

Sweet and Sour Lamb

Juicy spring lamb in a tangy sauce with garden vegetables.

Ingredients

Rice, sauce [Sugar, Thickener (1442), Dehydrated Vegetables, Acidity Regulators (262, 330), Maltodextrin (Maize), Hydrolysed Vegetable Protein, Yeast Extract, Herbs & Spices, Vegetable Extract, Flavour], lamb 20% [lamb, salt, soy protein, brown sugar, stabilizer (450,451), herbs and spices], pineapple, canola oil, peas, carrots

Allergens

Contains soy, sulphite

Manufactured in premises that process gluten, dairy, egg, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.
No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Nutrition information - 5 serve

Sweet and Sour
Lamb

Serves per pack	1
Net weight:	90 g
Preparation	Add 250 ml water
Serving size:	340 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1563 kJ	460 kJ	18%
		376 Cal	111 Cal	
Protein		12.6 g	3.7 g	25%
Fat	-total	11.3 g	3.3 g	16%
	-saturated	3.5 g	1.0 g	14%
Carbohydrate	-total	55.5 g	15.3 g	18%
	-sugars	25.0 g	7.4 g	40%
Dietary Fibre		3.2 g	0.9 g	11%
Sodium		250 mg	73 mg	11%
Potassium		325 mg	95.6 mg	16%
Calcium		31 mg	9.1 mg	4%
Iron		1 mg	0.4 mg	21%
Zinc		3 mg	0.8 mg	23%
Vitamin C		19 mg	5.6 mg	48%
Thiamin		0.2 mg	0.0 mg	20%

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		Per serve	Per 100g	% Rec Daily intake
Energy		1628 kJ	525 kJ	19%
		390 Cal	126 Cal	
Protein		18.7 g	6.0 g	37%
Fat	-total	14.6 g	4.7 g	21%
	-saturated	4.5 g	1.5 g	19%
Carbohydrate	-total	46.6 g	15.0 g	15%
	-sugars	23.8 g	4.6 g	23%
Dietary Fibre		2.6 g	0.8 g	9%
Sodium		1236 mg	398 mg	54%
Potassium		335 mg	107.9 mg	17%
Calcium		34 mg	11.0 mg	4%
Iron		2 mg	0.8 mg	34%
Zinc		4 mg	1.4 mg	36%
Vitamin C		57 mg	18.5 mg	144%
Thiamin		0.1 mg	0.0 mg	14%

Honey Soy Chicken

Sweet and spicy blend of rice, chicken and vegetables.

Ingredients

Rice, sauce [Sugar, Modified Starch (1442), Maltodextrin (Maize), Hydrolysed Vegetable Protein (Maize), Dehydrated Vegetables, Flavouring (Flavour Enhancer (635)), Colour (150d), Honey Powder (0.1%), Honey Flavour]Chicken, [Chicken, Soy Protein, Salt, Stabiliser (450, 451)], Carrot, Onion, Peas, Canola Oil, Green Beans, Red Pepper.

Allergens

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Nutrition information - 1 serve
Nutrition information - 2 serve
Nutrition information - 5 serve

Honey Soy Chicken

Serves per pack	1
Net weight:	90 g
Preparation	Add 250 ml water
Serving size:	340 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1540 kJ	455 kJ	18%
		367 Cal	108 Cal	
Protein		14.8 g	4.4 g	32%
Fat	-total	12.1 g	3.6 g	17%
	-saturated	2.5 g	0.8 g	11%
Carbohydrate	-total	51.2 g	15.2 g	17%
	-sugars	17.7 g	5.2 g	35%
Dietary Fibre		4.5 g	1.3 g	15%
Sodium		702 mg	208 mg	35%
Potassium		586 mg	172.3 mg	29%
Calcium		47 mg	14.0 mg	6%
Iron		2 mg	0.5 mg	24%
Zinc		3 mg	0.9 mg	24%
Vitamin C		63 mg	18.6 mg	158%
Thiamin		0.2 mg	0.1 mg	21%

Mexican Pita Bites

Freeze dried pita bites served with a hot or cold tomato flavoured topping.

Ingredients

Pita Bites:[Wheat flour, water, vegetable oils [antioxidant (306)], sugar, iodised salt, vegetable gum (412), food acid (297, 200), mineral salts (450,500), preservative (282,202), emulsifier (471), corn starch, spinach and garlic flavour (spinach, garlic, basil, parsley)], tomato, kidney beans, corn, green pepper, onion, Savoury sauce [Dehydrated Vegetables, Thickener (1442), maltodextrin (Maize), Herbs & Spices, Hydrolysed Vegetable Proteins (Maize, Soy), Sugar, Salt, Acidity Regulator (296), Yeast Extract, Vegetable Oil (Soy)].

Allergens

Contains Gluten Cereal

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Nutrition information - 1 serve

Mexican Pita Bites				
Serves per pack		1		
Net Weight:		90g		
Preparation		Add 100mls cold or hot water to filling pack. Spread filling onto pita bites and serve.		
Serving Size:		190g		
Nutrition Information				
		Per serve	Per 100g	
Energy		1400kj	651kj	
		334kcal	155kcal	
Protein		8.5g	4.0g	
Fat		-total	7.0g	3.3g
		-saturated	2.5g	1.2g
Carbohydrate		-total	55.1g	25.6g
		-sugars	12.3g	5.7g
Sodium		984mg	458mg	

Pasta Vegetariano

Pasta, beans, tomatoes and olives in a tasty Italian sauce.

Ingredients

Pasta [durum wheat flour], sauce [Dehydrated Vegetables, Thickener (1442), maltodextrin (Maize), Herbs & Spices, Hydrolysed Vegetable Proteins (Maize, Soy), Sugar, Salt, Acidity Regulator (296), Yeast Extract, Vegetable Oil (Soy)], kidney beans, haricot beans, canola oil, tomato, olives, onion, green peppers.

Allergens

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Nutrition information - 2 serve
Nutrition information - 5 serve

Pasta Vegetariano

Serves per pack	1
Net weight:	90 g
Preparation	Add 220 ml water
Serving size:	310 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1522 kJ	491 kJ	17%
		365 Cal	118 Cal	
Protein		11.7 g	3.8 g	23%
Fat	-total	10.2 g	3.3 g	15%
	-saturated	1.0 g	0.3 g	4%
Carbohydrate	-total	56.7 g	18.3 g	18%
	-sugars	11.0 g	3.5 g	18%
Dietary Fibre		7.7 g	2.5 g	26%
Sodium		878 mg	282 mg	38%
Potassium		827 mg	266.6 mg	41%
Calcium		86 mg	27.8 mg	11%
Iron		3 mg	0.9 mg	40%
Zinc		2 mg	0.6 mg	15%
Vitamin C		94 mg	30.3 mg	235%
Thiamin		0.3 mg	0.1 mg	36%

Wheatflakes and Fruit Salad					
Serves per pack	1				
Net Weight:	90g				
Preparation	Add 250 mls water				
Serving size:	340 g				
Nutrition Information					
		Per Serve	Per 100 g	% Rec Daily intake	
Energy		1483 kJ	436 kJ	17%	
		354 cal	104 cal		
Protein		10.6g	3.1g	21%	
Fat	-total	6.5g	1.9g	9%	
	-saturated	3.9g	1.2g	16%	
Carbohydrate	-total	60.6g	17.8g	20%	
	-sugars	26.6g	7.8g	43%	
Dietary Fibre		6.3g	1.9g	21%	
Sodium		305mg	89 mg	13%	
Potassium		552mg	162.4mg	28%	
Calcium		216mg	63.5mg	27%	
Iron		2mg	0.6mg	27%	
Zinc		2mg	0.6mg	16%	
Vitamin C		4mg	1.2mg	10%	
Thiamin		0.1mg	0.0mg	17%	

	Per Serve	Per 100 g	% Rec Daily intake
Energy	1438 kj	685 kj	17%
	328 Cal	156 Cal	
Protein	10.4 g	5.0 g	22%
Fat	10.1 g	4.8 g	15%
	2.2 g	1.2 g	11%
Carbohydrate	49.0 g	27.6 g	17%
	31.2 g	17.6 g	52%
Dietary Fibre	5.4 g	2.6 g	18%
Sodium	317 mg	178 mg	5%
Potassium	474 mg	225.8 mg	24%
Calcium	207 mg	98.7 mg	26%
Iron	3 mg	1.3 mg	40%
Zinc	1 mg	0.4 mg	8%
Vitamin C	7 mg	3.4 mg	18%
Thiamin	0.3 mg	0.2 mg	39%

		Per serve	Per 100g
Energy		1820kj	728kj
		434cal	173cal
Protein		12.3g	4.9g
Fat	-total	25.9g	10.3g
	-saturated	9.9g	4.0g
Carbohydrate	-total	36.4g	14.6g
	-sugars	5.2g	2.1g
Sodium		779g	311g

		Per Serve	Per 100 g	% Rec Daily intake
Energy		1393 kj	410 kj	16%
		335 Cal	99 Cal	
Protein		11.2 g	3.3 g	22%
Fat	-total	8.6 g	2.5 g	12%
	-saturated	3.0 g	0.9 g	13%
Carbohydrate	-total	53.0 g	15.6 g	17%
	-sugars	20.5 g	6.0 g	33%
Dietary Fibre		7.0 g	2.1 g	23%
Sodium		188 mg	61 mg	8%
Potassium		610 mg	179.4 mg	31%
Calcium		186 mg	54.7 mg	23%
Iron		4 mg	1.3 mg	62%
Zinc		1 mg	0.3 mg	8%
Vitamin C		8 mg	2.2 mg	19%
Thiamin		0.4 mg	0.1 mg	47%

Roast Lamb and Vegetables

Oven baked lamb and mint gravy with vegetables and creamy mashed potato.

Ingredients

Lamb 24% [lamb, salt, soy protein, brown sugar, stabilizer (450, 451), herbs and spices], Sauce [Maltodextrin (Maize), Sugar, Thickener (1442), Whey Powder, Dehydrated Vegetables, Hydrolysed Vegetable Proteins (Maize), Herb & Spice, Yeast Extract], peas, corn, pumpkin. Potato: (Potato (contains emulsifier (471), stabiliser (450), sodium metabisulphite (223), antioxidants (304, 320)), canola oil, whole milk powder, sugar, salt, chives).

Allergens

Contains milk, soy, sulphite

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Nutrition information - 2 serve
Nutrition information - 5 serve

Roast Lamb and Vegetables

Serves per pack	1
Net weight:	90 g
Preparation	Add 240 ml water
Serving size:	330 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1597 kJ	484 kJ	18%
		382 Cal	116 Cal	
Protein		17.7 g	5.4 g	35%
Fat	-total	15.3 g	4.6 g	22%
	-saturated	5.3 g	1.6 g	22%
Carbohydrate	-total	43.1 g	13.1 g	14%
	-sugars	14.4 g	4.4 g	23%
Dietary Fibre		4.2 g	1.3 g	14%
Sodium		857 mg	260 mg	37%
Potassium		710 mg	215.1 mg	35%
Calcium		80 mg	24.2 mg	10%
Iron		2 mg	0.7 mg	35%
Zinc		3 mg	0.9 mg	25%
Vitamin C		22 mg	6.7 mg	55%
Thiamin		0.3 mg	0.1 mg	35%

Made from real ice-cream, strawberries, marshmallows and chocolate chips, this delicious dessert is Ambrosia and Rocky Road rolled into one.

Ice Cream [Whole milk powder, sugar, stabiliser (407)(466), flavour], chocolate [sugar, milk solids, cocoa butter, cocoa mass, emulsifiers (476), flavours], marshmallows [Glucose syrup, sugar, water, gelatine, dextrose monohydrate, flavour, colour(122), mineral salt(452), wheat starch, maize starch],

Contains gluten, milk

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Nutrition information - 2 serve

Strawberry Icecream Dessert

Serves per pack	2
Net weight:	150 g
Preparation	Add 180 ml water
Serving size:	165 g

Nutrition Information

		per serve	Per 100g	% Rec Daily intake
Energy		1590 kJ	482 kJ	17%
		379 Cal	115 Cal	
Protein		7.2 g	2.2 g	10%
Fat	-total	13.2 g	4.0 g	20%
	-saturated	9.3 g	2.8 g	37%
Carbohydrate	-total	52.6 g	15.9 g	16%
	-sugars	43.3 g	26.2 g	70%
Dietary Fibre		0.9 g	0.6 g	3%
Sodium		122 mg	37 mg	4%
Potassium		303 mg	183.3 mg	15%
Calcium		136 mg	82.3 mg	17%
Iron		1 mg	0.6 mg	13%
Zinc		1 mg	0.5 mg	7%
Vitamin C		16 mg	9.9 mg	41%
Thiamin		0.0 mg	0.0 mg	5%

Three Fruits Cheesecake Dessert			
Serves per pack	2		
Net weight:	150g		
Preparation	Add 150ml water		
Serving size:	300g		
Nutrition Information			
		Per serve	Per 100g
Energy		1950 kJ	2593 kJ
		464 cal	617 cal
Protein		6.4g	8.6g
Fat	-total	28.8g	38.4g
	-saturated	18.0g	24.0g
Carbohydrate	-total	46.0g	60.5g
	-sugars	38.1g	49.7g
Sodium		370mg	490mg

		Per serve	Per 100g	% Rec Daily intake
Energy		1323 kJ	529 kJ	15%
		314 Cal	126 Cal	
Protein		5.2 g	2.1 g	10%
Fat	-total	7.4 g	3.0 g	11%
	-saturated	4.3 g	1.7 g	18%
Carbohydrate	-total	56.7 g	22.7 g	18%
	-sugars	40.9 g	16.3 g	66%
Dietary Fibre		2.2 g	0.9 g	7%
Sodium		510 mg	204 mg	22%
Potassium		217 mg	86.9 mg	11%
Calcium		133 mg	53.1 mg	17%
Iron		1 mg	0.4 mg	13%
Zinc		1 mg	0.3 mg	6%
Vitamin C		2 mg	0.8 mg	5%
Thiamin		0.0 mg	0.0 mg	6%