

## 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

Net weight: 90 g

Preparation Add 250 ml

water

Serving size: 340 g

		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%



# Beef Teriyaki

Eastern style dish of beef, rice and vegetables in a soy flavoured sauce.

## Ingredients

Sauce [Sugar, Thickener (1442), Maltodextrin (Maize), Hydrolysed Vegetable Proteins (Maize, Soy), Colour (150d), Spices, Acidity Regulator (330), Dehydrated Vegetables, Soy Sauce, Flavour, Salt, Yeast Extract, Vegetable Oil (Soy, Canola)], Beef 28% [beef, salt, soy protein, stabilizer (450, 451), hydrolysed vegetable protein], rice, canola oil, green beans, onion, red pepper

#### Allergens

Contains soy, sulphite

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## Nutrition information - 1 serve

#### Nutrition information - 2 serve

#### Beef Teriyaki

Serves per pack 1

Net weight: 90

Preparation Add 220 ml

water

Serving size: 310

		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

Contains soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, 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

Honey Soy Chicken

Serves per pack 1

Net weight: 90 g

Preparation Add 250 ml

water

Serving size: 340 g

		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

Manufactured in premises that process gluten, dairy, egg, soy, 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.

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## Nutrition information - 1 serve

Mayisaa Dita Bitas			
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**

Contains gluten, soy, sulphite

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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**

#### Pasta Vegetariano

Serves per pack 1

Net weight: 90 g

Preparation Add 220 ml

water

Serving size: 310 g

		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

Simply add water for delicious wheatflakes and fruit salad, smothered in whole milk.

#### Ingredients

Wheatflakes (wheat, salt, malt extract), fruit salad (pears, peaches, pineapple, cherries), whole milk powder, sugar.

#### Allergens

Contains gluten cereal, milk

Manufactured in premises that process gluten, dairy, egg, soy, 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 informatio	n - 1 serve					
Nutrition information - 2 serve						
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%		



# Yoghurt and Muesli

Crunchy, wholesome muesli with creamy yoghurt and apples

#### Ingredients

Muesli 67% [Rolled oats, wheatgerm, sugar, canola oil, raisins, apricots, sultanas, honey, coconut, pumpkin kernels, salt], yoghurt 30% [skim milk, strawberry fruit, sugar, cream, skim milk powder, modified starch, gelatine, stabiliser (410), flavour, culture], apples.

#### Allergens

Vitamin C

Thiamin

Contains gluten, milk, sulphite

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No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

#### Nutrition information - 1 serve Yoghurt and Muesli Serves per pack 1 90 a Net weight: Add 120 ml Preparation water Serving size: 210 g Nutrition Information Per Serve Per 100 g % Rec Daily intake 1438 kj 685 kj 17% Energy 156 Cal 328 Cal Protein 10.4 g 5.0 g 22% Fat 15% 10.1 g 4.8 g 11% 2.2 g 1.2 g 49.0 q 17% Carbohydrate 27.6 g 52% 31.2 g 17.6 g Dietary Fibre 5.4 g 18% 2.6 g 5% Sodium 317 mg 178 mg Potassium 474 mg 24% 225.8 mg Calcium 207 mg 26% 98.7 mg 3 mg Iron 1.3 mg 40% Zinc 1 mg 8% 0.4 mg

7 mg

0.3 mg

3.4 mg

0.2 mg

18%

39%



## Cheddar Potato Lunch

Freeze dried hash browns served with a hot or cold cheese flavoured topping.

#### Ingredients

Hash brown-(Potato, vegetable oils, salt, dextrose, spice extract), cheese, carrot, peas, corn, red pepper, onion, Fettuccine Sauce [maltodextrin, thickener (1442), milk and cream solids, maize starch, yeast extract, dehydrated vegetables (onion, garlic), sugar, hydrolysed vegetable protein (maize), herbs and spices, acidity regulator (330), flavour]

Allergens

Sodium

Contains: Milk

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulfite 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 Cheddar Potato Lunch Serves per pack 1 Net Weight: 90g Preparation Add 80mls cold or hot water to filling pack. Spread filling onto hash browns and serve. Serving Size: 170g Nutrition Information Per 100g Per serve 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

779g

311g

47%

0.1 mg



# Porridge Supreme

Wholesome pre-cooked porridge with dried fruit, and raw sugar sprinkle

#### Ingredients

Oats, whole milk powder, raisins, sugar, apple, apricots, salt.

### Allergens

Thiamin

Contains gluten cereal, milk, soy

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No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information	n - 1 serve			
Nutrition information	n - 2 serve			
Porridge Supreme				
romage Supreme				
Serves per pack	1			
Net Weight:	90 g			
Preparation	Add 250 mls water			
Serving size:	340 g			
Nutrition Information				
		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%

0.4 mg



# 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

Manufactured in premises that process gluten, dairy, egg, soy, 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

Roast Lamb and Vegetables

Serves per pack

Net weight: 90 g

Preparation Add 240 ml

water

Serving size: 330 g

		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%



# Strawberry Ice-cream Dessert

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

### Ingredients

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, getatine, dextrose monohydrate, flavour, colour(122), mineral salt(452), wheat starch, maize starch],

#### Allergens

Contains gluten, milk

Manufactured in premises that process gluten, dairy, egg, soy, 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.

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### Nutrition information - 2 serve

Strawberry Icecream

Dessert

Serves per pack

Net weight: 150 g

Preparation Add 180 ml

water

Serving size: 165 g

		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

A creamy mix of blended cheesecakes with real fruit pulp.

#### Ingredients

Cream Cheese (32%) (Cream, Milk Solids, Milk, Salt, Acidity Regulator (270), Emulsifiers (450, 451, 452, 339) Thickener (401), Flavour), Sugar, Sour Cream (16%) (Cream, Milk, Milk Solids, Thickeners 1442, 410, 407), Halal Gelatine, Culture), Egg, Boysenberrries (2%), (Mango (1%), Apricot, Peach), Strawberries (2%), Wheat Flour, Butter, Thickener (1442, Corn Starch), Lemon Juice, Malt Extract, Wheat Fibre, Flavour, Vegetable Oil, Spices, Acidity Regulator (330), Colour (110, 160a, 160d, 155, 129, 132), Raising Agent (500, 541), Salt, Potassium Sorbate (202), (211), Antioxidant (300).

#### Allergens

Contains gluten, milk, sulphite

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



## Fruit Salad Trifle

Madeira cake and selected fruit pieces, smothered in smooth vanilla custard

#### Ingredients

Sponge cake, [Sponge premix powder (sugar, hi ratio flour, emulsifier (475), skim milk powder, baking powder (450, 500), starch, maltodextrin, salt, vegetable gums (415, 412), flavour, colour (102)), Egg, Water], instant custard [skim milk powder, sugar, modified starch, setting agents (450, 339)], fruit [pineapple, yellow papaya, red papaya and guava]

### Allergens

Contains gluten, milk, egg, soy

Manufactured in premises that process gluten, dairy, egg, soy, 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 - 2 serve

Fruit salad Trifle

Serves per pack 2

Net weight: 150 g

Preparation Add 350 ml

water

Serving size: 250 g

		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%