & Vegetable Pie

Topped with puff pastry, Tasmanian salmon pieces and mixed vegetables combine in a delicious creamy sauce. Served with beans and a mix of potato and sweet potato wedges. Not only are oily fish high in omega-3 fatty acids, salmon is rich in Vitamin D and other essential nutrients. Since the human body can't make large amounts of these essential nutrients, salmon is an excellent addition to our diet.



Ingredients

Salmon Pie (50%) [Salmon (19%), White Sauce (Water, Skim Milk Powder, Tapioca, Gluten Free Flour, 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), Onions, Carrots, Peas, Celery, Garlic, Oil, Tapioca, Parsley, Dill, Salt, Pepper], Potato and Sweet Potato Wedges, Beans, 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], Paprika. CONTAINS GLUTEN, WHEAT, FISH, 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:	1732kj (415Cal)	433kJ (104Cal)
Protein:	23.6g	5.9g
Fat, Total:	16.4g	4.1g
--Saturated:	4.8g	1.2g
Carbohydrates:	39.2g	9.8g
--Sugars:	10.8g	2.7g
Dietary Fibre:	8g	2g
Sodium:	308mg	77mg
Potassium:	944mg	236mg
Phosphorus:	363mg (36% RDI)	91mg

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Salmon Fish Cakes with Sauce

Tasty fish cakes topped with homemade tomato sauce, lightly seasoned potato wedges, peas and carrots.

This meal is high in fibre. Fibre is essential for a healthy digestive system. A combination of soluble and insoluble fibre helps maintain normal intestinal function by affecting the consistency of the stool and affecting digestion of other substances.



Ingredients

Fishcakes (32%) [Potatoes, Salmon (4%), Onions, Carrots, Breadcrumbs, Eggs, Anchovies, Oil, Chives, Parsley, Salt, Pepper], Cajun Wedges [Oregano, Thyme, Garlic and Onion Powders, Sweet and Hot Paprika, Pepper], Sauce (10%) [Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Peas, Carrots, Parsley. CONTAINS WHEAT, GLUTEN, EGGS, FISH. 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:	1607kJ (385Cal)	423kJ (101Cal)
Protein:	15.6g	4.1g
Fat, Total:	10.6g	2.8g
--Saturated:	2.3g	0.6g
Carbohydrates:	50.5g	13.3g
--Sugars:	9.1g	2.4g
Dietary Fibre:	12.2g	3.2g
Folate:	109.1ug (55% RDI)	28.7ug
Sodium:	570mg	150mg
Potassium:	1041mg	274mg
Phosphorus:	278mg (28% RDI)	73mg

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Tasmanian Salmon with Florentine Sauce

Salmon topped with a white sauce flavoured with a touch of onion and spinach, white rice enriched with peas and shallots, tender carrots and beans.

Salmon is very high in heart-healthy omega-3 fatty acids and has a great protein content. Our Tasmanian Salmon meal is loaded with various important nutrients as well as being medically low salt - a great Heart Friendly meal!



Ingredients

Salmon (26%), Florentine Sauce (21%) [Water, Skim Milk Powder, Gluten Free Flour, 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), Silverbeet, Onions, Fish Stock (Water, Fish, Carrots, Celery, Salt, Pepper), Tapioca, Salt, Pepper, Nutmeg], Rice, Peas, Shallots, Stock Powder (Sea Salt, Corn/Maize Maltodextrin, Sugar, Yeast Extract, Dehydrated Vegetables, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Beans, Parsley. CONTAINS FISH, 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:	1607kJ (385Cal)	423kJ (101Cal)
Protein:	31.5g	8.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.2g	3.2g
--Saturated:	2.3g	0.6g
Carbohydrates:	35g	9.2g
--Sugars:	7.2g	1.9g
Dietary Fibre:	4.9g	1.3g
Folate:	74.1ug (37% RDI)	19.5ug
Sodium:	163mg	43mg
Potassium:	733mg	193mg
Phosphorus:	422mg (42% RDI)	111mg

Disclaimer:

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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.



Thai Green Fish Curry - Mild

A warming fish and vegetable curry accompanied by fluffy white rice.

A tasty seafood dinner with loads of flavour that you are sure to enjoy.



Ingredients

Green Curry (50%) [Onions, Peas, Carrots, Green Beans, Canola Oil, Garlic, Ginger, Tapioca, Green Curry Paste (Green Chilli, Lemongrass, Garlic, Salt, Galangal, Shrimp Paste (Shrimp, Salt), Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric), Curry Powder (Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli), Salt, Coconut Milk], Basa Fillet (28%) (Fish), White Rice. CONTAINS FISH, CRUSTACEA. 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:	1672kJ (401Cal)	418kJ (100Cal)
Protein:	29.6g	7.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.6g	2.9g
--Saturated:	5.6g	1.4g
Carbohydrates:	40.4g	10.1g
--Sugars:	5.2g	1.3g
Dietary Fibre:	10g	2.5g
Sodium:	1024mg	256mg
Potassium:	676mg	169mg

Disclaimer:

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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

	Regular Size 400g Per Serve	
Nutritional Details	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

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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

	Regular Size 400g Per Serve	
Nutritional Details	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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dinners.



Vegetable Moussaka

Delicious gluten free layers of potato and eggplant topped with a tasty bchamel 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

	Regular Size 400g Per Serve	
Nutritional Details	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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Apple & Rhubarb Crumble

Stewed apple and rhubarb pieces with a delectable crumble topping. Rhubarb is an excellent source of calcium. The rhubarb root is popular in ancient Chinese medicine for soothing stomach ailments and relieving constipation.



Ingredients

Apple (52%) [Apple, Apple Juice, Ascorbic Acid, Citric Acid, Calcium Lactate, Preservatives (223,202)], Wheat Flour, Sugar, Butter, Rhubarb (9%), Sultanas, Maize Starch (1422). CONTAINS GLUTEN, MILK PRODUCTS, SULPHITES

Nutritional Details

	Regular Size 180g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		885kJ (212Cal)
Protein:		1.7g
Fat, Total:		8g
--Saturated:		5.1g
Carbohydrates:		32.2g
--Sugars:		20.5g
Dietary Fibre:		1.9g
Sodium:		4mg

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Apple Custard Cake

You will surely enjoy our gluten free homestyle apple and custard cake.

Apples are rich in antioxidants, flavonoids and dietary fibre. They also contain vitamins A and C which support the immune system and vitamin K which is needed for blood clotting.



Ingredients

Gluten Free Custard (42%) (Cream, Custard Powder, Water), Apple Mix (42%) (Apples, Water, Cinnamon, Sultanas), Gluten Free Sponge (13%) (Eggs, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum), Gluten Free Crumbs (Buckwheat, Potato Flour, Xanthan, Water, Yeast). CONTAINS EGGS, MILK.

Nutritional Details

Regular Size 190g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		681kJ (163Cal)
Protein:		1.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		8g
--Saturated:		5g
Carbohydrates:		21.4g
--Sugars:		9.1g
Dietary Fibre:		1.3g
Sodium:		32mg

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Apricot Fruit Pie with Custard

A shortbread crust encompasses a traditional apricot pie with a custard accompaniment. Apricots have high levels of the soluble fibre called pectin. Inside our digestive system, soluble fibre attaches to cholesterol particles and carries them out of the body, helping to reduce overall cholesterol levels and the risk of heart disease.



Ingredients

Pie [Fruit (Apricot (34%), Apple (23%), (Preservative (202, 223)), Flour (Wheat), Sugar, Butter, Vegetable Spread (Vegetable Oil, Water, Milk Solids, Salt Emulsifier (471 Soy), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A &D), Modified Starch (1422), Water, Baking Powder (Wheat Starch), Egg, Milk, Vanilla Essence (Colour 150a), Cinnamon], Custard [Reconstituted Skim Milk, Sugar, Cream, Thickener (1442), Glucose, Maltodextrin, Flavour, Vegetable Gums (407, 415), Natural Colours (160a,100)].
CONTAINS: GLUTEN, MILK & MILK PRODUCTS, EGGS, SOY.

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		787kJ (189Cal)
Protein:		3.1g
Fat, Total:		6.2g
--Saturated:		3.1g
Carbohydrates:		28.9g
--Sugars:		16.2g
Dietary Fibre:		1.5g
Sodium:		93mg
Potassium:		88mg
Phosphorus:		30mg

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Baked Cheesecake

Deliciously smooth cheesecake on a light sponge base.

Not only does cheese provide us with calcium and protein it also contains vitamin B12. Our body does not produce this vitamin so we need to obtain it from animal-based foods or from supplements. Vitamin B12 is required for many functions including producing red blood cells. Vitamin B12 also helps prevent a type of anaemia called Megaloblastic Anaemia.

Ingredients

Base [Sponge Mix (Flour (Wheat)), Sugar, Milk Solids, Raising Agents (500,541), Emulsifiers (471, 472b, 477, 475), Rice Starch, Maltodextrin, Vegetable Oil, Thickener (412, 415), Stabiliser (450), Colours (110, 102)), Water], Topping [Cream Cheese (Milk, Cream, Salt, Vegetable Gum (410, 412), Starter Culture), Egg, Sugar, Sour Cream, Thickened Cream (Cream, Gelatine, Vegetable Gum (407a), Emulsifier (471)), Custard Powder, Lemon Juice, Glaze (Sugar, Water, Glucose (220), Vegetable Gum (440), Acidity Regulator (330), Preservative (202), Mineral Salt (509)]. CONTAINS WHEAT, GLUTEN, MILK, EGGS, SOY.

Nutritional Details

Regular Size 90g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1187kJ (285Cal)
Protein:		5.2g
Fat, Total:		17.4g
--Saturated:		11.4g
Carbohydrates:		25.2g
--Sugars:		22.5g
Sodium:		206mg

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Banana Raspberry Parfait

Tempting layers of banana and raspberry, topped with custard and a raspberry swirl. This dessert is packed full of antioxidants, thanks to the fresh banana and mixed berries in its ingredients.



Ingredients

Custard (Cream, Custard Powder, Water), Banana Berry Puree (31%) (Fresh Bananas, Mixed Berries, Water, Gelatine), Gluten Free Sponge (Eggs, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum).
CONTAINS EGGS, MILK.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		518kJ (124Cal)
Protein:		4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		5.3g
--Saturated:		3.2g
Carbohydrates:		14.1g
--Sugars:		6.2g
Dietary Fibre:		1g
Sodium:		52mg

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Bread & Butter Pudding with Custard

Enjoy traditional moist pudding with creamy custard and sultanas.

Custard is a great source of calcium. Not only is calcium essential for healthy bone growth but calcium enables our blood to clot, our muscles to contract, and our heart to beat.



Ingredients

Pudding [Milk, Egg, Bread (Wheat Flour), Water, Salt, Canola Oil, Yeast, Soy Flour, Emulsifiers (481, 471), Vitamins (Thiamine, Folate)], Cream, Sugar, Sultanas, Butter, Apricot Glaze (Sugar, Water, Glucose (Preservative 220), Vegetable Gum (440), Acidity Regulator (330), Apricot Oil, Colours (102,110)), Mixed Spice, Vanilla Essence (Colour 150a), Custard [Reconstituted Skim Milk, Sugar, Cream, Thickener (1442), Glucose, Maltodextrin, Flavour, Vegetable Gums (407, 415), Natural Colours (160a, 100), Sultanas. CONTAINS: GLUTEN, MILK AND MILK PRODUCTS, EGGS, SOY. MAY CONTAIN SESAME.

Nutritional Details

Regular Size 150g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		726kJ (174Cal)
Protein:		5.4g
Fat, Total:		6.5g
--Saturated:		3.6g
Carbohydrates:		22.7g
--Sugars:		16.6g
Sodium:		102mg

Disclaimer:

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Carrot Cake

Fresh grated carrots, pineapples, sultanas, decorated with a delicious cream cheese and walnut icing.

Walnuts contain good fats, such as monounsaturated and polyunsaturated fats (PUFAs), but they are also a good source of the essential fatty acid omega-3. Other nutrients such as vitamin E and folate are also in walnuts and contribute to neuroprotection and memory function.

Ingredients

Canola Oil (contains Antioxidant 320)), Sugar, Carrot (14%), Wheat Flour, Eggs, Neufchatel Cheese (9%), [Milk, Salt, Cream, Starter Culture, Vegetable Gum (410)], Pineapple, Sultanas (contains Cottonseed Oil), Shortening (contains Emulsifiers 322 Soy), Icing Sugar (Sugar, Maize Starch), Glucose Syrup (from Wheat), Walnuts, Maize Starch (1442), Iodised Salt, Cinnamon, Nutmeg, Baking Powder (contains Wheat Starch), Mineral Salt (500), Lemon Flavour (contains Milk). CONTAINS GLUTEN, EGG, MILK, SOY, TREE NUTS (WALNUTS). MAY CONTAIN SULPHITES.

Nutritional Details

Regular Size 140g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1585kJ (380Cal)
Protein:		3.7g
Fat, Total:		24.9g
--Saturated:		5g
Carbohydrates:		34.9g
--Sugars:		23.9g
Dietary Fibre:		1.9g
Sodium:		354mg

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Chocolate Fudge Cake with Custard

Smooth, creamy custard compliments this moist chocolate fudge cake.

Cocoa contains high concentrations of antioxidants known as polyphenols. Flavonoids, the most common subclass of polyphenols, are found in higher concentrations in chocolate than in other flavonoid rich substances.

Ingredients

Mudcake Mix [Sugar, Wheat Flour, Vegetable Fat (Vegetable Oil, Emulsifiers (471, 477), Antioxidant (307, 320)), Cocoa Powder, Maltodextrin, Potato Flour, Salt, Milk Solids, Raising Agents (341, 450, 500), Natural Flavour, Vegetable Gum], Water, Chocolate (Sugar, Vegetable Fat (Emulsifier 492), Cocoa Powder, Emulsifier (322, Soy), Salt, Natural Vanilla Flavour), Thickened Cream (Cream, Gelatine), Egg, Canola Oil, Custard [Reconstituted Skim Milk, Sugar, Cream, Thickener (1442), Glucose, Maltodextrin, Flavour, Vegetable Gums (407, 415), Natural Colours (160a, 100)] CONTAINS: GLUTEN, MILK, EGGS, SOY.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1116kJ (268Cal)
Protein:		4g
Fat, Total:		11.6g
--Saturated:		3.3g
Carbohydrates:		35.8g
--Sugars:		25.6g
Dietary Fibre:		1.3g
Sodium:		179mg

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Chocolate Panna Cotta

Decadently rich and smooth gluten free chocolate panna cotta with a caramel centre, resting on a light chocolate sponge. Panna Cotta is an Italian term which translates to "cooked cream" - "Panna" translates to "cream" and "cotta" translates to "cooked".



Ingredients

Fresh Cream, Dark Chocolate (16%), Eggs, Sugar, Gluten Free Gelatine, Cocoa Powder (4%), Gluten Free Self-Raising Flour. CONTAINS EGGS & MILK.

Nutritional Details

Regular Size 95g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1450kJ (348Cal)
Protein:		10.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		22.4g
--Saturated:		13.3g
Carbohydrates:		25.2g
--Sugars:		21.6g
Dietary Fibre:		1.1g
Sodium:		65mg
Potassium:		278mg

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Coffee Cream Cake

Deliciously light layers of gluten free coffee cake with French butter cream.

Menu items marked with an 'S' have been reviewed by a Certified Practising Speech Pathologist for compliance with a soft diet.



Ingredients

Sugar, Starches (Maize, Tapioca, Potato, Rice), Eggs, Vegetable Oil, Unsalted Butter, Dark Chocolate, Soy Flour, Almond Meal, Ground Coffee, Gluten Free Baking Powder, Iodized Salt, Stabilisers (412, 415), Emulsifiers (471, 475), Flavours (Vanilla, Butter). CONTAINS EGGS, SOY, MILK, ALMONDS.

Nutritional Details

Regular Size 120g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1461kJ (350Cal)
Protein:		6.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		14g
--Saturated:		1.4g
Carbohydrates:		42.7g
--Sugars:		24.1g
Dietary Fibre:		1.5g
Sodium:		228mg

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Hazelnut Mousse

Rich, creamy gluten free hazelnut mousse, crowned with irresistible chocolate ganache. Hazelnuts are packed with nutrients including essential fats vitamins, minerals and antioxidants, all beneficial to our health.



Ingredients

Fresh Cream, Chocolate, Hazelnut Praline (15%) (Hazelnuts, Sugar), Water, Gelatine. CONTAINS TREE NUTS (HAZELNUTS), MILK PRODUCTS.

Nutritional Details

Regular Size 85g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1540kJ (369Cal)
Protein:		6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		28.9g
--Saturated:		17.9g
Carbohydrates:		20.7g
--Sugars:		20.3g
Dietary Fibre:		1.7g
Sodium:		32mg
Potassium:		226mg

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Jam & Cream Sponge

A delicate gluten free sponge with traditional jam and fresh cream. A delicious treat that can be enjoyed with a cup of tea or coffee



Ingredients

Sponge (63%) (Eggs, Castor Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum), Fresh Cream (21%), Mixed Berry & Strawberry Jam (16%). CONTAINS EGG, MILK.

Nutritional Details

Regular Size 95g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1260kJ (302Cal)
Protein:		5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		12.1g
--Saturated:		7.1g
Carbohydrates:		42.6g
--Sugars:		29.3g
Dietary Fibre:		0.9g
Sodium:		61mg
Potassium:		65mg

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Lamington Pack

Lamingtons with a light cream filling, two per pack!

Coconuts are nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals such as iron, selenium, calcium, magnesium and phosphorous.

Ingredients

Sugar, Water, Wheat Flour, Chocolate Dip [Sugar, Cocoa Powder, Gelatine, Thickener (1422), Vegetable Oil (Antioxidant 307), Flavour], Animal Fat and Vegetable Oils, Egg, Coconut, Starch (Rice, Wheat), Raising Agents (500, 541), Whey Powder, Vegetable Gum (415), Soy Flour, Salt, Emulsifiers (322 Soy, 471 Soy, 472b, 475, 477), Flavour, Antioxidant (306 Soy, 310), Colour (160a, 102, 150a), Preservative (223). CONTAINS WHEAT, GLUTEN, MILK & SOY, EGGS, TREE NUTS, SULPHITES.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1520kJ (365Cal)
Protein:		3.2g
Fat, Total:		20.7g
--Saturated:		11.7g
Carbohydrates:		41.6g
--Sugars:		30.7g
Dietary Fibre:		2.2g
Sodium:		153mg
Phosphorus:		0mg

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Lemon Curd

Our delicious, velvety lemon curd sits on top of a thin layer of gluten free sponge. Lemons can help fight problems related to throat infections due to its well-known antibacterial properties



Ingredients

Lemon Curd (77%) (Sugar, Eggs, Butter (Milk), Lemon Juice), Gluten Free Sponge (Eggs, Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum), Gluten Free Crumbs (Buckwheat, Potato Flour, Xanthan Gum, Water, Yeast). CONTAINS EGGS, MILK.

Nutritional Details

Regular Size 130g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1240kJ (297Cal)
Protein:		4.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		14.2g
--Saturated:		9g
Carbohydrates:		37.4g
--Sugars:		31.1g
Dietary Fibre:		1g
Sodium:		76mg

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Mango Mousse

Smooth fruit flavour, gluten free, rich in protein and calcium.

Mangos have an impressive vitamin and mineral content. The digestive enzymes in them help promote natural, efficient digestion. The bioactive ingredients in mangoes like esters contribute in enhancing appetite and also improve the function of the digestive system.



Ingredients

Milk, Milk solids, Sugar, Mango Puree (5%), Water, Thickener (1442), Natural Flavour, Food Acid (330, 331), Colour (160a), Vegetable Oil, Maltodextrin, Dextrose, Vegetable Gums (407, 415). CONTAINS MILK.

Nutritional Details

Regular Size 75g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		644kJ (154Cal)
Protein:		7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		3.3g
--Saturated:		2.6g
Carbohydrates:		23.5g
--Sugars:		20.9g
Dietary Fibre:		0.8g
Sodium:		61mg
Potassium:		212mg

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Pavlova with Cream & Peach

Gluten free pavlova topped with peach and a generous serve of fresh cream.

Peaches contain no saturated fats and are packed with numerous minerals and vitamins such as the anti-oxidant beta-carotene which plays a role in promoting healthy aging and the reduction of various disease processes.



Ingredients

Fresh Cream (44%), Peaches (31%), Meringue (25%) [Caster Sugar, Egg Whites, Cornflour, Vinegar].
CONTAINS EGGS & MILK PRODUCTS.

Nutritional Details

Regular Size 80g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		928kJ (223Cal)
Protein:		2.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		15.7g
--Saturated:		10.1g
Carbohydrates:		17.7g
--Sugars:		16.6g
Dietary Fibre:		0.6g
Sodium:		31mg
Potassium:		81mg
Phosphorus:		33mg

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Red Velvet Cheesecake

Deliciously moist chocolate cake topped with rich cream cheese.
Rich and creamy marscapone cheese is the star of this dessert.

Ingredients

Cheese Cake Filling (50%) (Cream Cheese [Milk, Cream [From Milk], Milk Solids, Salt, Vegetable Gum [410], Starter Culture], Water, Instant Vanilla Dessert Mix [Sugar, Modified Potato Starch, Gelatin [Beef], Thickening Agent [Carrageenan], Flavouring, Colouring Plant Extract [Cape Jasmine Extract, Paprika Extract]], Skim Milk Powder [Contains Milk Solids], Sugar), Red Velvet Sponge (32%) (Red Velvet Cake Mix [Sugar, Wheat Flour [Thiamine, Folate], Cocoa Powder, Vegetable Oil [Antioxidant [307]], Vegetable Fat [Vegetable Oil [Contains Palm], Emulsifiers [471, 477], Maltodextrin, Potato Flour, Milk Solids, Salt, Raising Agents [450, 500], Natural Flavour, Colour [120], Vegetable Gum [415], Egg Powder], Water, Egg Pulp, Canola Oil). CONTAINS GLUTEN (WHEAT), EGG, MILK & MILK PRODUCTS. MAY CONTAIN SOY.

Nutritional Details

Regular Size 110g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1190kJ (285Cal)
Protein:		6g
Fat, Total:		13g
--Saturated:		6.5g
Carbohydrates:		34.6g
--Sugars:		27.3g
Dietary Fibre:		0.7g
Sodium:		269mg
Potassium:		194mg

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Sticky Date With Custard

Creamy custard with moist sticky date pudding. The benefits of including dates in our diet include relief from constipation, intestinal disorders, heart problems, anaemia and many other conditions. They are rich in several vitamins, minerals, and fibre.

Ingredients

Sponge [Water, Dates (23%), Flour (Wheat), Brown Sugar, Egg, Vegetable Spread (Veg Oil, Water, Milk Solids, Salt, Emulsifier (471 Soy), Preservative (202), Food Acid (270), Natural Flavour, Colour (160a), Vitamins (A&D), Glaze (Sugar, Water, Glucose (Preservative 220), Vegetable Gum (440), Acidity Regulator (330)), Baking Powder, Baking Soda], Custard [Reconstituted Skim Milk, Sugar, Cream, Thickener (1442), Glucose, Maltodextrin, Flavour, Vegetable Gums (407, 415), Natural Colours (160a, 100)]. CONTAINS: GLUTEN, MILK & MILK PRODUCTS, EGGS, SOY. MAY CONTAIN OCCASIONAL DATE PIT FRAGMENTS.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		803kJ (193Cal)
Protein:		3.6g
Fat, Total:		5.1g
--Saturated:		1.8g
Carbohydrates:		33g
--Sugars:		23.9g
Dietary Fibre:		0.3g
Sodium:		190mg

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Trifle

Layered gluten free sponge, custard, jelly, fresh cream and Aussie peaches.

The name trifle was used for a dessert created in the 16th century. According to some scholars, trifle cakes might be the origin of modern sandwich cakes.



Ingredients

Sponge (Eggs, Castor Sugar, Potato Flour, Gluten Free Self Raising Flour, Xanthan Gum), Custard (Water, Custard Powder, Cream), Jelly (Sugar, Gelatin, Acidity Regulators, Natural Flavour and Colour), Fresh Cream, Peaches. CONTAINS EGGS, MILK PRODUCTS.

Nutritional Details

Regular Size 160g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:		1010kJ (242Cal)
Protein:		3.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:		11.2g
--Saturated:		6.9g
Carbohydrates:		14.6g
--Sugars:		23.8g
Dietary Fibre:		0.5g
Sodium:		118mg
Potassium:		54mg
Phosphorus:		33mg

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Bacon Potato & Leek Quiche

Such a tasty combination. Enjoy this quiche any time during the day.

Leeks are low in sodium and have almost no saturated fat or cholesterol. They are a good source of dietary fiber, vitamin B6, iron and magnesium.

Ingredients

Pastry [Wheat Flour, Vegetable Oil (Antioxidant 307b, Soy)], Shortening [Vegetable Oil, Emulsifiers (471, Soy Lecithin)], Natural Colour (160a), Flour Treatment Agent (920), Whey Powder, Skim Milk Powder, Dextrose, Salt, Acidity Regulator (E330), Methyl Cellulose (461)], Potato (18%), Eggs, Water, Bacon (7%) [Pork, Salt, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250), Honey Powder, Emulsifier (433)], Tasty Cheese, Leek (6%), Maize Starch, Thickened Cream, Milk, Canola Oil, Onions, Butter, Salt, Vegetable Stock Powder, Chicken Stock, Parsley Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper. CONTAINS GLUTEN, MILK, EGGS, SOY. MAY CONTAIN PEANUTS, TREE NUTS, SESAME SEEDS & SULPHITES.

Nutritional Details

	Regular Size 200g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1834kJ (440Cal)	917kJ (220Cal)
Protein:	14.4g	7.2g
Fat, Total:	25.4g	12.7g
--Saturated:	12.6g	6.3g
Carbohydrates:	37g	18.5g
--Sugars:	4g	2g
Dietary Fibre:	1.2g	0.6g
Folate:	2ug (1% RDI)	1ug
Sodium:	668mg	334mg

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Baked Vegetable Pack

Seasonal vegetables ideal for a light snack or an addition to a shared meal.

Vegetables are important sources of many nutrients, including potassium, dietary fibre, folate, vitamin A, and vitamin C. Diets rich in potassium may help to maintain healthy blood pressure.



Ingredients

Potatoes (19%), Sweet Potatoes (17%), Pumpkin (17%), Carrots (17%), Beans (17%), Cauliflower (13%), Oil, Paprika, Salt, Pepper, Parsley. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 300g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	660kJ (158Cal)	220kJ (53Cal)
Protein:	5.4g	1.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.5g	0.5g
--Saturated:	0.3g	0.1g
Carbohydrates:	24g	8g
--Sugars:	9.9g	3.3g
Dietary Fibre:	6.6g	2.2g
Folate:	77.1ug (40% RDI)	25.7ug
Sodium:	435mg	145mg
Potassium:	939mg	313mg
Phosphorus:	110mg (11% RDI)	37mg

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Cheese & Bacon Pasta

Full of flavour, enjoy our penne pasta with cheese and bacon as a side dish or light meal. Pasta is a wonderful source of complex carbohydrates, releasing energy at a slow and sustained level, necessary for our brain and muscles to function.

Ingredients

Penne Pasta (71%), Parmesan Cheese (7%), Bacon (5%), Milk Powder, Cheddar Cheese (4%), Plain Flour (Gluten), Margarine, Mozzarella Cheese (4%), Salt, White Pepper. CONTAINS WHEAT, GLUTEN, MILK. MAY CONTAIN PEANUTS, TREE NUTS AND/OR CRUSTACEA.

Nutritional Details

	Regular Size 220g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	2750kJ (659Cal)	1250kJ (300Cal)
Protein:	28.4g	12.9g
Fat, Total:	19.4g	8.8g
--Saturated:	11g	5g
Carbohydrates:	91.3g	41.5g
--Sugars:	6.8g	3.1g
Dietary Fibre:	3.1g	1.4g
Sodium:	1280mg	582mg
Potassium:	136mg	62mg
Phosphorus:	253mg (25% RDI)	115mg

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Chicken & Corn Soup

Thick, creamy corn soup with tasty chicken pieces.

Corn is a nutritional powerhouse, rich in antioxidants and fibre. Being a good source of antioxidant carotenoids such as lutein and zeaxanthin, corn may promote eye health.



Ingredients

Water, Skim Milk, Corn (19%), Chicken (10%), Onions, Carrots, Celery, Chicken Stock Powder [Sea Salt, Rice Flour, Corn Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onions, Disodium Guanylate & Inosinate, Canola Oil, Chilli], Tapioca, Canola Oil, Turmeric. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Regular Size 300g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	741kJ (178Cal)	247kJ (59Cal)
Protein:	13.5g	4.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1.3g
--Saturated:	0.9g	0.3g
Carbohydrates:	20.7g	6.9g
--Sugars:	12.9g	4.3g
Dietary Fibre:	2.7g	0.9g
Folate:	23.4ug (12% RDI)	7.8ug
Sodium:	585mg	195mg
Potassium:	384mg	128mg
Phosphorus:	290mg (29% RDI)	97mg

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Creamy Pumpkin Soup

Delicious pumpkin soup, thick and creamy and always satisfying.

Pumpkins are loaded with the antioxidant beta-carotene, which is one of the plant carotenoids converted to Vitamin A in the body. Vitamin A is essential for healthy, glowing skin, strong eyesight, and our immune system.



Ingredients

Pumpkin (33%), Water, Milk, Potatoes, Onions, Celery, Carrots, Oil, Tapioca, Vegetable Stock Powder [Sea Salt, Corn Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Spinach, Garlic, Celery), Natural Vegetable Flavours, Canola Oil, Chilli], Salt, Pepper. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	513kj (123Cal)	171kJ (41Cal)
Protein:	4.2g	1.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.7g	1.9g
--Saturated:	0.6g	0.2g
Carbohydrates:	12.3g	4.1g
--Sugars:	7.2g	2.4g
Dietary Fibre:	3.3g	1.1g
Folate:	20.7ug (10% RDI)	6.9ug
Sodium:	492mg	164mg
Potassium:	597mg	199mg
Phosphorus:	110mg (11% RDI)	36mg

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Ham Tomato & Leek Quiche

Perfect for lunch or add salad or vegetables for a complete meal.

Eggs are a complete protein and more than half of its protein is found in the egg white. Eggs are rich sources of selenium, vitamins D, B6, B12 and minerals such as zinc, iron and copper.

Ingredients

Pastry [Wheat Flour, Vegetable Oil (Antioxidant 307b, Soy)], Shortening [Vegetable Oil, Emulsifiers (471, Soy Lecithin)], Natural Colour (160a), Flour Treatment Agent (920), Whey Powder, Skim Milk Powder, Dextrose, Salt, Acidity Regulator (E330), Methyl Cellulose (461)], Eggs, Tomatoes (14%), Water, Ham (12%) [Pork (65%), Water, Salt, Potato Starch, Dextrose, Mineral Salts (541,508,452,500), Sugar, Vegetable Gum (407,415), Antioxidant (316), Sodium Nitrite (250), Sunflower Oil, Flavour], Tasty Cheese, Leeks (5%), Maize Starch, Thickened Cream, Milk, Salt, Vegetable Stock Powder, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], White Pepper. CONTAINS GLUTEN, MILK, EGGS, SOY. MAY CONTAIN PEANUTS, TREE NUTS, SESAME SEEDS & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 200g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1596kJ (383Cal)	798kJ (191Cal)
Protein:	14.2g	7.1g
Fat, Total:	20g	10g
--Saturated:	10.4g	5.2g
Carbohydrates:	35.4g	17.7g
--Sugars:	5.6g	2.8g
Dietary Fibre:	0.6g	0.3g
Folate:	2ug (1% RDI)	1ug
Sodium:	746mg	373mg

Disclaimer:

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Hearty Vegetable Soup

Tempting home style broth simmered with ham hock, vegetable pieces such as potato, carrots, red kidney beans, pumpkin, zucchini and spinach.

Kidney beans are a very good source of B Vitamins, dietary fibre, copper and iron. Copper and iron are essential for new blood cell formation.



Ingredients

Water, Tomatoes (7%), Kidney Beans (6%), broth (from ham bones), Potatoes (4%), Pumpkin (3%), Cabbage (3%), Zucchini (3%), Onions (3%), Carrots (3%), Ham, Beans (2%), Celery (2%), Tapioca, Vegetable Stock Powder [Sea Salt, Maize Maltodextrin, Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (Cabbage, Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate and Inosinate, Canola Oil, Chilli], Garlic, Canola Oil, Salt, Turmeric, Pepper. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	300kj (72Cal)	100kJ (24Cal)
Protein:	5.1g	1.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.2g	0.4g
--Saturated:	0.3g	0.1g
Carbohydrates:	9g	3g
--Sugars:	3g	1g
Dietary Fibre:	3g	1g
Folate:	18.6ug (9% RDI)	6.2ug
Sodium:	645mg	215mg
Potassium:	381mg	127mg
Phosphorus:	80mg (10% RDI)	27mg

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Lentil & Vegetable Soup

Enjoy the wholesome goodness of brown lentils and diced vegetables in this delicious soup. Lentils, a small but nutritionally mighty member of the legume family, are a good source of fibre. Not only do lentils help lower cholesterol, they are beneficial in managing blood-sugar disorders because their high fibre content prevents blood sugar levels from rising rapidly after a meal. Lentils also provide ample amounts of minerals, B-vitamins, and protein all with virtually no fat.



Ingredients

Water, Tomatoes (13%), Carrots (10%), Brown Lentils (8%), Celery (6%), Potatoes (5%), Onions (5%), 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], Tapioca, Oil, Garlic, Salt, Parsley, Oregano, Pepper. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	312kJ (75Cal)	104kJ (25Cal)
Protein:	2.4g	0.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.3g	0.1g
Carbohydrates:	10.5g	3.5g
--Sugars:	3.9g	1.3g
Dietary Fibre:	3.9g	1.3g
Folate:	16.5ug (8% RDI)	5.5ug
Sodium:	606mg	202mg
Potassium:	414mg	138mg
Phosphorus:	50mg (5% RDI)	17mg

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Pea and Ham Soup

Delicious pea soup speckled with ham pieces. Green peas are a good source of energy, fibre, protein and essential vitamins. Peas are a rich source of a carotenoid called lutein that helps in lowering the risk of macular degeneration of the eyes.



Ingredients

Water, Peas (25%), Onions, Ham (8%), Potatoes, Carrots, Tapioca, Celery, Oil, Salt, Pepper. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	756kJ (181Cal)	252kJ (60Cal)
Protein:	12.6g	4.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6g	2g
--Saturated:	2.1g	0.7g
Carbohydrates:	15.9g	5.3g
--Sugars:	3.6g	1.2g
Dietary Fibre:	5.7g	1.9g
Folate:	45ug (23% RDI)	15ug
Sodium:	381mg	127mg
Potassium:	405mg	135mg
Phosphorus:	126mg (13% RDI)	42mg

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Potato & Leek Soup

This old fashioned favourite is smooth, rich and creamy.

Leeks are a good source of vitamin K1, which is essential for blood clotting and heart health.

Leeks are low in calories but high in nutrients, particularly magnesium and vitamins A, C, and K. They boast small amounts of fiber, copper, vitamin B6, iron, and folate.



Ingredients

Water, Potatoes (22%), Leeks (12%), Onions, Celery, Oil, Salt, Garlic, Parsley, Thyme, Pepper. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 300g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	387kJ (93Cal)	129kJ (31Cal)
Protein:	0.3g	0.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.9g	1.3g
--Saturated:	0.3g	0.1g
Carbohydrates:	10g	3.3g
--Sugars:	3.6g	1.2g
Dietary Fibre:	3.3g	1.1g
Sodium:	807mg	269mg
Potassium:	393mg	131mg
Phosphorus:	58mg (6% RDI)	19mg

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Potato Bake

In the mood for good old fashioned comfort food? You can't go past this generous serve of tempting gluten free potato bake.

One potato contains more potassium than one banana. Potatoes are also high in Vitamin C which aids in collagen production; assists with iron absorption and helps heal wounds.



Ingredients

Potatoes (54%), Water, Skim Milk, Gluten Free Flour (Maize Starch, Tapioca Flour, Rice Flour, Vegetable Gums), Mozzarella Cheese, Tapioca, Salt, Pepper. CONTAINS MILK. MAY CONTAIN PEANUTS, TREE NUTS.

Nutritional Details

Regular Size 300g Per Serve		
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	918kJ (220Cal)	306kJ (73Cal)
Protein:	11.1g	3.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	1.8g	0.6g
--Saturated:	0.9g	0.3g
Carbohydrates:	37.5g	12.5g
--Sugars:	8.1g	2.7g
Dietary Fibre:	2.4g	0.8g
Folate:	53.2ug (20% RDI)	17.7ug
Sodium:	843mg	281mg
Potassium:	795mg	265mg
Phosphorus:	224mg (22% RDI)	75mg

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Pumpkin Potato & Spinach Frittata

A hearty serve of gluten free frittata with the goodness of eggs, feta cheese and fresh vegetables.

Compared to other cheeses, Feta is lower in calories and fat. It also contains a high amount of B vitamins, phosphorus and calcium, which can benefit bone health. Additionally, feta contains beneficial bacteria and fatty acids. It is one of the best dietary sources of calcium, essential to the development and health of bones and tooth enamel.



Ingredients

Pumpkin (15%), Potatoes (15%), Eggs, Spinach (9%), Thickened Cream, Maize Starch, Feta Cheese (3%), Leek, Milk Powder, Salt, Vegetable Stock Powder (Yeast Extract), Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Rubbed Oregano Leaves, White Pepper. CONTAINS MILK & MILK PRODUCTS, EGGS. MAY CONTAIN TRACES OF TREE NUTS, SOY, SESAME, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 240g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1102kJ (264Cal)	459kJ (110Cal)
Protein:	11.3g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.2g	5.5g
--Saturated:	7.4g	3.1g
Carbohydrates:	24.2g	10.1g
--Sugars:	5g	2.1g
Dietary Fibre:	1.7g	0.7g
Folate:	45.6ug (23% RDI)	19ug
Sodium:	559mg	233mg

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Rich Beef & Vegetable Soup

Hearty beef, vegetable and pasta pieces in a tasty broth.

Soups made with vegetables and lean meats provide us with an array of vitamins, minerals. Beef is an excellent source of iron and protein and the vegetables in soup contain many vitamins, such as A and C.



Ingredients

Water, Beef (15%), Soup Mix (Potato Starch [Sulphite], Pasta [Wheat Flour Durum Wheat, Semolina], Hydrolysed Vegetable Protein [Maize], Flavour Enhancers [621, 635], Sugar, Rice Flour, Flavours [Beef], Dehydrated Vegetable, Yeast, Salt, Canola Oil, Colour [150d], Maltodextrin [Maize], Yeast Extract), Carrots (6%), Celery (6%), Peas (6%), Onions (3%), Broccoli (1.5%), Cauliflower (1.5%), Tapioca, Oil, Salt, Pepper. CONTAINS WHEAT, GLUTEN, SOY, SULPHITE. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	810kj (194Cal)	270kJ (65Cal)
Protein:	22.5g	7.5g
Fat, Total:	4.2g	1.4g
--Saturated:	0.6g	0.2g
Carbohydrates:	15.9g	5.3g
--Sugars:	2.7g	0.9g
Dietary Fibre:	1.2g	0.4g
Folate:	24ug (12% RDI)	8ug
Sodium:	657mg	219mg
Potassium:	255mg	85mg
Phosphorus:	141mg (13% RDI)	47mg

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Spanakopita

A traditional Greek spinach and feta cheese savoury pie

Spinach is rich in vitamins and minerals which not only assist in keeping our skin healthy but also helps maintain our eyesight and regulate our blood pressure.

Ingredients

Spinach (33%), Pastry [Wheat Flour, Margarine, (contains 322 (Soy)], Eggs, Onions, Feta Cheese (6.5%), Breadcrumbs [Wheat Flour, Yeast, Salt, Water, Thiamine, Folic Acid], Wheat Flour, Canola Oil, White Rice, Rice Flour, Parsley, Salt, Sugar, Dill, Water, Vegetable Stock Powder [Yeast Extract], Sesame Seeds, Aniseed, Milk, White Pepper. CONTAINS GLUTEN, WHEAT, EGG, MILK, SOYBEAN, SESAME SEEDS. MAY CONTAIN PEANUTS, TREE NUTS & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 220g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1789kJ (429Cal)	813kJ (195Cal)
Protein:	13.4g	6.1g
Fat, Total:	22.2g	10.1g
--Saturated:	9.9g	4.5g
Carbohydrates:	44.4g	20.2g
--Sugars:	7.3g	3.3g
Dietary Fibre:	2.2g	1g
Sodium:	968mg	440mg

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Special Fried Rice

A generous serve of flavoursome fried rice with vegetables and bacon pieces.



Ingredients

Water, White Rice, Chicken Stock Powder (Sea Salt, Rice Flour, Maize Maltodextrin, Cane Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Onion, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Corn, Ham, Peas, Eggs, Oyster Sauce (Water, Sugar, Salt, Oyster Extract (6%), Thickener (1422), Rice Flour, Caramel (150A), Oyster Flavour, Food Acid (270), Yeast Extract, Vegetable Gum (415)), Soy Sauce (Water, Soybeans (16%), Wheat, Salt, Alcohol (6.5% alcohol v/v), Sugar, Food Acids (262, 270, 260)), Ginger, Garlic Paste (Garlic, Salt), Onion Powder, Oil, Salt, Shallots. CONTAINS WHEAT, GLUTEN, SOY, EGGS, MOLLUSC (OYSTER), FISH PRODUCTS. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

	Regular Size 300g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1050kj (252Cal)	350kJ (84Cal)
Protein:	9g	3g
Fat, Total:	10.5g	3.5g
--Saturated:	1.2g	0.4g
Carbohydrates:	29.1g	9.7g
--Sugars:	2.2g	0.7g
Dietary Fibre:	2g	0.7g
Sodium:	705mg	235mg
Potassium:	177mg	59mg

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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 (26%), Pasta (22%) (Water, Penne Pasta (Durum Wheat, Semolina), Canola Oil, Lo Salt, Pepper), Peas (12%), Sweet Corn (12%), Carrots, Mushrooms, Celery, Onions, Milk Powder (Whole Milk, Milk Solids), Tomato Paste, Cream (Cream, Milk Solids, Thickener (1422), Stabiliser (460, 466, 452), Emulsifier (471)), Textured Vegetable Protein Granules (Soy Flour, Caramel Colour (150a)), Garlic, Tapioca, Worcestershire Sauce (Colour (150d)), Canola Oil, Lo Salt Gravy Mix (contain Soy, Colour (150a)), Modified Corn Starch (1422), Soy Powder (contains Soy, Acidity Regulator (270)), Lo Salt, Beef Stock Blend (contains Soy, Flavour Enhancer (627, 631)), Vegetable Gums (412, 415), Pepper. CONTAINS GLUTEN, CONTAINS WHEAT, SOY, MILK. MAY CONTAIN EGGS.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	2016kJ (483Cal)	560kJ (134Cal)
Protein:	32.4g	9g
Fat, Total:	17.6g	4.9g
--Saturated:	6.5g	1.8g
Carbohydrates:	46.1g	12.8g
--Sugars:	7.9g	2.2g
Dietary Fibre:	7.2g	2g
Sodium:	403mg	112mg
Potassium:	684mg	190mg

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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

Beef (23%), Potato (16%) (contains preservative (220) (Sulphite)), Water, Carrots, Peas, Crushed Tomatoes (contains Citric Acid Aid (330)), Cannellini Beans, Onions, Tomato Paste, Sugar, Sweet Corn, Lemon Juice (contains Preservative (223) (Sulphite), Antioxidant (300)), Textured Vegetable Protein (Soy Flour, Caramel Colour (150a)), Canola Oil, Milk Powder (Whole Milk, Milk Solids), Vegetable Shortening (contains Emulsifiers (435, 471), Antioxidant (307b from Soy), Worcestershire Sauce (contains Colour (150d)), Tapioca, Potato Flakes (contains Emulsifier (471), Citric Acid (330)), Potato Starch (contains Preservative (220) (Sulphites)), Modified Corn Starch (1422), Garlic, Lo Salt Gravy Mix (contains Soy, Colour (150a)), Ginger (contains Food Acid (260), Preservative (202), Vegetable Gum (415, 412)), Pepper, Coriander, Smoke Flavour (contains Food Acid (260)), Paprika, Mustard Powder, Cumin, Lo Salt, Chilli, Parsley, Vegetable Gum (415), Nutmeg. CONTAINS SOY, MILK, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1631kj (391Cal)	453kJ (109Cal)
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:	14g	3.9g
Dietary Fibre:	7.2g	2g
Sodium:	288mg	80mg
Potassium:	940mg	261mg

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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 (29%), Water, Carrots, Onion, Curry Powder, Tapioca Starch, Modified Corn Starch (1422), Cooking Cream (contains Milk), Almond Meal, Ginger (Food Acid (260), Preservative (202), Vegetable Gum (415, 412), Garlic Canola Oil, Vegetable Protein Extract (Soy, Maltodextrin (Corn), Vegetable Oil (Rice Bran)), Turmeric, Chilli Powder, Lo Salt], Beans, Carrots and Corn (31%) (Green Beans (8%), Sweet Corn (8%), Carrots, Water, (Vegetable Gum (415), Lo Salt), Raisin Rice (19%) (Water, White Rice (6%), Raisins, Canola Oil, Lo Salt). CONTAINS MILK, SOY, TREE NUTS (ALMONDS).

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1526kJ (366Cal)	424kJ (102Cal)
Protein:	26.3g	7.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.7g	3.8g
--Saturated:	4g	1.1g
Carbohydrates:	31.7g	8.8g
--Sugars:	7.6g	2.1g
Dietary Fibre:	7.2g	2g
Sodium:	310mg	86mg
Potassium:	580mg	161mg

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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

Baked Beans (26%) (Navy Beans (54%), Tomato Sauce (Water, Tomato Paste, Sugar, Thickener (1422), Salt, Spice Seasoning)), Potatoes (13%) (contains Preservative (220) (Sulphites)), Sweet Corn (12%), Beef Chipolata (11%) (Beef (63%), Potato Starch, Salt, Soy Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223) (Sulphites), Tomato Salsa (Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (contains Preservative (223) (Sulphites)), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract, (Soy), Cumin, Lo Salt, Vegetable Gums (412, 415), Oregano, Pepper), Onions, Capsicum (6%), Spinach (3%), Egg Pulp, Oats, Cheddar Cheese (Milk), Cream (Milk), Self-Raising Flour (Wheat Flour, Raising Agents (450,500, Vitamins (Thiamin, Folic Acid)), Canola Oil, Bread Crumb (Wheat Flour), Lo Salt, Vegetable Gums (412, 415), Paprika. CONTAINS GLUTEN, CONTAINS WHEAT, OATS, EGGS, SOY, MILK SULPHITES. MAY CONTAIN RYE, BARLEY & LUPIN.

Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1505kJ (361Cal)	430kJ (103Cal)
Protein:	15.8g	4.5g
Fat, Total:	13.7g	3.9g
--Saturated:	5.2g	1.5g
Carbohydrates:	39.9g	11.4g
--Sugars:	8.8g	2.5g
Dietary Fibre:	8.4g	2.4g
Sodium:	1645mg	470mg
Potassium:	850mg	243mg

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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

Potatoes (35%) (Contains Preservative (220) (Sulphites)), Beef Chipolata (13%) (Beef (63%), Potato Starch, Salt, Soy Protein, Dried Mixed Herbs, Dextrose, Phosphate (339), Pepper, Parsley, Preservative (223) (Sulphites)), Tomato Salsa (9%) (Tomato Pulp, Crushed Tomatoes, Tomato Juice, Citric Acid (330)), Onions, Tomato Paste, Lemon Juice (contains Preservative (223) (Sulphites)), Antioxidant (300)), Modified Corn Starch (1422), Garlic, Sugar, Vegetable Protein Extract (contains Soy), Cumin, Lo Salt, Vegetable Gums (412,415), Oregano, Pepper)), Corn (Corn, Water, Sugar, Salt), Egg Pulp, Self-Raising Flour (Wheat Flour, Raising Agents (450, 500), Vitamins (Thiamin, Folic Acid)), Shortcrust Pastry (Wheat Flour, Water, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, 472c), Natural Flavour, Antioxidants (304), Natural Colour (160a)), Salt, Citric Acid), Bechamel Sauce (Contains Milk Powder (Whole Milk, Milk Solids), Clarified Butter, Cream (Milk), Modified Corn Starch (1420), Vegetable Gum (415)), Diced Bacon (Contains Soy Protein, Acidity Regulator (325), Thickeners (407a, 415), Emulsifiers (451, 508, 450, 452), Antioxidant (316), Sodium Nitrite (250)), Cheddar Cheese (Milk), Red Capsicum, Spring Onion, Canola Oil, Skim Milk Powder (Whole Milk, Milk Solids), Sugar, Coriander, Garlic, Salt, Vegetable Gum (407), Chives, Parsley, Baking Powder (contains Wheaten, Corn Flour, Mineral Salt (339, 341, 450, 500)), Baking Soda, Lo Salt, Pepper. CONTAINS GLUTEN, WHEAT, EGGS, SOY, MILK & MILK PRODUCTS, SULPHITES, NITRITES.

Nutritional Details

Nutritional Details	Regular Size 320g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1958kJ (470Cal)	612kJ (147Cal)
Protein:	19.5g	6.1g
Fat, Total:	21.8g	6.8g
--Saturated:	9.6g	3g
Carbohydrates:	46.4g	14.5g
--Sugars:	9.3g	2.9g
Dietary Fibre:	5.4g	1.7g
Sodium:	906mg	283mg

Disclaimer:

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Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.



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

Lamb (25%), Raisin Rice (22%) [Water, White Rice, Raisins, Canola Oil, Lo Salt], Carrots (12%), Green Beans (8%), Sweet Corn (8%), Water, Sunflower Seeds, Onion, Capsicum, Crushed Tomatoes (Citric Acid (330)), Coconut Milk Powder (Maltodextrin (Corn), Milk Protein), Lemon Juice (Preservative (223) (Sulphites)), Antioxidant (300)), Textured Vegetable Protein (Soy Flour, Caramel Colour (150a)), Ginger (Food Acid (260)), Preservative (202), Vegetable Gum (415, 412), Garlic, Sugar, Modified Corn Starch (1422), Beef Stock Blend (Soy, Flavour Enhancer 627, 631), Tapioca, Canola Oil, Turmeric, Cumin, Paprika, Chilli Powder, Chinese Five Spice, Pepper, Lo Salt), Vegetable Gum (415), Lo Salt. CONTAINS MILK, SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1962kJ (471Cal)	545kJ (131Cal)
Protein:	27.7g	7.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	23g	6.4g
--Saturated:	4g	1.1g
Carbohydrates:	36.7g	10.2g
--Sugars:	9.7g	2.7g
Dietary Fibre:	7.6g	2.1g
Sodium:	324mg	90mg
Potassium:	641mg	178mg

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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

Carrots (25%), Potato (18%) (Preservative (220) (Sulphites)), Lamb (16%), Spinach (11%), Bechamel Sauce (11%) (Water, Milk Powder (Whole Milk, Milk Solids), Clarified Butter (Milk), Cream (Milk), Tapioca, Salt, Modified Corn Starch (1420), Vegetable Gum (415)), Lasagne Sheets (8%) (Durum Wheat, Semolina, Egg, Water), Cheddar Cheese (Milk), Onions, Couscous (Durum Wheat Semolina), Tapioca, Cheese Powder ((Milk), Citric Acid (330)), Skim Milk Powder (contains Milk Solids), Modified Corn Starch (1422), Canola Oil, Garlic, Vegetable Gums (412, 407, 415), Paprika, Pepper, Lo Salt, Parsley, Nutmeg. CONTAINS GLUTEN, WHEAT, EGGS, MILK, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1913kj (459Cal)	517kJ (124Cal)
Protein:	27.8g	7.5g
Fat, Total:	15.5g	4.2g
--Saturated:	8.1g	2.2g
Carbohydrates:	47.4g	12.8g
--Sugars:	11.1g	3g
Dietary Fibre:	7.8g	2.1g
Sodium:	444mg	120mg
Potassium:	1077mg	291mg

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Economy - Chicken Cajun Casserole

Chicken mildy 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

Herb Rice (28%) (Water, White Rice, Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Green Beans (26%), Chicken Breast (25%), Potato (contains Preservative (220) (Sulphite)), Onions, Capsicum, Peas, Tapioca, Tomato Paste, Modified Corn Starch (1422), Canola Oil, Seasoning (Sweet Paprika, Salt, Pepper, Onion Powder, Garlic Powder, Cayenne Pepper, Cumin, Nutmeg, Thyme, Oregano, Bay Leaves), Lo Salt Gravy Mix (contains Soy, Colour (150a)), Vegetable Gums (412, 415), Lo Salt. CONTAINS SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1343kJ (322Cal)	373kJ (89Cal)
Protein:	25.6g	7.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.1g	1.7g
--Saturated:	1.1g	0.3g
Carbohydrates:	37.4g	10.4g
--Sugars:	4.3g	1.2g
Dietary Fibre:	5.8g	1.6g
Sodium:	374mg	104mg
Potassium:	605mg	168mg

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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

Potato (27%) (Preservative (220) (Sulphite)), Chicken Breast (23%), Carrots (13%), Peas (13%), Crushed Tomatoes (contains Citric Acid (330)), Mushrooms, Onions, Canola Oil, Tomato Paste, Tapioca, Lo Salt Gravy Mix (contains Soy, Colour (150a)), Garlic, Lo Salt, Pepper, Dried Parsley, Vegetable Gums (412, 415), Dried Mixed Herbs. CONTAINS SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1278kJ (306Cal)	355kJ (85Cal)
Protein:	27.4g	7.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7.9g	2.2g
--Saturated:	1.4g	0.4g
Carbohydrates:	27g	7.5g
--Sugars:	8.3g	2.3g
Dietary Fibre:	7.9g	2.2g
Sodium:	428mg	119mg
Potassium:	1044mg	290mg

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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

Raisin Rice (28%) (Water, White Rice, Raisins, Canola Oil, Lo Salt), Carrots (26%), Chicken Breast (25%), Pumpkin (11%), Crushed Tomatoes (contains Citric Acid (330)), Onions, Coconut Milk Powder (contains Maltodextrin (Corn), Milk Protein), Modified Corn Starch (1422), Tapioca, Soy Protein Isolate, Canola Oil, Lemon Juice (contains Preservative (223 (Sulphites)), Antioxidant (300)), Chicken Stock Blend (contains Flavour Enhancers (627, 631)), Ground Paprika, Ground Coriander, Chilli Powder, Ground Cumin, Ginger (contains Food Acid (260), Preservative (202), Vegetable Gums (415, 412)), Garlic, Turmeric Powder, Curry Leaves, Vegetable Gum (415), Pepper, Kaffir Lime Leaves. CONTAINS MILK, SOY & SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1516kJ (363Cal)	421kJ (101Cal)
Protein:	25.9g	7.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.7g	2.7g
--Saturated:	1.1g	0.3g
Carbohydrates:	38.9g	10.8g
--Sugars:	12.2g	3.4g
Dietary Fibre:	6.5g	1.8g
Sodium:	302mg	84mg
Potassium:	727mg	202mg

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Economy - Turkey Provencal

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

Herb Rice (28%) (Water, White Rice, Canola Oil, Onion Flakes, Lo Salt, Mixed Herbs), Turkey (25%), Peas (25%), Carrots, Crushed Tomatoes (contains Citric Acid (330)), Onions, Tomato Paste, Modified Corn Starch (1422), Soy Protein Isolate, Garlic, Sugar, Vegetable Gums (415, 412), Dried Rosemary, Dried Thyme, Lo Salt. CONTAINS SOY.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1519kJ (364Cal)	422kJ (101Cal)
Protein:	30.2g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	6.5g	1.8g
--Saturated:	1.4g	0.4g
Carbohydrates:	41.4g	11.5g
--Sugars:	6.1g	1.7g
Dietary Fibre:	8.6g	2.4g
Sodium:	428mg	119mg
Potassium:	760mg	211mg

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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

Cauliflower (24%), Tomato Rice (19%) (Water, White Rice, Tomato Paste, Lo Salt), Chickpeas (11%), Peas (11%), Soy Milk (Water, Soybeans, Sugar, Calcium Phosphate, Vegetable Gums (460, 466, 407), Flavours, Sea Salt, Food Acids (340,331)), Carrots (8%), Sweet Corn (6%), Tomato Paste, Capsicum (2.5%), Onions, Tapioca, Canola Oil, Curry Powder, Garlic, Vegetable Stock Blend (contains Flavour Enhancer (627, 631)), Turmeric, Mustard Seeds, Vegetable Gums (412, 415), Lo Salt, Chilli Powder. CONTAINS SOY.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1362kJ (327Cal)	368kJ (88Cal)
Protein:	13g	3.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7g	1.9g
--Saturated:	0.7g	0.2g
Carbohydrates:	46.6g	12.6g
--Sugars:	7.8g	2.1g
Dietary Fibre:	12.2g	3.3g
Sodium:	377mg	102mg
Potassium:	773mg	209mg

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