

Large Meals - Nutritional Information

Number	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
001	Beef Casserole	400	399	1669	26	15.2	4.7	40.6	9.3	735	6.4
002	Honey Soy Chicken	340	400	1673	30.2	10.1	2.5	45.7	10.8	630	3.9
005	Peppercorn Beef	360	365	1525	26	12	2.5	36.4	7.8	611	6.4
006	Beef Stroganoff	360	418	1746	30.5	12.8	4.9	40.3	6.5	712	5.6
007	Cottage Pie	400	418	1746	29.4	14.6	5.8	40.9	10.7	853	6.4
008	Corned Beef	360	332	1388	29.5	13.2	4.6	30.1	5.4	1005	4.3
010	Beef Rissoles	360	413	1725	19.5	20.7	9.4	39.8	10.8	721	7
016	Chicken Curry	400	469	1961	26.6	16.7	5.3	52	7.5	529	7
034	Spaghetti Bolognese	400	419	1753	26	12.5	4.4	47.5	10.7	1091	6
040	Lamb Bourguignon	400	352	1473	25.3	15.5	6.1	33.8	10.7	563	6.8
043	Lamb Roast	360	307	1282	18.2	11.9	4.5	26.8	6.8	871	5.8
048	Pork Roast	360	284	1185	23.7	5.7	1.2	36.3	6.8	472	6.4
051	Sausage Onion Gravy	400	431	1802	29.7	20	6	37.4	4.8	1365	5.9
059	Barramundi Lemon Dill	360	411	1718	31.7	13	6.3	42.6	3.7	808	3.4

Regular Meals - Nutritional Information

Number	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
218	Chicken Curry	300	343	1432	21.2	10.7	4.1	39.4	5.8	646	5
220	Barramundi Fillet	300	276	1155	23.5	8	4	22.6	4.3	584	3.9
224	Spaghetti Bolognese	280	319	1334	19.7	8	3.6	37.6	6.8	1079	4.1
227	Vegetable Bake	300	386	1613	17.3	29.2	13.9	13.7	9.9	936	5.2
231	Lamb Casserole	300	283	1185	21.3	10.8	3.2	25.9	4	573	4.9
233	Beef Casserole	300	304	1269	21	10.2	3.6	31.2	5.2	540	4.6
234	Sweet & Sour Chicken	300	376	1573	23.8	2.8	0.7	62	15	570	2.7
235	Beef Stroganoff	300	341	1425	22.8	7.2	3.9	44.7	4.8	600	3.7
237	Lamb Curry	300	414	1729	24.2	19	9.5	34.9	5.7	336	6.6
238	Cottage Pie	300	294	1231	21.8	10	2.8	26.3	7.8	695	4.7
239	Chicken Mushroom	300	348	1455	22.2	14.8	6.2	31.3	3.1	560	3.7
241	Beef Pot Roast	280	263	1098	20.8	6	1.3	30	5.2	480	4.4
242	Lamb Roast	280	208	868	13.2	7.3	3.1	22.1	5	644	5.3
243	Pork Roast	280	216	902	18.3	3.8	0.8	29.1	5.4	357	5.3
244	Chicken Mango	280	247	1031	20.6	9	2.4	18.2	8.7	331	5.5
251	Steak & Kidney	300	295	1231	25.9	7.7	1.6	21.2	4.6	507	4.2
253	Beef Rissoles	300	314	1313	13.6	14.2	6.5	35.5	9.2	549	5.9
254	Corned Beef	280	253	1056	22.7	7.6	3.1	23	4.5	784	3.6
255	Chicken Florentine	280	291	1214	19.1	14.3	5.1	18.3	6.9	394	3.8
256	Mince & Potato Bake	280	258	1079	20.6	8.8	4.5	20.3	8.4	836	4.4
257	Turkey Stir Fry	250	305	1273	16.7	11.8	2.8	29.7	6.6	469	3.4
258	Chicken Casserole	280	218	913	17.4	6.3	1.4	18.2	8.8	613	4.6
260	Honey Soy Chicken	260	310	1296	23.3	7.7	1.9	35.6	9.3	558	2.7
266	Curry Prawns	280	362	1513	21.4	14.2	5.1	35.4	5.5	665	5.5

Soups & Desserts - Nutritional Information

Number	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
091	Pumpkin Soup	180	60	251	1.2	2.8	1.7	6.3	5.4	158	2.3
092	Vegetable Soup	180	78	326	3.2	2.2	1.3	10.1	3	268	3.2
093	Ham & Pea Soup	180	138	578	8.2	3.1	0.3	19.9	3.4	237	8
094	Potato & Leek Soup	180	108	450	2.7	5.4	2	10.6	3.2	235	2
107	Fried Rice	160	222	927	6.5	4.5	1.2	37.4	2.8	284	2
170	B & B Pudding	170	442	1847	9.3	26.4	14.6	41.6	32.5	181	2.9
171	Strawberry cheesecake	140	468	1957	6.2	29.1	18	45.8	36.4	129	0.2
172	Tiramisu	140	401	1675	7.7	30	18.6	33.7	30.2	180	0.1
173	Apple Crumble	180	300	1253	1.8	13	6.5	41.7	26.8	8	5.2
182	Sticky Date Pudding	160	458	1914	5.6	17.4	7.9	67.2	51.4	453	3
187	Strawberry Pavlova	120	279	1167	2.3	14.6	9.2	35.4	33.1	26	1