

NUTRITIONAL INFORMATION

LARGE MEALS

No	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
050	Creamy Rissoles	360	498	2081	19.6	28.5	12.9	40.9	7.6	1091	6.1
052	Bangers & Mash	380	459	1919	20.5	23.4	6.9	43.5	5.9	1412	5.4
053	BBQ Sausages	360	385	1609	20.9	17.4	10.1	41.7	11.5	1515	5.5
054	Spaghetti Meatballs	370	551	2301	25.9	22.6	10.9	58.1	8.1	1313	5.7
055	Chicken Parmigiana	350	483	2018	25.0	22.1	8.1	49.2	8.3	1272	7.5
056	BBQ Chicken	340	488	2042	28.5	14.1	3.4	44.1	17.4	734	6.2
057	Salmon Chive Sauce	330	368	1539	31.4	17.4	7.9	26.5	2.9	836	3.0
058	Whiting & Wedges	350	490	2049	26.5	12.7	5.1	64.5	9.6	1367	6.9
059	Barramundi Lemon Butter	360	463	1937	33.2	14.9	6.8	48.5	3.9	789	3.5

REGULAR MEALS

No	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
217	Butter Chicken	280	443	1852	24.7	16.5	8.6	45.4	10.4	931	4.4
220	Barramundi	300	279	1168	23.9	11.4	5.3	24.2	4.3	519	4.0
225	Spaghetti Bolognese	280	319	1332	18.1	8.4	3.3	40.4	5.0	657	4.3
227	Vegetable Bake	300	400	1673	16.8	29.7	13.8	17.3	9.7	913	5.1
231	Lamb Casserole	300	294	1229	18.5	10.7	3.0	32.8	5.3	584	5.4
233	Beef Casserole	300	352	1472	19.1	15.9	3.7	34.3	6.9	553	5.0
234	Sweet & Sour Chicken	300	396	1654	23.7	7.3	0.9	56.9	19.2	553	2.8
235	Beef Stroganoff	300	373	1559	23.3	9.3	4.4	41.4	7.5	679	4.0
236	Curried Sausage	280	342	1429	11.6	15.4	7.4	40.5	8.7	873	4.2
238	Cottage Pie	300	337	1410	17.9	12.9	4.2	37.9	8.6	660	4.8
240	Farmer's Pie	280	478	1999	19.4	30.4	12.1	31.1	4.2	1200	2.4
241	Slow Cooked Beef	280	252	1053	14.3	6.9	1.3	33.6	5.9	448	4.5
242	Lamb Roast	280	233	975	13.2	8.5	3.1	23.1	6.1	680	5.7
243	Pork Roast	280	221	923	18.1	4.0	0.9	30.3	5.2	434	5.6
245	Roast Chicken Breast	280	262	1095	21.2	8.4	3.0	29.4	4.3	966	3.8
251	Steak & Kidney	300	331	1385	25.2	12.5	3.3	30.1	4.4	465	4.8
253	Beef Rissoles	300	334	1398	14.0	14.5	6.6	40.0	10.1	746	6.8
254	Corned Beef	280	314	1313	20.4	13.9	4.6	28.6	3.8	1164	3.5
256	Mince & Potato Bake	280	292	1221	18.0	10.5	5.0	36.3	8.2	645	4.5
260	Honey Soy Chicken	260	367	1534	24.8	11.7	3.3	39.2	9.6	566	2.6
266	Curry Prawns	280	344	1437	14.3	10.4	4.1	42.7	7.3	720	3.8

VEGETARIAN / VEGAN

No	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
581	Brown Rice Vegi Patties	350	335	1399	13.3	8.0	0.8	52.4	11.3	814	9.3
585	Mushroom Casserole	350	357	1491	9.7	18.6	6.7	38.8	5.8	720	8.8
586	Spaghetti Veganaise	350	420	1756	14.8	16.2	2.3	48.4	7.9	896	8.9
587	Coconut Dahl	350	561	2345	17.3	15.7	5.6	91.8	24.6	517	14.5
588	Vegetable Parmi	350	492	2056	20.5	28.2	7.1	42.1	6.9	1408	12.4
589	Creamy Meatballs	350	474	1982	17.8	26.4	4.6	40.1	6.2	609	10.6

SOUPS & SIDES

No	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
091	Pumpkin Soup	180	60	251	1.2	2.7	1.5	7.5	5.4	158	2.3
092	Vegetable Soup	180	84	352	3.4	2.4	1.2	13.4	3.6	293	3.2
093	Ham & Pea Soup	180	138	578	8.2	3.1	0.3	20.7	3.4	237	8.0
094	Potato and Leek Soup	180	108	450	2.7	5.2	1.8	15.1	2.4	235	2.0
107	Fried Rice	160	242	1012	7.3	4.7	1.2	42.3	2.8	313	2.1

DESSERTS

No	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
170	Bread & Butter Pudding	170	443	1854	9.2	25.8	13.3	42.1	32.6	182	2.9
171	Strawberry Cheesecake	140	461	1926	5.4	27.5	16.9	45.9	36.5	140	0.2
172	Tiramisu	140	425	1778	7	28.2	17.4	34.1	30.3	197	0.1
173	Apple Crumble	180	351	1469	2.2	14	7.1	52	35.7	10	4.6
182	Sticky Date Pudding	160	475	1986	5.8	18.2	8.3	71.3	54.2	453	3
186	Fruit Pavlova	130	281	1174	2.9	16.6	9.7	28.2	26.0	30	2.2