

Gourmet Meals - Nutritional Information

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
50	Creamy Rissoles	365	627	2619	25.0	41.0	17.7	41.5	7.3	1302	4.8
52	Bangers & Mash	380	454	1899	20.2	23.4	6.9	42.0	6.1	1530	5.5
53	BBQ Sausages	360	591	2471	25.0	30.9	12.8	55.9	12.0	2052	6.6
54	Spaghetti Meatballs	375	559	2335	25.2	24.5	11.4	58.1	11.7	1359	4.8
55	Chicken Parmigiana	350	482	2015	29.4	19.4	7.3	65.9	10.3	1281	6.8
56	BBQ Chicken	340	508	2125	31.9	25.7	7.0	38.4	11.9	822	7.7
57	Salmon Chive Sauce	330	380	1590	33.1	18.2	9.0	26.8	2.8	837	3.0
58	Whiting & Wedges	350	495	2069	27.5	13.0	5.6	64.2	9.5	1089	6.9
59	Barramundi Lemon Butter	360	436	1822	29.8	15.1	6.8	43.2	4.2	569	2.9

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
217	Butter Chicken	300	486	2031	25.3	20.1	10.6	44.5	11.1	923	3.3
220	Barramundi	285	286	1197	25.2	12.3	5.7	23.2	4.0	518	3.2
225	Spaghetti Bolognese	300	381	1591	25.0	11.7	4.9	41.3	7.0	750	5.0
231	Lamb Casserole	310	297	1240	25.1	11.9	3.5	29.7	6.0	745	4.8
233	Beef Casserole	300	296	1238	25.0	7.2	1.3	33.6	7.5	634	4.7
234	Sweet & Sour Chicken	315	371	1551	25.0	6.5	0.9	47.0	15.6	661	2.2
235	Beef Stroganoff	300	376	1573	25.5	12.3	5.3	37.8	6.8	731	3.0
236	Curried Sausage	280	440	1840	14	24	9.8	41.3	8.7	1108	4.0
238	Cottage Pie	300	372	1555	25.0	13.6	4.1	36.3	8.0	779	6.5
240	Farmers Pie	280	478	1999	19.4	30.4	12.1	31.1	4.2	1200	2.4
241	Slow Cooked Beef	290	314	1313	26.1	12	2	36	8	1337	5
242	Lamb Roast	285	362	1514	25.3	19.4	7.3	24.1	6.1	786	5.3
243	Pork Roast	290	326	1362	25.1	15.7	5.5	32.3	7.4	908	5.6
245	Roast Chicken Breast	300	288	1205	25.0	9.3	3.9	29.3	4.2	929	4.0
250	Garlic Prawns	300	346	1446	20.2	11.5	5.3	36.0	3.2	1423	3.0
251	Steak & Kidney	300	310	1296	29.1	7.7	1.6	31.1	5.2	638	4.4
253	Beef Rissoles	300	476	1989	20.1	28.4	11.9	38.7	9.4	1067	4.9

254	Corned Beef	300	375	1567	25.4	16.6	6.4	30.8	4.9	1132	4.1
256	Mince & Potato Bake	300	358	1495	25.1	13.9	6.8	37.5	7.3	778	6.1
260	Honey Soy Chicken	300	411	1717	25.5	12.5	3.0	45.5	9.8	926	2.7
266	Curry Prawns	300	374	1565	20.5	10.6	4.4	43.5	8.5	897	3.2
436	Vegetable Mornay	280	330	1380	10.1	21.8	12	23.5	6.9	659	6.3

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
091	Pumpkin Soup	180	50	209	1.1	1.5	0.9	7.6	5.6	302	3.7
092	Vegetable Soup	180	87	364	4.1	1.5	0.8	15.2	4.0	432	4.4
093	Ham & Pea Soup	180	139	581	8.2	3.0	0.3	20.8	3.5	320	8.0
094	Potato & Leek Soup	200	124	520	4.0	4.4	1.3	19.0	5.8	465	3.7
107	Fried Rice	160	243	1016	4.3	4.7	1.2	42.3	2.9	408	1.6

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
170	B & B Pudding	170	438	1829	8.2	26.9	15.1	40.5	30.9	132	3.2
171	Strawberry cheesecake	140	484	2025	5.9	29.0	18.7	50.9	40.2	196	0.3
172	Tiramisu	140	440.6	1841.9	7.5	28.7	18.7	38.5	34.1	184.3	0.1
173	Apple Crumble	180	352.2	1472.2	2.3	14.1	7.1	54.4	38.2	11.9	4.7
181	Sticky Date & Custard	160	357.2	1492.9	4.0	14.4	8.1	53.4	41.1	328.6	1.4
186	Fruit Pavlova	130	271	1133	2.5	13.3	8.5	34.4	32.0	23	3.1

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
581	Brown Rice Vegetable Patties	350	392	1640	11.1	16.0	1.6	52.3	11.3	1001	10.3
582	Creamy Pesto Pasta	350	690	2885	16	48	19	48	8	1002	4
585	Mushroom Casserole	360	303	1266	8.3	13.0	3.7	40.1	6.3	629	8.0
586	Spaghetti Veganaise	375	393	1642	20.2	9.1	2.0	52.7	12.9	1093	8.6
587	Coconut Dahl	370	563	2354	18.1	13.4	5.6	100.7	26.1	705	16.3
588	Vegetarian Parmi	360	556	2322	22.2	33.1	6.7	45.5	8.0	1364	12.8

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
F560	Lamb Roast Pureed	350	297	1241	19.0	12.0	4.3	29.6	7.4	643	5.4
F561	Chicken Mushroom Pureed	350	342	1428	28.0	10.2	4.9	30.8	8.9	451	7.6
F562	Roast Beef Pureed	350	261	1091	19.0	8.2	1.1	32.7	7.5	826	6.4
F563	Corned Beef Pureed	350	304	1271	19.0	13.4	5.5	24.7	3.7	798	4.3
F564	Roast Chicken Pureed	350	285	1190	20.1	3.9	1.1	39.2	7.7	404	7.5
F565	Lamb Casserole Pureed	350	332	1388	28.2	13.7	6.2	34.5	7.4	578	4.7
F566	Cottage Pie Pureed	350	347	1452	24.4	12.1	2.9	34.8	8.2	548	6.5
F567	Pork Roast Pureed	350	272	1137	23.6	7.5	3.3	35.2	7.8	587	6.3
F568	Barramundi Pureed	350	320	1337	20.4	13.6	6.7	29.9	4.9	1044	4.2