



Barramundi

Lightly battered Barramundi fillet, fluffy pumpkin and potato mash, peas, beans and broccoli.



Ingredients

Barramundi (25%) [Barramundi Fillet, 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 Vegetables), Water, Breadcrumbs (Wholemeal Wheat Flour, Wheat Flour, Water, Rye Flour, Humectant (422), Gluten, Yeast, Iodised Salt, Vinegar, Canola Oil, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colour (160a), Vitamin (Thiamine, Folate)), Soy Flour, Wheat Flour, Rice Bran Oil], Potatoes, Pumpkin, Peas, Beans, Broccoli, Pepper. CONTAINS FISH, GLUTEN, EGG, SOY, YEAST PRODUCTS. MAY CONTAIN MILK OR MILK PRODUCTS, SESAME SEEDS. MAY CONTAIN FRAGMENTS OF BONE.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1397kj (335Cal)	388kJ (93Cal)
Protein:	24.5g	6.8g
Fat, Total:	10.1g	2.8g
--Saturated:	2.5g	0.7g
Carbohydrates:	36g	10g
--Sugars:	3.2g	0.9g
Dietary Fibre:	8.6g	2.4g
Folate:	120.2ug (60% RDI)	33.4ug
Sodium:	360mg	100mg
Potassium:	986mg	274mg
Phosphorus:	354mg (35% RDI)	98mg

Disclaimer:

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



Crumbed Fish with Seasoned Wedges

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



Ingredients

Crumbed 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 Powder, Garlic Powder), Mineral Salts (500, 541), Vegetable Gum (412), Spices (Pepper)), Potato Wedges (26%), Carrots, Beans, Fruit Chutney [Fruit (Tomato, Apple, Sultanas), Sugar, Onion, Thickener (1412), Salt, Food Acid (260), Spices, Garlic, Colour (150c), Mustard Seeds], Cajun Spice [Oregano, Thyme, Garlic Powder, Onion Powder, Sweet Paprika, White Pepper, Hot Paprika]. CONTAINS FISH, YEAST PRODUCTS, CHILLI. THIS MEAL MAY CONTAIN FRAGMENTS OF BONE.

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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Fisherman's Pie

Tasty fish pieces with seasonal vegetables in a creamy sauce with potato mash, broccoli and sweet potato.



Ingredients

Perch (25%), Potato, Broccoli, Sweet Potato, Milk, Water, Onion, Carrots, Peas, Celery, Oil, Gluten Free Flour, Gluten Free Breadcrumbs, Garlic, Stock Powder, Lemon Peel, Cheese, Tapioca, Parsley, Salt, Pepper, Dill.
THIS MEAL MAY CONTAIN FRAGMENTS OF BONE. CONTAINS: FISH, MILK PRODUCTS

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1140kj (273Cal)	285kJ (68Cal)
Protein:	26g	6.5g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4g	1g
--Saturated:	0.8g	0.2g
Carbohydrates:	29.6g	7.4g
--Sugars:	8g	2g
Dietary Fibre:	6g	1.5g
Folate:	84ug (42% RDI)	21ug
Sodium:	300mg	75mg
Potassium:	1096mg	274mg
Phosphorus:	325mg (32% RDI)	81mg

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Lemon Fish with Wedges

Moist baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli.



Ingredients

Ingredients: Perch (28%), Potato (25%), Broccoli, Carrots, Fish Stock, Lemon Sauce (17%) [Water, Skim Milk Powder, Tapioca, Canola Oil, Gluten Free Flour (Starch, Maize, Tapioca, Rice Flour), Thickener (464)], Stock Powder [Sea Salt, maltodextrin (maize), rice flour, sugar, yeast extract, natural veg flavours, dehydrated vegetables, flavour enhancers (627, 631), Olive Oil, caramel (150a)], Lemon juice (0.1%), Lemon zest/peel (0.2%), Gluten Free Breadcrumbs, Salt, Pepper, Cheese, Parsley, Garlic, Anchovy], Oil. CONTAINS DAIRY, YEAST, FISH. THIS MEAL MAY CONTAIN FRAGMENTS OF BONE

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1176kj (282Cal)	294kJ (71Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.4g	1.1g
--Saturated:	0.8g	0.2g
Carbohydrates:	25.2g	6.3g
--Sugars:	7.2g	1.8g
Dietary Fibre:	6g	1.5g
Folate:	103.2ug (52% RDI)	25.8ug
Sodium:	396mg	99mg
Potassium:	1328mg	332mg
Phosphorus:	347mg (35% RDI)	87mg

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dinners.



Salmon Fish Cakes with Sauce

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



Ingredients

Salmon Fishcakes (32%) [Potato, Onion, Carrots, Salmon (4%), Breadcrumbs, Egg, Anchovies, Oil, Chives, Parsley, Salt, Pepper], Tomato Sauce (10%) [Tomato, Onion, Tapioca Starch, Water, Celery, Oil, Garlic, Basil, Salt, Pepper], Cajun Spice Mix (Oregano, Thyme, Garlic and Onion Powders, Sweet and Hot Paprika, Pepper). CONTAINS GLUTEN, EGGS, FISH, YEAST. THIS MEAL MAY CONTAIN FRAGMENTS OF BONE.

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:	399mg	105mg
Potassium:	1493mg	393mg
Phosphorus:	278mg (28% RDI)	73mg

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Sweet & Sour Fish

With subtle sweet and savoury flavours, the fish is served with a mix of capsicum, broccoli, carrots and pineapple and moist coconut rice.



Ingredients

Fish (25%), Coconut Rice [Rice, Water, Light Coconut Cream], Water, Capsicum, Broccoli, Carrots, Pineapple, Coconut, Sweet & Sour Spice Glaze (2.5%) [Sugar, Malt Extract Powder (contains Barley), Vinegar Powder, Wheat Fibre, Salt, Tomato Powder, Vegetable Powders, Thickener (1422), Food Acid (Citric), Vegetable Gums (Guar, Xanthan), Soy Sauce Powder (contains Soybeans, Wheat), Natural Colour (Gardenia Yellow Extract, Malted Barley Extract (contains Gluten), Paprika Oleoresin, Annatto, Carmine), Natural Flavours, Spices, Yeast Extract]. CONTAINS: COCONUT, GLUTEN, SOY, YEAST, FISH. THIS MEAL MAY CONTAIN FRAGMENTS OF BONE

Nutritional Details

Nutritional Details	Regular Size 385g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1213kj (291Cal)	315kJ (76Cal)
Protein:	28.5g	7.4g
Fat, Total:	3.9g	1g
--Saturated:	1.5g	0.4g
Carbohydrates:	32.7g	8.5g
--Sugars:	15g	3.9g
Dietary Fibre:	4.2g	1.1g
Folate:	56.2ug (28% RDI)	14.6ug
Sodium:	443mg	115mg
Potassium:	866mg	225mg
Phosphorus:	389mg (39% RDI)	101mg

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dinners.



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.



Ingredients

Salmon (26%), Rice, Carrots, Beans, Florentine Sauce (21%) [Water, Gluten Free Flour, Canola Oil, Stock Powder, Silverbeet, Fish Stock (Water, Green Leaf Vegetable, Fish, Onion), Milk, Tapioca, Salt, Pepper, Nutmeg], Peas, Shallot, Vegetable Stock Powder (Southern Ocean Sea Salt, Corn/Maize Maltodextrin, Cane Sugar, Yeast Extract, Dehydrated Vegetables (Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate and Inosinate, Canola Oil, Chilli). CONTAINS: FISH, DAIRY AND YEAST PRODUCTS. THIS MEAL MAY CONTAIN FRAGMENTS OF BONE

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	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:	308mg	81mg
Potassium:	866mg	228mg
Phosphorus:	422mg (42% RDI)	111mg

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