

Menu Item Nutrition Facts

| Meat | | | | | | | | | | | | | |
|------|-----------------------------------|---------|------------------|-------------|---------|---------------|-------------------|-----------|-----------|------------------|-------------|----------------|-----------------|
| | Name | Serving | Energy (kj) | Protein (g) | Fat (g) | Saturated (g) | Carbohydrates (g) | Sugar (g) | Fibre (g) | Folate (ug) | Sodium (mg) | Potassium (mg) | Phosphorus (mg) |
| 0 | Beef Goulash | 100g | 370 (89Cal) | 8.5 | 2.5 | 0.9 | 6.8 | 2 | 2.1 | 19.8 | 120 | 270 | 65 |
| | | 390g | 1443 (346Cal) | 33.1 | 9.8 | 3.5 | 26.5 | 7.8 | 8.2 | 77.2 (39%RDI) | 468 | 1053 | 254 (25%RDI) |
| 1 | Beef in Red Wine Casserole | 100g | 346 (83Cal) | 6.5 | 1.9 | 0.8 | 9.7 | 1.3 | 2.1 | 22.9 | 61 | 218 | 85 |
| | | 400g | 1384 (332Cal) | 26 | 7.6 | 3.2 | 38.8 | 5.2 | 8.4 | 91.6 (46%RDI) | 244 | 872 | 338 (34%RDI) |
| 2 | Beef Lasagne | 100g | 470 (113Cal) | 5.4 | 3 | 1.5 | 16.3 | 2.5 | 1.4 | 12.9 | 156 | 102 | 35 |
| | | 370g | 1739 (417Cal) | 20 | 11.1 | 5.6 | 60.3 | 9.2 | 5.2 | 47.9 (24%RDI) | 577 | 377 | 130 (13%RDI) |
| 3 | Beef Moussaka | 100g | 268 (64Cal) | 2.9 | 3 | 1.5 | 5.6 | 2.1 | 1.5 | 25.2 | 203 | 296 | 150 |
| | | 380g | 1018 (244Cal) | 11 | 11.4 | 5.7 | 21.3 | 8 | 5.7 | 95.8 (48%RDI) | 771 | 1125 | 570 (57%RDI) |
| 4 | Beef Ravioli with Bolognese Sauce | 100g | 386 (93Cal) | 6.1 | 1.6 | 0.6 | 15 | 1.9 | 2.1 | 13 | 234 | 155 | 101 |
| | | 400g | 1544 (370Cal) | 24.4 | 6.4 | 2.4 | 60 | 7.6 | 8.4 | 52 (26%RDI) | 936 | 620 | 404 (40%RDI) |
| 5 | Boneless Beef Riblets | 100g | 495 (119Cal) | 5.2 | 5.6 | 2.4 | 10.9 | 3.7 | 2 | 21.5 | 236 | 342 | 94 |
| | | 370g | 1832 (439Cal) | 19.2 | 20.7 | 8.9 | 40.3 | 13.7 | 7.4 | 79.5 (40%RDI) | 873 | 1265 | 349 (35%RDI) |

| | | | | | | | | | | | | | |
|----|---------------------------------------|--------------|-------------------------------------|-------------|-------------|------------|--------------|-------------|------------|---------------------------|------------|-------------|------------------------|
| | | 370g | 372 (89Cal) 1376 (330Cal) | 5.5 20.4 | 3.4 12.6 | 1.5 5.6 | 8.4 31.1 | 6.4 23.7 | 1.6 5.9 | 13.7 50.7 (25%RDI) | 65 240 | 204 755 | 66 244 (24%RDI) |
| 21 | Pasta Bake | 100g 380g | 394 (94Cal) 1497 (359Cal) | 4.1 15.6 | 4.7 17.9 | 2.5 9.5 | 7.8 29.6 | 2.5 9.5 | 2.1 8 | 30.3 115.1 (58%RDI) | 183 695 | 109 414 | 109 414 (41%RDI) |
| 22 | Pepper Steak Mild | 100g 370g | 344 (82Cal) 1273 (305Cal) | 8 29.6 | 1.8 6.7 | 0.9 3.3 | 7.7 28.5 | 2.8 10.4 | 1.3 4.8 | 20.1 74.4 (37%RDI) | 93 344 | 242 895 | 90 333 (33%RDI) |
| 23 | Pork a l'Orange | 100g 400g | 350 (84Cal) 1400 (336Cal) | 8.5 34 | 1.7 6.8 | 0.7 2.8 | 7.8 31.2 | 3.8 15.2 | 1.7 6.8 | 3.3 13.2 (7%RDI) | 115 460 | 271 1084 | 85 340 (34%RDI) |
| 24 | Pork Meatloaf with Orange Glaze | 100g 360g | 353 (85Cal) 1271 (305Cal) | 6 21.6 | 1.9 6.8 | 0.6 2.2 | 10.1 36.4 | 4.1 14.8 | 1.2 4.3 | 18 64.8 (32%RDI) | 192 691 | 306 1102 | 83 298 (30%RDI) |
| 25 | Pork Steaks in Plum Sauce | 100g 370g | 548 (131Cal) 2028 (486Cal) | 8.3 30.7 | 3.6 13.3 | 1.5 5.6 | 16.1 59.6 | 2.4 8.9 | 1.1 4.1 | 17.8 65.9 (33%RDI) | 65 241 | 187 692 | 83 307 (31%RDI) |
| 26 | Redcurrant Lamb with Potato Bake | 100g 400g | 393 (94Cal) 1572 (377Cal) | 8.8 35.2 | 2.7 10.8 | 1.3 5.2 | 7.7 30.8 | 4.5 18 | 1.6 6.4 | 3.3 13.2 (7%RDI) | 161 644 | 275 1100 | 77 307 (31%RDI) |
| 27 | Roast Beef with Rich Brown | 100g | 318 (76Cal) | 9.3 | 0.9 | 0.2 | 6.7 | 1.9 | 1.5 | 21 | 116 | 319 | 118 |

| | | | | | | | | | | | | | |
|----|-----------------------------------|------|------------------|------|------|------|------|------|-----|-------------------|------|------|-----------------|
| | Gravy | 400g | 1272 (305Cal) | 37.2 | 3.6 | 0.8 | 26.8 | 7.6 | 6 | 84 (42%RDI) | 464 | 1276 | 472 (48%RDI) |
| 28 | Roast Lamb with Mint Jelly | 100g | 439 (105Cal) | 8.7 | 2.9 | 1.4 | 9.9 | 5.2 | 1.6 | 16 | 125 | 295 | 111 |
| | | 400g | 1756 (421Cal) | 34.8 | 11.6 | 5.6 | 39.6 | 20.8 | 6.4 | 64 (32%RDI) | 500 | 1180 | 444 (45%RDI) |
| 29 | Roast Pork with Apple Sauce | 100g | 329 (79Cal) | 8.4 | 2.1 | 0.7 | 5.7 | 2 | 1.3 | 21 | 112 | 357 | 114 |
| | | 400g | 1316 (316Cal) | 33.6 | 8.4 | 2.8 | 22.8 | 8 | 5.2 | 84 (42%RDI) | 448 | 1428 | 456 (46%RDI) |
| 30 | Sausages in Onion Gravy | 100g | 552 (132Cal) | 5.9 | 8.2 | 4.1 | 7.6 | 1.5 | 2.2 | 13 | 326 | 250 | 136 |
| | | 400g | 2208 (529Cal) | 23.6 | 32.8 | 16.4 | 30.4 | 6 | 8.8 | 52 (26%RDI) | 1304 | 1000 | 544 (55%RDI) |
| 31 | Shepherds Pie | 100g | 368 (88Cal) | 8.8 | 2.3 | 1.1 | 7.1 | 2 | 1.6 | 23.9 | 143 | 272 | 83 |
| | | 380g | 1398 (335Cal) | 33.4 | 8.7 | 4.2 | 27 | 7.6 | 6.1 | 90.8 (45%RDI) | 543 | 1034 | 316 (32%RDI) |
| 32 | Spaghetti with Beef and Tomato | 100g | 427 (102Cal) | 8.3 | 2.7 | 1.3 | 10.1 | 2.3 | 1.7 | 18.8 | 190 | 193 | 88 |
| | | 380g | 1623 (389Cal) | 31.5 | 10.3 | 4.9 | 38.4 | 8.7 | 6.5 | 71.4 (34%RDI) | 722 | 733 | 334 (33%RDI) |
| 33 | Steak and Kidney Pie | 100g | 477 (114Cal) | 11.6 | 3.1 | 0.9 | 8.8 | 2.1 | 1.9 | 27 | 145 | 232 | 103 |
| | | 380g | 1813 (435Cal) | 44.1 | 11.8 | 3.4 | 33.4 | 8 | 7.2 | 102.6 (52%RDI) | 551 | 882 | 391 (41%RDI) |
| 34 | Steak Pie with Mushroom Gravy | 100g | 558 (134Cal) | 5 | 6.5 | 3.1 | 12.5 | 2.8 | 1.7 | 17.2 | 244 | 213 | 88 |

| | | | | | | | | | | | | | |
|----|---------------------------------|------|------------------|-----|-----|------|------|------|-----|------------------|-----|------|-----------------|
| | | 400g | 2232 (535Cal) | 20 | 26 | 12.4 | 50 | 11.2 | 6.8 | 68.8 (34%RDI) | 976 | 852 | 353 (35%RDI) |
| 35 | Traditional Meatloaf with Gravy | 100g | 371 (89Cal) | 6.5 | 2.5 | 1.1 | 8.9 | 2.3 | 1.8 | 20 | 228 | 250 | 96 |
| | | 400g | 1484 (356Cal) | 26 | 10 | 4.4 | 35.6 | 9.2 | 7.2 | 80 (40%RDI) | 912 | 1000 | 384 (38%RDI) |

Poultry

| | Name | Serving | Energy (kJ) | Protein (g) | Fat (g) | Saturated (g) | Carbohydrates (g) | Sugar (g) | Fibre (g) | Folate (ug) | Sodium (mg) | Potassium (mg) | Phosphorus (mg) |
|---|--------------------|---------|------------------|-------------|---------|---------------|-------------------|-----------|-----------|-------------------|-------------|----------------|-----------------|
| 0 | Apricot Chicken | 100g | 397 (95Cal) | 7.7 | 3.1 | 0.8 | 8 | 2.3 | 2 | 24.8 | 65 | 246 | 77 |
| | | 390g | 1548 (371Cal) | 30 | 12.1 | 3.1 | 31.2 | 9 | 7.8 | 96.7 (48%RDI) | 254 | 959 | 301 (30%RDI) |
| 1 | Butter Chicken | 100g | 360 (86Cal) | 3.1 | 1.5 | 0.4 | 14.3 | 5 | 1.5 | 12.7 | 317 | 188 | 72 |
| | | 390g | 1404 (337Cal) | 12.1 | 5.8 | 1.6 | 55.8 | 19.5 | 5.8 | 49.5 (25%RDI) | 1236 | 733 | 279 (28%RDI) |
| 2 | Chicken Cacciatore | 100g | 447 (107Cal) | 7.4 | 4.7 | 1.3 | 7.8 | 2 | 2 | 27 | 66 | 338 | 88 |
| | | 390g | 1743 (418Cal) | 28.9 | 18.3 | 5.1 | 30.4 | 7.8 | 7.8 | 105.3 (53%RDI) | 257 | 1318 | 341 (34%RDI) |
| 3 | Chicken Casserole | 100g | 375 (90Cal) | 7.1 | 2.7 | 0.8 | 8 | 2.5 | 2.1 | 23.1 | 105 | 264 | 77 |
| | | 380g | 1425 (342Cal) | 27 | 10.3 | 3 | 30.4 | 9.5 | 8 | 87.8 (44%RDI) | 399 | 1003 | 294 (29%RDI) |
| 4 | Chicken Curry Mild | 100g | 446 (107Cal) | 7.1 | 3.6 | 1 | 10.4 | 4 | 1.8 | 25.2 | 83 | 196 | 74 |
| | | 390g | 1739 (417Cal) | 27.7 | 14 | 3.9 | 40.6 | 15.6 | 7 | 98.3 (49%RDI) | 324 | 764 | 290 (29%RDI) |

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|----|-----------------|--------------|------------------------------------|-------------|------------|------------|-------------|------------|------------|--------------------------|------------|-------------|------------------------|
| | Chicken | 400g | 371 (89Cal) 1484 (356Cal) | 6.7 26.8 | 2.2 8.8 | 0.5 2 | 9.8 39.2 | 2.2 8.8 | 1.2 4.8 | 12.5 50 (25%RDI) | 57 228 | 187 748 | 100 400 (40%RDI) |
| 13 | Turkey Rissoles | 100g 390g | 269 (65Cal) 1049 (252Cal) | 4.6 17.9 | 1 3.9 | 0.3 1.2 | 8.3 32.4 | 2.4 9.4 | 1.5 5.8 | 20.3 79.2 (40%RDI) | 151 589 | 307 1197 | 83 322 (32%RDI) |

Seafood

| | Name | Serving | Energy (kj) | Protein (g) | Fat (g) | Saturated (g) | Carbohydrates (g) | Sugar (g) | Fibre (g) | Folate (ug) | Sodium (mg) | Potassium (mg) | Phosphorus (mg) |
|---|-----------------------------------|--------------|-------------------------------------|-------------|-------------|---------------|-------------------|-------------|------------|---------------------------|-------------|----------------|------------------------|
| 0 | Barramundi | 100g 360g | 388 (93Cal) 1397 (335Cal) | 6.8 24.5 | 2.8 10.1 | 0.7 2.5 | 10 36 | 0.9 3.2 | 2.4 8.6 | 33.4 120.2 (60%RDI) | 100 360 | 274 986 | 98 354 (35%RDI) |
| 1 | Crumbed Fish with Seasoned Wedges | 100g 370g | 536 (129Cal) 1983 (476Cal) | 4 14.8 | 4.9 18.1 | 0.7 2.6 | 15.9 58.8 | 3.8 14.1 | 2.5 9.2 | 27 99.9 (50%RDI) | 228 844 | 294 1088 | 103 381 (38%RDI) |
| 2 | Fisherman's Pie | 100g 400g | 285 (68Cal) 1140 (273Cal) | 6.5 26 | 1 4 | 0.2 0.8 | 7.4 29.6 | 2 8 | 1.5 6 | 21 84 (42%RDI) | 75 300 | 274 1096 | 81 325 (32%RDI) |
| 3 | Lemon Fish with Wedges | 100g 400g | 294 (71Cal) 1176 (282Cal) | 7.9 31.6 | 1.1 4.4 | 0.2 0.8 | 6.3 25.2 | 1.8 7.2 | 1.5 6 | 25.8 103.2 (52%RDI) | 99 396 | 332 1328 | 87 347 (35%RDI) |
| 4 | Salmon Fish Cakes with Sauce | 100g 380g | 423 (101Cal) | 4.1 | 2.8 | 0.6 | 13.3 | 2.4 | 3.2 | 28.7 | 105 | 393 | 73 |

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|---|--|--------------|-------------------------------------|-------------|-------------|------------|-------------|------------|------------|--------------------------|------------|------------|------------------------|
| | | | 1607 (385Cal) | 15.6 | 10.6 | 2.3 | 50.5 | 9.1 | 12.2 | 109.1 (55%RDI) | 399 | 1493 | 278 (28%RDI) |
| 5 | Sweet & Sour Fish | 100g 385g | 315 (76Cal) 1213 (291Cal) | 7.4 28.5 | 1 3.9 | 0.4 1.5 | 8.5 32.7 | 3.9 15 | 1.1 4.2 | 14.6 56.2 (28%RDI) | 115 443 | 225 866 | 101 389 (39%RDI) |
| 6 | Tasmanian Salmon with Florentine Sauce | 100g 380g | 423 (101Cal) 1607 (385Cal) | 8.3 31.5 | 3.2 12.2 | 0.6 2.3 | 9.2 35 | 1.9 7.2 | 1.3 4.9 | 19.5 74.1 (37%RDI) | 81 308 | 228 866 | 111 422 (42%RDI) |

Vegetarian

| | Name | Serving | Energy (kj) | Protein (g) | Fat (g) | Saturated (g) | Carbohydrates (g) | Sugar (g) | Fibre (g) | Folate (ug) | Sodium (mg) | Potassium (mg) | Phosphorus (mg) |
|---|------------------------------|--------------|-------------------------------------|-------------|-------------|---------------|-------------------|-------------|------------|--------------------------|-------------|----------------|-----------------------|
| 0 | Fritters - Vegetable | 100g 380g | 424 (102Cal) 1611 (386Cal) | 4.7 17.9 | 2.4 9.1 | 0.7 2.7 | 15 57 | 1.3 4.9 | 2.6 9.9 | 27 102.6 (51%RDI) | 161 612 | 275 1045 | 67 255 (25%RDI) |
| 1 | Moroccan Vegetable Tagine | 100g 400g | 155 (37Cal) 620 (149Cal) | 1.5 6 | 0.6 2.4 | 0.1 0.4 | 5.5 22 | 1.8 7.2 | 1.8 7.2 | 20.7 82.8 (41%RDI) | 50 200 | 160 640 | 26 105 (11%RDI) |
| 2 | Spinach & Ricotta Cannelloni | 100g 400g | 356 (85Cal) 1424 (341Cal) | 3.5 14 | 3.6 14.4 | 1.5 6 | 8.7 34.8 | 1.7 6.8 | 1.6 6.4 | 15.6 62.4 (31%RDI) | 105 420 | 201 804 | 55 222 (22%RDI) |
| 3 | Vegetable & Lentil Patties | 100g 400g | 264 (63Cal) 1056 (253Cal) | 2.2 8.8 | 0.7 2.8 | 0.1 0.4 | 11 44 | 2.7 10.8 | 1.9 7.6 | 21 84 (42%RDI) | 94 376 | 166 664 | 33 133 (14%RDI) |

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|---|--------------------|------|------------------|------|-----|-----|------|-----|-----|-------------------|-----|------|-----------------|
| 4 | Vegetable Frittata | 100g | 352 (84Cal) | 3.3 | 3.5 | 1.9 | 9 | 2.4 | 1.3 | 20.2 | 191 | 235 | 94 |
| | | 400g | 1408 (338Cal) | 13.2 | 14 | 7.6 | 36 | 9.6 | 5.2 | 80.8 (40%RDI) | 764 | 940 | 376 (38%RDI) |
| 5 | Vegetable Lasagne | 100g | 307 (74Cal) | 3.4 | 0.8 | 0.3 | 11.6 | 2.5 | 2 | 16.7 | 48 | 190 | 36 |
| | | 395g | 1213 (291Cal) | 13.4 | 3.2 | 1.2 | 45.8 | 9.9 | 7.9 | 66 (33%RDI) | 190 | 750 | 142 (14%RDI) |
| 6 | Vegetable Moussaka | 100g | 234 (56Cal) | 2 | 1.9 | 0.9 | 7.1 | 2.5 | 1.6 | 25.8 | 214 | 259 | 108 |
| | | 400g | 936 (224Cal) | 8 | 7.6 | 3.6 | 28.4 | 10 | 6.4 | 103.2 (52%RDI) | 856 | 1036 | 432 (43%RDI) |

Dessert

| | Name | Serving | Energy (kj) | Protein (g) | Fat (g) | Saturated (g) | Carbohydrates (g) | Sugar (g) | Fibre (g) | Folate (ug) | Sodium (mg) | Potassium (mg) | Phosphorus (mg) |
|---|-------------------------|---------|------------------|-------------|---------|---------------|-------------------|-----------|-----------|-------------|-------------|----------------|-----------------|
| 0 | Apple & Apricot Crumble | 100g | 854 (205Cal) | 1.7 | 7.3 | 4.8 | 31.4 | 20.7 | 1.9 | - | 4 | 49 | - |
| | | 180g | 1537 (369Cal) | 3.1 | 13.1 | 8.6 | 56.5 | 37.3 | 3.4 | - | 7 | 88 | - |
| 1 | Apple & Rhubarb Crumble | 100g | 885 (212Cal) | 1.7 | 8 | 5.1 | 32.2 | 20.5 | 1.9 | - | 4 | 95 | - |
| | | 180g | 1593 (382Cal) | 3.1 | 14.4 | 9.2 | 58 | 36.9 | 3.4 | - | 7 | 171 | - |
| 2 | Apple Crumble | 100g | 959 (230Cal) | 1.8 | 8.8 | 5.6 | 34.8 | 22.4 | 1.8 | - | 4 | 0 | - |
| | | 180g | 1726 (414Cal) | 3.2 | 15.8 | 10.1 | 62.6 | 40.3 | 3.2 | - | 7 | 0 | - |
| 3 | Baked Cheesecake | 100g | 1187 (285Cal) | 5.2 | 17.4 | 11.4 | 25.2 | 22.5 | 0 | - | 206 | 0 | - |

| | | | | | | | | | | | | | |
|----|---|------|------------------|-----|------|------|------|------|-----|------------------|-----|-----|---------------|
| | | 90g | 1068 (256Cal) | 4.7 | 15.7 | 10.3 | 22.7 | 20.2 | 0 | - | 185 | 0 | - |
| 4 | Banana Custard | 100g | 474 (114Cal) | 6.7 | 2.6 | 1.3 | 15.3 | 12.5 | 0.8 | 3 | 66 | 171 | 35 |
| | | 120g | 569 (136Cal) | 8 | 3.1 | 1.6 | 18.4 | 15 | 1 | 3.6 | 79 | 205 | 42 |
| 5 | Bread & Butter Pudding with Custard | 100g | 726 (174Cal) | 5.4 | 6.5 | 3.6 | 22.7 | 16.6 | 0 | - | 102 | 0 | - |
| | | 150g | 1089 (261Cal) | 8.1 | 9.8 | 5.4 | 34 | 24.9 | 0 | - | 153 | 0 | - |
| 6 | Carrot Cake | 100g | 1263 (303Cal) | 6.3 | 14.2 | 1.3 | 40.6 | 23.7 | 1.3 | 16 | 189 | 0 | 0 |
| | | 130g | 1642 (394Cal) | 8.2 | 18.5 | 1.7 | 52.8 | 30.8 | 1.7 | 20.8 (12%RDI) | 246 | 0 | 0 |
| 7 | Choc Walnut Banana Loaf | 100g | 1500 (360Cal) | 5.5 | 18 | 3 | 43.1 | 25.2 | 1.7 | - | 288 | 0 | - |
| | | 155g | 2325 (558Cal) | 8.5 | 27.9 | 4.7 | 66.8 | 39.1 | 2.6 | - | 446 | 0 | - |
| 8 | Chocolate Eclairs | 100g | 1050 (252Cal) | 2 | 18.7 | 12.3 | 18.8 | 3.4 | 0.3 | 7.1 | 21 | 76 | 47 |
| | | 100g | 1050 (252Cal) | 2 | 18.7 | 12.3 | 18.8 | 3.4 | 0.3 | 7.1 (4%RDI) | 21 | 76 | 47 (5%RDI) |
| 9 | Chocolate Fudge Cake with Custard | 100g | 1116 (268Cal) | 4 | 11.6 | 3.3 | 35.8 | 25.6 | 1.3 | - | 179 | 0 | - |
| | | 160g | 1786 (428Cal) | 6.4 | 18.6 | 5.3 | 57.3 | 41 | 2.1 | - | 286 | 0 | - |
| 10 | Chocolate Mousse - GF | 100g | 828 (199Cal) | 3.4 | 8.7 | 5.5 | 26.2 | 25.1 | 0.5 | 5.8 | 60 | 195 | 110 |

| | | | | | | | | | | | | | |
|----|---|------|------------------|-----|------|-----|------|------|-----|------|-----|-----|-----|
| | | | 1007 (242Cal) | 7.2 | 12.6 | 2.2 | 21.8 | 21.8 | 5.6 | 15.2 | 52 | 190 | 266 |
| 18 | Sponge with Passionfruit Meringue | 100g | 1080 (259Cal) | 6.5 | 3.9 | 1.3 | 49.4 | 32.6 | 1.4 | - | 78 | 62 | - |
| | | 125g | 1350 (324Cal) | 8.1 | 4.9 | 1.6 | 61.8 | 40.8 | 1.8 | - | 98 | 78 | - |
| 19 | Sticky Date With Custard | 100g | 803 (193Cal) | 3.6 | 5.1 | 1.8 | 33 | 23.9 | 0.3 | - | 190 | 34 | - |
| | | 160g | 1285 (308Cal) | 5.8 | 8.2 | 2.9 | 52.8 | 38.2 | 0.5 | - | 304 | 54 | - |

Sides

| | Name | Serving | Energy (kj) | Protein (g) | Fat (g) | Saturated (g) | Carbohydrates (g) | Sugar (g) | Fibre (g) | Folate (ug) | Sodium (mg) | Potassium (mg) | Phosphorus (mg) |
|---|---|---------|------------------|----------------|------------|------------------|----------------------|--------------|--------------|------------------|----------------|-------------------|--------------------|
| 0 | Baked Vegetable Pack | 100g | 220 (53Cal) | 1.8 | 0.5 | 0.1 | 8 | 3.3 | 2.2 | 25.7 | 145 | 313 | 37 |
| | | 300g | 660 (158Cal) | 5.4 | 1.5 | 0.3 | 24 | 9.9 | 6.6 | 77.1 (40%RDI) | 435 | 939 | 110 (11%RDI) |
| 1 | Chicken & Corn Soup | 100g | 247 (59Cal) | 4.5 | 1.3 | 0.3 | 6.9 | 4.3 | 0.9 | 7.8 | 195 | 128 | 97 |
| | | 300g | 741 (178Cal) | 13.5 | 3.9 | 0.9 | 20.7 | 12.9 | 2.7 | 23.4 (12%RDI) | 585 | 384 | 290 (29%RDI) |
| 2 | Chicken & Mushroom Puff Pastry Triangle | 100g | 1160 (278Cal) | 22.8 | 13.3 | 2.7 | 23.9 | 4.3 | 0.4 | 23 | 240 | 166 | 178 |
| | | 150g | 1740 (417Cal) | 34.2 | 20 | 4.1 | 35.8 | 6.4 | 0.6 | 34.5 (17%RDI) | 360 | 249 | 267 (27%RDI) |
| 3 | Chickpea, Tomato & Chorizo Soup | 100g | 219 (53Cal) | 2.5 | 1.9 | 0.4 | 5.3 | 1.5 | 0 | - | 181 | 0 | - |
| | | 300g | 657 (158Cal) | 7.5 | 5.7 | 1.2 | 15.9 | 4.5 | 0 | - | 543 | 0 | - |

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|----|--|--------------|--------------------------------------|-------------|--------------|------------|--------------|-------------|------------|--------------------------|------------|------------|------------------------|
| | &Spinach Frittata | 240g | 459 (110Cal) 1102 (264Cal) | 4.7 11.3 | 5.5 13.2 | 3.1 7.4 | 10.1 24.2 | 2.1 5 | 0.7 1.7 | 19 45.6 (23%RDI) | 233 559 | 205 492 | 253 607 (61%RDI) |
| 12 | Rich Beef &Vegetable Soup | 100g 300g | 270 (65Cal) 810 (194Cal) | 7.5 22.5 | 1.4 4.2 | 0.2 0.6 | 5.3 15.9 | 0.9 2.7 | 0.4 1.2 | 8 24 (12%RDI) | 145 435 | 71 213 | 47 141 (13%RDI) |
| 13 | Special Fried Rice | 100g 300g | 781 (187Cal) 2343 (562Cal) | 3.2 9.6 | 10 30 | 0.8 2.4 | 20.6 61.8 | 1.2 3.6 | 0.5 1.5 | - - | 152 456 | 65 195 | - - |
| 14 | Spinach &Cheese Puff Pastry Triangle | 100g 150g | 1110 (266Cal) 1665 (399Cal) | 6.3 9.4 | 12.6 18.9 | 1.1 1.7 | 23.6 35.4 | 2 3 | 0.8 1.2 | 23 34.5 (17%RDI) | 343 514 | 166 249 | 178 267 (27%RDI) |
| 15 | Vegetable Gratin | 100g 300g | 247 (59Cal) 741 (178Cal) | 3.3 9.9 | 1.6 4.9 | 0.5 1.4 | 6.9 20.7 | 3.7 11.1 | 1.5 4.6 | 27.2 81.6 (41%RDI) | 116 348 | 239 717 | 74 222 (23%RDI) |

Economy

| | Name | Serving | Energy (kJ) | Protein (g) | Fat (g) | Saturated (g) | Carbohydrates (g) | Sugar (g) | Fibre (g) | Folate (ug) | Sodium (mg) | Potassium (mg) | Phosphorus (mg) |
|---|----------------------------------|--------------|------------------------------------|----------------|-------------|------------------|----------------------|--------------|--------------|--------------------------|----------------|-------------------|-----------------------|
| 0 | Economy - Beef Diane | 100g 360g | 412 (99Cal) 1483 (356Cal) | 7.6 27.4 | 2.9 10.4 | 1 3.6 | 10.7 38.6 | 1.9 6.9 | 1.9 6.8 | 22.4 80.6 (40%RDI) | 68 244 | 202 728 | 90 324 (32%RDI) |
| 1 | Economy - Hickory BBQ Beef | 100g 360g | 294 (70Cal) | 6.7 | 1.5 | 0.4 | 7.5 | 3.3 | 1.7 | 19.6 | 44 | 274 | 67 |

| | | | | | | | | | | | | | |
|---|--|------------------|---|-----------------|-----------------|----------------|------------------|----------------|----------------|------------------------------|----------------|----------------|----------------------------|
| | | | 1057 (254Cal) | 24.1 | 5.5 | 1.3 | 26.8 | 11.7 | 6.2 | 70.4 (35%RDI) | 157 | 986 | 241 (24%RDI) |
| 2 | Economy - Lamb & Almond Curry | 100g 360g | 378 (91Cal) 1360 (326Cal) | 6.9 24.9 | 2.6 9.3 | 0.7 2.5 | 10.5 37.7 | 2.5 8.9 | 1.6 5.7 | 12.7 45.9 (23%RDI) | 82 294 | 205 739 | 70 251 (25%RDI) |
| 3 | Economy - Potato & Spinach Oat Cakes | 100g 350g | 421 (101Cal) 1472 (353Cal) | 4.9 17 | 4.3 15.2 | 1.3 4.5 | 10.4 36.3 | 2.4 8.5 | 2.2 7.8 | 24.6 86 (43%RDI) | 266 931 | 200 700 | 66 230 (23%RDI) |
| 4 | Economy - Quiche Lorraine | 100g 320g | 553 (133Cal) 1771 (425Cal) | 6.8 21.8 | 5.6 17.8 | 2 6.4 | 13.8 44 | 1.3 4.2 | 1.1 3.5 | 20.9 67 (33%RDI) | 252 806 | 225 721 | 88 283 (28%RDI) |
| 5 | Economy - Satay Lamb | 100g 360g | 441 (106Cal) 1588 (381Cal) | 7.5 27.2 | 4.1 14.7 | 0.7 2.5 | 9.8 35.2 | 2.7 9.8 | 1.8 6.5 | 22 79.3 (40%RDI) | 38 138 | 196 705 | 102 368 (37%RDI) |
| 6 | Economy - Spinach & Diced Lamb Lasagne | 100g 380g | 385 (92Cal) 1462 (351Cal) | 6.4 24.3 | 3.2 12 | 1.2 4.7 | 9.6 36.6 | 2 7.6 | 1.7 6.4 | 25.5 96.9 (48%RDI) | 78 298 | 221 840 | 84 319 (32%RDI) |
| 7 | Economy - Chicken Cajun Casserole | 100g 360g | 340 (82Cal) 1225 (294Cal) | 6 21.6 | 2 7.2 | 0.3 1.3 | 10.2 36.6 | 0.7 2.6 | 1.1 4.1 | 19.1 68.9 (34%RDI) | 29 106 | 120 432 | 65 235 (23%RDI) |
| 8 | Economy - Chicken Chasseur | 100g 360g | 295 (71Cal) 1062 (255Cal) | 5.9 21.2 | 2.3 8.3 | 0.3 1.3 | 6 21.6 | 1.6 5.8 | 1.7 6.2 | 22.7 81.8 (41%RDI) | 88 319 | 236 849 | 65 234 (23%RDI) |

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|----|---------------------------------|--------------|------------------------------------|-------------|------------|------------|--------------|-------------|------------|--------------------------|-----------|------------|-----------------------|
| | | | | | | | | | | | | | |
| 9 | Economy - Red Curry Chicken | 100g 360g | 369 (89Cal) 1329 (319Cal) | 5.8 20.8 | 2.7 9.6 | 0.6 2 | 10.7 38.4 | 3.2 11.4 | 1.2 4.3 | 13.2 47.5 (24%RDI) | 46 165 | 189 679 | 59 213 (21%RDI) |
| 10 | Economy - Turkey Provencale | 100g 360g | 406 (97Cal) 1461 (350Cal) | 8.6 30.8 | 2.2 8 | 0.6 2 | 11.1 40 | 1.3 4.5 | 1.8 6.6 | 20 71.9 (36%RDI) | 46 167 | 158 569 | 79 285 (28%RDI) |
| 11 | Economy - Sweet Vegetable Curry | 100g 370g | 307 (74Cal) 1137 (273Cal) | 3 11.1 | 1.7 6.1 | 0.1 0.4 | 11.5 42.5 | 2 7.4 | 2.3 8.4 | 23.4 86.7 (43%RDI) | 61 225 | 194 717 | 50 184 (18%RDI) |