



Fritters - Vegetable

Enjoy these fritters as a tasty meal or a lunch time treat. Served with diced potato, beans, carrots and a mushroom ragout.



Ingredients

Vegetable Fritters (39%) [Eggs, Onion (3.5%), Corn/Creamed Corn (40.7%), Carrot (12%), Mozzarella cheese, Gluten Free Flour, Gluten Free Breadcrumbs, Peas (3.5%), Tarragon, Parsley, Garlic, Salt, Pepper], Potato Salad [Potato, Peas, Carrots, Celery, Corn, Olive Oil, Salt, Rosemary, Pepper], Beans, Carrots, Mushroom Ragout [Mushrooms, Onions, Zucchini, Carrots, Celery, Salt, Garlic, Basil, Pepper] CONTAINS: EGGS, DAIRY, CORN, MUSHROOMS

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1611kj (386Cal)	424kJ (102Cal)
Protein:	17.9g	4.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.1g	2.4g
--Saturated:	2.7g	0.7g
Carbohydrates:	57g	15g
--Sugars:	4.9g	1.3g
Dietary Fibre:	9.9g	2.6g
Folate:	102.6ug (51% RDI)	27ug
Sodium:	612mg	161mg
Potassium:	1045mg	275mg
Phosphorus:	255mg (25% RDI)	67mg

Disclaimer:

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Moroccan Vegetable Tagine

A delicious vegetable casserole, flavoured with tomato and mild Moroccan spices, served with couscous, broccoli and carrot rounds.



Ingredients

Water, Couscous, Carrots (11%), Tomato (9%), Broccoli (8%), Beans (8%), Potato (4%), Pumpkin (4%), Sweet Potato (4%), Chickpeas, Cauliflower (3%), Zucchini (3%), Onions (2%), Tomato Paste, Tapioca, Oil, Garlic, 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), Parsley, Cinnamon, Coriander, Cumin, Salt, Pepper. CONTAINS GLUTEN, YEAST PRODUCTS

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	620kj (149Cal)	155kJ (37Cal)
Protein:	6g	1.5g
Fat, Total:	2.4g	0.6g
--Saturated:	0.4g	0.1g
Carbohydrates:	22g	5.5g
--Sugars:	7.2g	1.8g
Dietary Fibre:	7.2g	1.8g
Folate:	82.8ug (41% RDI)	20.7ug
Sodium:	200mg	50mg
Potassium:	640mg	160mg
Phosphorus:	105mg (11% RDI)	26mg

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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.



Ingredients

Canelloni (20%) (Ricotta Cheese (Whey, Solids (Non Fat), Cow Milk], Salt, Food Acid (260)), Preservative (202)), Pasta Sheets (Durum Wheat, Water), Breadcrumbs, Spinach, Salt, Vegetable Stock, Shallot, Garlic, Canola Oil, Pepper, Nutmeg, Pasta Sauce (Tomato, Onion, Tapioca Starch, Water, Celery, Oil, Garlic, Basil, Salt, Pepper), White Sauce (Canola Oil, Flour, Water, Skim Milk Powder, Salt, Pepper, Tapioca Starch), Polenta Cake (Water, Polenta, Olive Oil, Salt, Pepper, Parmesan Cheese), Cauliflower, Beans, Peas, Broccoli. CONTAINS: GLUTEN, MILK, CORN, NUT PRODUCTS. MAY CONTAIN TRACES OF TREE NUTS, TREE NUT PRODUCTS AND/OR CRUSTACEANS.

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:	420mg	105mg
Potassium:	804mg	201mg
Phosphorus:	222mg (22% RDI)	55mg

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dinners.

Vegetable & Lentil Patties

These gluten free sweet potato, spinach and red lentil patties have a hint of lemon and mint, served with mixed vegetables in a mild korma sauce, white rice and green beans.



Ingredients

Vegetable & Lentil Patty (30%) [Water, Sweet Potato (Sweet Potato, Preservative 223), Gluten Free Bread Crumbs (Water, Rice Flour, Maize Flour, Potato Flour, Dry Yeast, Olive Oil, Eggs, Apple Cider Vinegar, Salt), Spinach, Red Lentil Split Dry, Onion, Mint, Lemon Juice (Lemon Juice, Reconstituted Lemon Juice, Preservative 202), Salt, Pepper], Rice, Beans, Potato, Milk, Pumpkin, Carrots, Peas, Onion, Korma Sauce [Water, Cashew Nuts, Yoghurt, Dried Onion, Tomato Paste, Canola Oil, Mixed Spices, Ginger, Garlic, Sugar, Salt, Food Acids (250, 270)], Water, Beans, Cauliflower, Celery, Capsicum, Sweet Potato, Tapioca, Oil, Salt, Pepper. CONTAINS DAIRY, NUTS, EGG. CONTAINS YEAST AND CORN PRODUCTS.

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1056kJ (253Cal)	264kJ (63Cal)
Protein:	8.8g	2.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	2.8g	0.7g
--Saturated:	0.4g	0.1g
Carbohydrates:	44g	11g
--Sugars:	10.8g	2.7g
Dietary Fibre:	7.6g	1.9g
Folate:	84ug (42% RDI)	21ug
Sodium:	376mg	94mg
Potassium:	664mg	166mg
Phosphorus:	133mg (14% RDI)	33mg

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Vegetable Frittata

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



Ingredients

Frittata (45%) (Mixed Vegetables (40%) [Spinach, Carrots, Potato, Pumpkin, Capsicum], Egg, Water, Tasty Cheese [Milk, Salt, Culture, Enzyme, Anti-caking Agent], Thickened Cream [Milk Fat, Mineral Salts (450,500), Thickener (400)], Maize Starch, Onions, Milk Powder, Leek, Vegetable Stock Powder [yeast extract], Tomatoes, Salt, Oregano, Mixed Herbs [Oregano, Marjoram, Thyme, Sage], Ground White Pepper), Gravy (Thickeners (1422, 415), Tapioca Starch, Milk Solids, Dehydrated Vegetables, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Oils, Colours (150d, 101), Glucose, Acidity Regulator (330), Mineral Salts (340, 451), Emulsifiers (471, 472e), Rice Flour, Spice Extract), Potato, Sweet Potato, Pumpkin, Carrot, Beans, Peas. CONTAINS: EGGS, MILK, YEAST. MAY CONTAIN TRACES OF TREE NUTS, SESAME SEEDS, SOY, 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, topped with homemade tomato sauce and cheese, served with carrots, broccoli and cauliflower.



Ingredients

Lasagne (51%) [Lasagne Sheet (Durum Wheat, Water), Carrots, Zucchini, Eggplant, Béchamel Sauce (Water, Roux [Flour, Unsalted Butter], Onion Stock, Full Cream Milk Powder, Parmesan Cheese, Salt, Nutmeg, Pepper), Onion, Garlic, Salt, Vegetable Stock, Pepper], Pasta Sauce (Tomato, Onion, Celery, Olive Oil, Garlic, Basil, Salt, Pepper, Tapioca Starch, Water), Cauliflower, Broccoli, Carrots. CONTAINS GLUTEN, CONTAINS DAIRY. MAY CONTAIN TRACES OF TREE NUTS AND/OR CRUSTACEANS

Nutritional Details

Nutritional Details	Regular Size 395g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1213kj (291Cal)	307kJ (74Cal)
Protein:	13.4g	3.4g
Fat, Total:	3.2g	0.8g
--Saturated:	1.2g	0.3g
Carbohydrates:	45.8g	11.6g
--Sugars:	9.9g	2.5g
Dietary Fibre:	7.9g	2g
Folate:	66ug (33% RDI)	16.7ug
Sodium:	190mg	48mg
Potassium:	750mg	190mg
Phosphorus:	142mg (14% RDI)	36mg

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Vegetable Moussaka

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



Ingredients

Ingredients: Vegetable Moussaka (53%) [Mixed Vegetables (40%) (Tomatoes, Spinach, Carrots, Onions, Potato, Green and Red Capsicum), Potato (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, Salt, Cultures), 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), Dried Basil, Ground Paprika, Fresh Dill, Ground White Pepper], Green Beans, Cauliflower, Pumpkin, Sweet Potato. CONTAINS: MILK, SOY. MAY CONTAIN TRACES OF EGG, TREE NUTS, SESAME SEEDS, SULPHITES.

Nutritional Details

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

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