

909165 Barramundi with Malay Style Curry Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (28%) (Fish), Jasmine Rice (28%), Sugar Snap Peas, Water, Coconut Cream, Onion, Tamarind Pulp, Soy Sauce (Soy, Wheat), Sugar, Fish Sauce (Fish), Oyster Sauce (Shellfish), Thickener (1442), Herbs & Spices, Garlic, Vegetable Oil, Salt, Lemon Juice, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH, SOY & SHELLFISH.

MAY BE PRESENT: BONES, EGG & MILK.

CONTENTS: 352g per serve.



Barramundi	1 piece	100g	90	-	110
Jasmine Rice		100g	90	-	110
Malay Style Curry Sauce		80g	70	-	90
Sugar Snap Peas		70g	60	-	80
Crispy Onion		2g	To appearance		
TOTAL WEIGHT		352g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 352g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1768kJ (422Cal)	502kJ (120Cal)
Protein	34.1g	9.7g
Fat, Total	7.6g	2.2g
- Saturated	4.9g	1.4g
Carbohydrate	51.5g	14.6g
- Sugars	6.9g	2.0g
Sodium	797mg	226mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909166 Pork Bangers & Mash with Onion Relish

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Pork Sausages (39%) (Pork, Water, Salt, Spices, Tapioca Starch, **Soy**, Mineral Salt (450, 451) Antioxidant (310, 316), Food Acid (262, 331), Caramel Colour (150c) In Artificial Casing), Potato (18%), Peas, Onion (8%), **Milk**, Apple, Butter (**Milk**), Tomato Pulp, Garlic, Thickener (1442), Vinegar, Vegetable Oil, Herbs & Spices, Salt, Tomato Jam, Sugar, Demi Glace (**Wheat, Soy**), Worcestershire Sauce (**Barley, Anchovies**), Balsamic Vinegar, Black Mustard Seed, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH, MILK & SOY. MAY BE PRESENT: EGG.



Bratwurst Pork Sausages	2 pieces	135g	125	-	145
Onion Relish		70g	60	-	80
Mashed Potato		95g	85	-	105
Minted Peas		50g	45	-	55
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2891kJ (691Cal)	826kJ (197Cal)
Protein	21.7g	6.2g
Fat, Total	55.7g	15.9g
- Saturated	22.1g	6.3g
Carbohydrate	25.3g	7.2g
- Sugars	8.4g	2.4g
Sodium	1924mg	550mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909167 Vegetable Khorma with Paneer Masala

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Basmati Rice (28%), Paneer (12%) (**Milk**, Modified **Milk** Ingredients, Citric Acid (330), Calcium Chloride (509), Potassium Sorbate (202), Modified Food Starch (1401), Guar Gum (412), Xanthan Gum (415), Canola Oil), Water, Cream (**Milk**), Onion, Peas (5%), Carrot (4%), Potato (3.5%), Tomato Pulp (3.5%), Cauliflower (3.5%), Herbs & Spices, Beans (3%), Naan Bread (2.5%) (**Wheat**, **Milk**, **Soy**), Coconut Cream, Salt, Tomato Paste, Garlic, Vegetable Oil, Lemon Juice, Thickener (1442), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, MILK & SOY.

MAY BE PRESENT: EGG & SESAME.



Vegetable Khorma	120g	110	-	130
Creamy Paneer Masala	120g	110	-	130
Basmati Rice	100g	90	-	110
Naan Dipper	10g	8	-	12
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1831kJ (437Cal)	523kJ (125Cal)
Protein	15.7g	4.5g
Fat, Total	27.4g	7.8g
- Saturated	16.5g	4.7g
Carbohydrate	37.3g	10.7g
- Sugars	8.1g	2.3g
Sodium	1748mg	500mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909168 Char Kway Teow Style Rice Noodles with Bean Sprouts, Tofu & Chilli

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Rice Flake Noodles (26%) (Rice, Water), Tofu (14%) (Soybean Extract, Mineral Salts (51G), Water), Onion, Choy Sum, Beans, Mushroom, Soy Sauce (Soy, Wheat Flour, Salt, Water, Sugar, Potassium Sorbate (E302)), Cabbage, Wine (Wheat), Chilli Garlic Sauce (2%), Spices (Chilli (1%)), Sugar, Bean Sprout (1.5%), Shallot, Sweet Soy Sauce (Soy, Wheat), Thickener (1442), Vegetable Oil, Garlic, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN & SOY.

MAY BE PRESENT: EGG & MILK.



Rice Noodles in Sauce	120g	110	-	130
Char Kway Teow Veg Mix	170g	160	-	180
Tofu	50g	45	-	55
Bean Sprouts	5g	3	-	7
Chilli	3g	To appearance		
Shallot	3g	To appearance		
TOTAL WEIGHT	351g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 351g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1459kJ (349Cal)	416kJ (99Cal)
Protein	18.2g	5.2g
Fat, Total	5.4g	1.5g
- Saturated	less than 1g	less than 1g
Carbohydrate	57.4g	16.3g
- Sugars	13.9g	4.0g
Sodium	1926mg	549mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909169 Green Curry Chicken

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Jasmine Rice (28%), Chicken (25%), Choy Sum, Coconut Cream (Coconut Cream, Stabilizers (415, 412, 407)), Water, Eggplant, Beans, Palm Sugar, Green Curry Paste (1%), **Fish Sauce (Fish)**, Herbs & Spices, Thickener (1442), Lemon Juice, **Soy Sauce (Soy, Wheat)**, Mineral Salt (451), Oyster Sauce (**Shellfish**), Vegetable Oil (**Sesame**), Emulsifier (471), Vegetable Gum (412, 415), Garlic, Salt, Sugar, Vinegar, Chicken Stock (**Wheat, Gluten, Milk**).

CONTAINS: WHEAT, GLUTEN, FISH, MILK, SOY, SHELLFISH & SESAME. **MAY BE PRESENT:** EGG.



Chicken - Diced	90g	80	-	100
Green Curry Sauce	110g	100	-	120
Jasmine Rice	100g	90	-	110
Choy Sum with Oriental Sauce	50g	45	-	55
Chilli	2g	To appearance		
TOTAL WEIGHT	352g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 352g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1901kJ (454Cal)	540kJ (129Cal)
Protein	24.8g	7.0g
Fat, Total	19.2g	5.4g
- Saturated	13.0g	3.7g
Carbohydrate	44.7g	12.7g
- Sugars	5.1g	1.5g
Sodium	712mg	202mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909170 Korean BBQ Chicken

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (27%), Koshihikari Rice (26%), Choy Sum (10%), Cabbage (10%), Chicken Stock (Water, Chicken Frames), Hot Pepper Paste (2.5%) (**Wheat, Soy**), Honey, Tomato Pulp, Wine, **Soy** Sauce (**Soy, Wheat**), Vegetable Oil (**Sesame**), Onion, Carrot, Spices (1%), Sugar, Garlic, Apple, Vinegar, Salt, **Sesame** Seeds, Thickener (1442), **Fish** Sauce (**Fish**), Mineral Salt (451), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH, SOY & SESAME. MAY BE PRESENT: EGG & MILK.



Korean Chicken	105g	95	-	115
Korean Sauce	60g	50	-	70
Spicy Pickled Cabbage	55g	45	-	65
Koshihikari Rice	90g	80	-	100
Choy Sum	40g	35	-	45
Roasted White Sesame Seeds	2g	To appearance		
TOTAL WEIGHT	352g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 352g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2094kJ (500Cal)	595kJ (142Cal)
Protein	31.2g	8.9g
Fat, Total	17.2g	4.9g
- Saturated	3.5g	less than 1g
Carbohydrate	52.8g	15.0g
- Sugars	16.1g	4.6g
Sodium	1945mg	553mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909171 Lamb Shank with Roasted Potato

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Lamb Shank (43%) (Lamb Shank, Tomato Pulp, Salt), Potato (20%), Carrot (12%), Sugar Snap Peas (9%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Onion, Celery, Vegetable Oil, Tomato Paste, Herbs & Spices, Garlic, Salt, Gravy (**Wheat**), Lemon Juice, Sugar, Vinegar, Thickener (1442), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN.

CONTENTS: 350g per serve.



Lamb Shank	1 piece	150g	140	-	160
Osso Bucco Sauce		60g	50	-	70
Roasted Seasoned Potato		70g	60	-	80
Carrot with Garlic & Mint		40g	35	-	45
Sugar Snap Peas		30g	25	-	35
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1524kJ (364Cal)	435kJ (104Cal)
Protein	34.1g	9.8g
Fat, Total	14.0g	4.0g
- Saturated	5.2g	1.5g
Carbohydrate	22.1g	6.3g
- Sugars	7.3g	2.1g
Sodium	1406mg	402mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909172 Miso Crusted Chicken

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Koshihikari Rice (29%) Chicken (28%), Sugar Snap Peas (14%), Water, **Soybean** Paste (Water, **Soybean**, Rice, Salt, Ethyl Alcohol), Wine, Sugar, **Soy** Sauce (**Soy**, **Wheat**), Vinegar, Carrot, Cucumber, Daikon, Shallot, Thickener (1442), Salt, Vegetable Oil, Spice, Mineral Salt (451), Vegetable Gum (412, 415).
CONTAINS: WHEAT, GLUTEN & SOY.
MAY BE PRESENT: EGG & MILK.



Miso Crusted Chicken	2 pieces	105g	95	-	115
Miso Sauce		70g	60	-	80
Koshihikari Rice		100g	90	-	110
Sugar Snap Peas		50g	45	-	55
Pickled Preserved Vegetables		20g	15	-	25
Shallot		3g	To appearance		
TOTAL WEIGHT		348g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 348g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2025kJ (484Cal)	582kJ (139Cal)
Protein	33.9g	9.8g
Fat, Total	11.8g	3.4g
- Saturated	3.1g	less than 1g
Carbohydrate	62.9g	18.1g
- Sugars	21.0g	6.0g
Sodium	2011mg	578mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909173 Cajun Salmon with Black Eye Beans & Pilaf Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Salmon (28%) (Fish), Basmati Rice (18%), Beans, Onion, Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Black Eye Beans (8%), Capsicum, Raisins, Salt, Herbs & Spices, Vegetable Oil, Thickener (1442), Sugar, Garlic, Vinegar, Vegetable Gum (412, 415).
CONTAINS: FISH. **MAY BE PRESENT:** BONES, WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 350g per serve.



Cajun Salmon	1 piece	100g	90	-	110
Black Eye Beans		100g	90	-	110
Pilaf Rice		100g	90	-	110
Green Baby Beans		50g	45	-	55
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1617kJ (386Cal)	462kJ (110Cal)
Protein	34.3g	9.8g
Fat, Total	14.6g	4.2g
- Saturated	3.0g	less than 1g
Carbohydrate	27.6g	7.9g
- Sugars	10.7g	3.1g
Sodium	1537mg	439mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909174 Herbed Chicken, Sweet Potato Puree & Mushroom Cream Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (30%), Sweet Potato (21%), Beans, Peas, Mushroom (6%), Cream (6%) (from **Milk**), Onion, Parmesan (**Milk, Egg**), Butter (**Milk**), Wine, Honey, Vegetable Oil, Gravy (**Wheat**), Salt, Thickeners (1447), Herbs (0.23%) & Spices, Lemon Juice, Garlic, Mineral Salt (451), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 352g per serve.



Chicken Thigh	2 pieces	112g	102	-	122
Mushroom Cream Sauce		80g	70	-	90
Sweet Potato Puree		80g	70	-	90
Peas		30g	25	-	35
Baby Beans		40g	35	-	45
Parmesan		10g	8	-	12
TOTAL WEIGHT		352g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 352g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2217kJ (530Cal)	630kJ (150Cal)
Protein	33.9g	9.6g
Fat, Total	31.4g	8.9g
- Saturated	15.3g	4.3g
Carbohydrate	25.4g	7.2g
- Sugars	12.4g	3.5g
Sodium	1154mg	328mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909175 Char Kway Teow Chicken

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Rice Flake Noodles (26%) (Rice, Water), Chicken (19%), Mushroom, Onion, Choy Sum, Beans, **Soy** Sauce (**Soybeans**, **Wheat** Flour, Salt, Water, Sugar, Potassium Sorbate (E302)), Cabbage, Wine (**Wheat**), Spices, Chilli Garlic Sauce, Bean Sprouts, Sugar, Shallot, Sweet **Soy** Sauce (**Soy**, **Wheat**), Thickener (1442), Vegetable Oil, Garlic, Mineral Salt (451), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN & SOY.

MAY BE PRESENT: EGG & MILK.



Chicken Thigh with Shou Xin	70g	60	-	80
Noodles in Sauce	120g	110	-	130
Char Kway Teow Veg	150g	140	-	160
Bean Sprouts	5g	3	-	7
Chilli	3g	To appearance		
Shallot	3g	To appearance		
TOTAL WEIGHT	351g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 351g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1548kJ (370Cal)	441kJ (105Cal)
Protein	22.2g	6.3g
Fat, Total	8.2g	2.3g
- Saturated	1.9g	less than 1g
Carbohydrate	52.7g	15.0g
- Sugars	12.5g	3.6g
Sodium	1867mg	532mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909176 Moroccan Chicken & Cous Cous

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (29%), Spinach (14%), Capsicum, Pumpkin (14%), Cous Cous (10%) (**Durum Wheat Semolina**), Onion, Celery, Herbs & Spices, Raisins, Vegetable Oil, Tomato Jam, Butter (**Milk**), Preserved Lemon, Salt, Sugar, Lemon Juice, Garlic, Thickener (1442), Mineral Salt (451), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN & MILK.

MAY BE PRESENT: SOY.

CONTENTS: 350g per serve.



Chicken with Chermoula	2 pieces	110g	100	-	120
Cous Cous with Lemon		90g	80	-	100
Capsicum with Harissa		50g	45	-	55
Caramelized Pumpkin		50g	45	-	55
Spinach		50g	45	-	55
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1863kJ (445Cal)	532kJ (127Cal)
Protein	32.4g	9.2g
Fat, Total	17.6g	5.0g
- Saturated	5.2g	1.5g
Carbohydrate	37.0g	10.6g
- Sugars	10.7g	3.0g
Sodium	939mg	268mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909177 Barramundi with Lemon Cream

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (29%) (**Fish**), Potato (20%), Peas (11%), Carrot (11%), Cream (11%) (from **Milk**), Onion, Parsnip, Vegetable Oil, Lemon Juice (0.5%), Salt, Thickener (1442), Garlic, Butter (**Milk**), Mustard, Herbs & Spices, Emulsifier (471), Vegetable Gum (412, 415).

CONTAINS: FISH & MILK. **MAY BE PRESENT:** WHEAT, GLUTEN, EGG & BONES.

CONTENTS: 350g per serve.



Barramundi	1 piece	100g	90	-	110
Lemon Cream		60g	50	-	70
Potatoes with Rosemary		70g	60	-	80
Roast Parsnip, Carrots & Onion		80g	70	-	90
Peas		40g	35	-	45
TOTAL WEIGHT		350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1737kJ (415Cal)	496kJ (119Cal)
Protein	33.3g	9.5g
Fat, Total	18.0g	5.2g
- Saturated	9.2g	2.6g
Carbohydrate	26.3g	7.5g
- Sugars	9.5g	2.7g
Sodium	786mg	224mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909178 Lasagne with Spinach & Bechamel Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Beef Lasagne (73%) (Water, Beef, **Wheat** Flour (**Gluten**) (Thiamine, Folic Acid), Tomato (Tomato, Tomato Juice, Food Acid (330)), Carrot, Onion, Mozzarella Cheese (**Milk**, Salt, Starter Cultures, Non-Animal Rennet, Anti-Caking Agent (460), Preservative (200)), **Egg**, Milk Powder, Tasty Cheese (**Milk**), Thickener (1422), Tomato Paste, Vegetable Shortening, Salt, Parmesan Cheese (**Milk**), Seasoning, Spices, Worcestershire Sauce, Herbs, Vegetable Oil (**Soy**)), **Milk**, Beans (6%), Carrot, Spinach (4%), Cream (**Milk**), Parmesan (**Milk**, **Egg**), Cheese (**Milk**), Vegetable Oil, Mustard, Salt, Thickener (1442), Emulsifier (471), Vegetable Gum (412, 415), Spices.



CONTAINS: WHEAT, GLUTEN, EGG, MILK & SOY.

MAY BE PRESENT: TREE NUTS & SESAME.

CONTENTS: 355g per serve.

Beef Lasagne	1 piece	260g	236	-	308
Spinach & Cheese Bechamel		50g	45	-	55
Carrot		20g	15	-	25
Baby Beans		20g	15	-	25
Parmesan		5g	3	-	7
TOTAL WEIGHT		355g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 355g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2204kJ (526Cal)	621kJ (148Cal)
Protein	29.9g	8.4g
Fat, Total	26.5g	7.5g
- Saturated	14.3g	4.0g
Carbohydrate	40.0g	11.3g
- Sugars	9.3g	2.6g
Sodium	1302mg	367mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909179 Indian Spiced Barramundi with Spicy Tomato Kasundi and a Fragrant Rice Pilaf

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (26%) (**Fish**), Basmati Rice (16%), Beans (11%), Sweet Potato (11%), Tomato Pulp (10%) (Tomato, Tomato Juice, Citric Acid), Spinach, Onion, Eggplant, Capsicum, Chickpeas, Vegetable Oil, Herbs & Spices (1.5%), Sugar, Garlic, Lemon Juice, Salt, Vinegar, Thickener (1442), Black Mustard Seed, Vegetable Gum (412, 415).



CONTAINS: FISH. **MAY BE PRESENT:** WHEAT, GLUTEN, EGG, MILK & BONES.

Indian Spiced Barramundi	1 piece	100g	90	-	110
Fragrant Rice Pilaf		90g	80	-	100
Spicy Tomato Kasundi		80g	70	-	90
Sweet Potato		40g	35	-	45
Baby Beans		40g	35	-	45
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1453kJ (347Cal)	415kJ (99Cal)
Protein	30.7g	8.8g
Fat, Total	10.9g	3.1g
- Saturated	1.6g	less than 1g
Carbohydrate	31.3g	8.9g
- Sugars	12.0g	3.4g
Sodium	1051mg	300mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909180 Chicken Macaroni

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Pasta (34%) (**Durum Wheat Semolina**), **Milk**, Chicken (17%), Cheese (**Milk**, Anti-Caking Agent (460), Salt, Mineral Salt (509), Cultures, Rennet), Tomato (Tomatoes, Tomato Juice, Acid Regulator (330)), Butter (**Milk**), Onion, Thickener (1442), Vegetable Oil, Salt, Mineral Salt (451), Emulsifier (471), Vegetable Gum (412, 415), Spices.

CONTAINS: WHEAT, GLUTEN & MILK.

MAY BE PRESENT: EGG.

CONTENTS: 350g per serve.



Pasta	120g	110	-	130
Cheese Sauce	120g	110	-	130
Chicken - Diced	60g	50	-	70
Tomato	25g	20	-	30
Cheddar Cheese	25g	20	-	30
TOTAL WEIGHT	350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2385kJ (570Cal)	682kJ (163Cal)
Protein	30.5g	8.7g
Fat, Total	26.9g	7.7g
- Saturated	14.6g	4.2g
Carbohydrate	50.8g	14.5g
- Sugars	7.3g	2.1g
Sodium	843mg	241mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909181 Peri Peri Chicken with Pilaf Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Basmati Rice (29%), Chicken (29%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Onion, Capsicum, Peas (4.5%), Vegetable Oil, Herbs & Spices, Honey, Tomato Paste, Salt, Lemon Juice, Garlic, Sugar, Thickener (1442), Mineral Salt (451), Vinegar, Vegetable Gum (412, 415), Food Colour.

MAY BE PRESENT: WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 350g per serve.



Peri Peri Chicken	2 pieces	112g	102	-	122
Peri Peri Sauce		100g	90	-	110
Yellow Pilaf Rice		130g	120	-	140
Parsley Oil		8g	6	-	10
TOTAL WEIGHT		350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1704kJ (407Cal)	487kJ (116Cal)
Protein	26.2g	7.5g
Fat, Total	18.5g	5.3g
- Saturated	3.9g	1.1g
Carbohydrate	32.9g	9.4g
- Sugars	11.5g	3.3g
Sodium	1681mg	480mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909182 Stir Fried Tofu, Black Fungi & Rice Noodles

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Vermicelli (28%) (Rice), Oyster Sauce Vegetarian (Water, **Soy Bean**, **Wheat**, Sugar, Salt, Corn Starch, Seasoning, Mushroom Powder, Preservative (211)), Carrot, Corn, Tofu (8%) (**Soybean** Extract, Mineral Salts (516), Water), Cabbage, Broccoli (6%), Black Fungus (3%), Water Chestnut, Sugar, Mushroom, Lotus Nut, Vegetable Oil (**Sesame**), **Soybeans**, Spices, Bamboo Shoots, Salt, Garlic, **Soy** Sauce (**Soy**, **Wheat**), Thickeners (1442), Vegetable Gum (412, 415).



CONTAINS: WHEAT, GLUTEN, SOY & SESAME.

MAY BE PRESENT: EGG & MILK.

Rice Noodles	100g	90	-	110
Mixed Vegetables	100g	90	-	110
Buddas Sauce	120g	110	-	130
Tofu	30g	25	-	35
Soy Beans	5g	3	-	7
TOTAL WEIGHT	355g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 355g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1635kJ (390Cal)	460kJ (110Cal)
Protein	14.4g	4.1g
Fat, Total	7.1g	2.0g
- Saturated	less than 1g	less than 1g
Carbohydrate	66.7g	18.8g
- Sugars	21.7g	6.1g
Sodium	2075mg	585mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909183 Grilled Fish with Harissa Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (28%) (**Fish**), Carrot, Sweet Potato (13%), Capsicum, Lentils (9%), Water, Onion, Tomato Pulp, Tomato Jam, Butter (**Milk**), Herbs & Spices, Vegetable Oil, Salt, Thickener (1442), Garlic, Lemon Juice, Sugar, Vegetable Gum (412, 415).

CONTAINS: FISH & MILK. MAY BE PRESENT: BONES.

CONTENTS: 350g per serve.



Barramundi with Chermoula	1 piece	100g	90	-	110
Moroccan Lentils		100g	90	-	110
Sweet Potato & Carrot Puree		100g	90	-	110
Capsicum with Harissa		50g	45	-	55
TOTAL WEIGHT		350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1474kJ (352Cal)	421kJ (101Cal)
Protein	31.0g	8.9g
Fat, Total	13.4g	3.8g
- Saturated	6.3g	1.8g
Carbohydrate	24.3g	7.0g
- Sugars	12.4g	3.5g
Sodium	1241mg	355mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909184 Chicken Parmigiana

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (27%), Risoni (17%) (**Durum Wheat Semolina**), Eggplant (15%), Beans (11%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Jarlsberg Cheese (4.5%) (**Milk**), Prosciutto, Vegetable Oil, Onion, Herbs & Spices, Tomato Paste, Salt, Garlic, Sugar, Thickener (1442), Vinegar, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN & MILK.

MAY BE PRESENT: EGG.

CONTENTS: 349g per serve.



Prosciutto Wrapped Chicken	1 piece	110g	100	-	120
Tomato & Herb Sauce		60g	50	-	70
Risoni with Parsley		70g	60	-	80
Eggplant Slices		54g	44	-	64
Baby Beans		40g	35	-	45
Jarlsberg Cheese	1 piece	15g	12	-	18
TOTAL WEIGHT		349g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 349g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1720kJ (411Cal)	493kJ (118Cal)
Protein	37.3g	10.7g
Fat, Total	16.8g	4.8g
- Saturated	4.9g	1.4g
Carbohydrate	26.1g	7.5g
- Sugars	6.1g	1.8g
Sodium	897mg	257mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909185 Lamb, Mint & Pea Pie

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Lamb (31%) (Lamb, Tomato, Salt), Potato (21%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Milk, Peas (7%), Chicken Stock (Water, Chicken Frames), Wine, Pastry (4.5%) (**Wheat, Milk**), Shallots, Butter (**Milk**), Onion, Thickener (1442), Vegetable Oil, Garlic, Salt, Gravy (**Wheat**), Mint (0.5%), Vinegar, Vegetable Gum (412, 415), Spice.

CONTAINS: WHEAT, GLUTEN & MILK.

MAY BE PRESENT: SOY & SESAME.

CONTENTS: 350g per serve.



Lamb, Mint & Pea Braise		215g	205	-	225
Champ		120g	110	-	130
Pie Top	1 piece	15g	12	-	18
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2068kJ (494Cal)	591kJ (141Cal)
Protein	28.1g	8.0g
Fat, Total	27.2g	7.8g
- Saturated	12.5g	3.6g
Carbohydrate	30.6g	8.8g
- Sugars	5.7g	1.6g
Sodium	1354mg	387mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909186 Cajun Blacken Chicken with Gumbo Style Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (29%), Basmati Rice (26%), Spinach, Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Onion, Capsicum, Celery, Chorizo (**Soy**), Wild Rice, Honey, Vegetable Oil, Salt, Herbs & Spices, Jalapeno Peppers, Thickener (1442), Garlic, Mineral Salt (451), Lemon Juice, Sugar, Vinegar, Vegetable Gum (412, 415).
CONTAINS: SOY. MAY BE PRESENT: WHEAT, GLUTEN, EGG & MILK.



CONTENTS: 352g per serve.

Peri Peri Chicken	2 pieces	112g	102	-	122
Gumbo Sauce		90g	80	-	100
Basmati & Wild Rice		100g	90	-	110
Spinach		50g	45	-	55
TOTAL WEIGHT		352g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 352g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1532kJ (366Cal)	435kJ (104Cal)
Protein	26.6g	7.5g
Fat, Total	15.3g	4.3g
- Saturated	4.2g	1.2g
Carbohydrate	29.4g	8.3g
- Sugars	7.9g	2.2g
Sodium	1433mg	407mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909187 Lamb Jalfrezi

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Brown Rice (31%) Beans (17%), Lamb (16%) (Lamb, Tomato Pulp, Salt), Spinach, Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Capsicum, Herbs & Spices, Onion, Garlic, Lemon Juice, Vegetable Oil, Thickener (1442), Salt, Vegetable Gum (412, 415).

MAY BE PRESENT: WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 350g per serve.



Lamb Jalfrezi	130g	120	-	140
Brown Rice	110g	100	-	120
Seasoned Baby Beans	60g	50	-	70
Spinach	50g	45	-	55
TOTAL WEIGHT	350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1691kJ (404Cal)	483kJ (115Cal)
Protein	19.9g	5.7g
Fat, Total	9.3g	2.7g
- Saturated	3.3g	less than 1g
Carbohydrate	56.8g	16.2g
- Sugars	5.5g	1.6g
Sodium	473mg	135mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909189 Cape Malay Chicken

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (28%), Basmati Rice (22%), Sugar Snap Peas (9%), Water, Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Capsicum, Onion, Yoghurt (**Milk**), Apricots, Eggplant, Apple, Tomato Paste, Sugar, Salt, Vegetable Oil, Garlic, Raisins, Vinegar, Lemon Juice, Thickener (1442), Coconut, Black Mustard Seed, Mineral Salt (451), Vegetable Gum (412, 415), Emulsifier (471).

CONTAINS: MILK. **MAY BE PRESENT:** WHEAT, GLUTEN & EGG.

CONTENTS: 350g per serve.



Chicken - Diced	100g	90	-	110
Basmati Rice	80g	70	-	90
Cape Malay Curry	90g	80	-	100
Fruit Chutney	50g	45	-	55
Sugar Snap Peas	30g	25	-	35
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1479kJ (353Cal)	422kJ (101Cal)
Protein	26.8g	7.7g
Fat, Total	13.1g	3.8g
- Saturated	4.0g	1.1g
Carbohydrate	31.7g	9.1g
- Sugars	11.8g	3.4g
Sodium	1160mg	332mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909190 Duck a L'Orange with Mashed Potatoes

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Duck Breast (34%) (Duck, Water, Salt, Sugar, Mineral Salt (451), Spices), Brussels Sprouts (27%), Potato (15%), Orange Juice (9%) (Reconstituted Orange Juice, Vitamin C (300), Natural Flavours, Natural Colour (160a), Preservatives (202, 211)), Milk, Sugar, Butter (Milk), Vinegar, Carrot, Garlic, Vegetable Oil, Thickener (1442), Lemon Juice, Corn Starch, Salt, Spices, Vegetable Gum (412, 415).

CONTAINS: MILK. MAY BE PRESENT: SOY.

CONTENTS: 355g per serve.



Duck Breast	1 piece	120g	110	-	130
L'Orange Sauce		50g	45	-	55
Mashed Potatoes		80g	70	-	90
Brussel Sprouts		100g	90	-	110
Pickled Carrot		5g	3	-	7
TOTAL WEIGHT		355g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 355g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2212kJ (528Cal)	623kJ (149Cal)
Protein	25.2g	7.1g
Fat, Total	28.0g	7.9g
- Saturated	10.5g	3.0g
Carbohydrate	43.1g	12.1g
- Sugars	17.1g	4.8g
Sodium	1070mg	301mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909191 Rajmah Curry with Vegetable Masala

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Basmati Rice (25%) Kidney Beans (Red Kidney Beans, Water, Salt, Sugar, Firming Agent (509)), Capsicum (9%), Beans (9%), Eggplant (9%), Tomato (Tomatoes, Tomato Juice, Acid Regulator (330)), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Vegetable Oil, Herbs & Spices, Salt, Corn Starch, Tomato Paste, Black Mustard Seed, Vegetable Gum (412, 415), Curry Leaves (0.06%), Sugar.

MAY BE PRESENT: WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 350g per serve.



Rajmah Curry	130g	120	-	140
Vegetable Masala	130g	120	-	140
Basmati Rice	90g	80	-	100
TOTAL WEIGHT	350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1431kJ (342Cal)	409kJ (98Cal)
Protein	10.4g	3.0g
Fat, Total	17.7g	5.1g
- Saturated	1.7g	less than 1g
Carbohydrate	35.7g	10.2g
- Sugars	5.3g	1.5g
Sodium	1885mg	539mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909192 Mushroom Tortellini, Pea & Spinach Cream Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Mushroom Tortellini (34%) (Pasta (Semolina (**Wheat**), Water), Filling (Mushroom (Mushroom, Water, Salt, Citric Acid), Cottage Cheese (Whey, **Milk**, Acetic Acid, Salt), Breadcrumbs (**Wheat** Flour, Water, Yeast), Mushroom, Cheddar Cheese (**Milk**, Salt, Culture, Coagulating Enzymes), Onion, Mushroom, Salt, Garlic, Olive Oil, Parsley, Pepper, Truffle Oil)), Peas (24%), Spinach (14%), Milk, Cream (6%) (from **Milk**), Onion, Parmesan (**Milk**, **Egg**), Breadcrumbs (**Wheat**), Vegetable Oil, Garlic, Lemon Juice, Salt, Herbs & Spices, Sugar, Vegetable Gum (412, 415), Emulsifier (471).
CONTAINS: WHEAT, GLUTEN, EGG & MILK.



CONTENTS: 350g per serve.

Pea & Spinach Cream	120g	110	-	130
Mushroom Tortellini	120g	110	-	130
Spinach	50g	45	-	55
Peas	40g	35	-	45
Parmesan & Parsley Crumb	20g	15	-	25
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2068kJ (494Cal)	591kJ (141Cal)
Protein	21.2g	6.1g
Fat, Total	20.6g	5.9g
- Saturated	9.3g	2.6g
Carbohydrate	52.4g	15.0g
- Sugars	8.4g	2.4g
Sodium	685mg	196mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909193 Roast Chicken with Garlic Parmesan Cream & Roast Potato

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (30%), Potato (17%), Carrot, Cream (9%) (from **Milk**), Sugar Snap Peas, Peas, Parmesan (3.5%) (**Milk, Egg**), Onion, Vegetable Oil, Butter (**Milk**), Wine, Honey, Herbs & Spices, Lemon Juice, Garlic (0.5%), Salt, Thickener (1442), Mustard, Sugar, Mineral Salt (451), Gravy (**Wheat**), Emulsifier (471), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 350g per serve.



Roast Chicken Thigh	2 pieces	112g	102	-	122
Garlic Parmesan Cream		70g	60	-	80
Roast Carrots		50g	45	-	55
Roast Seasoned Potato		60g	50	-	70
Peas		20g	15	-	25
Sugar Snap Peas		30g	25		35
Parmesan & Parsley		8g	6	-	10
TOTAL WEIGHT		350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2337kJ (558Cal)	668kJ (160Cal)
Protein	34.9g	10.0g
Fat, Total	33.9g	9.7g
- Saturated	15.5g	4.4g
Carbohydrate	25.4g	7.3g
- Sugars	11.3g	3.2g
Sodium	951mg	272mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909194 Spicy Teriyaki Chicken with Koshihikari Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Koshihikari Rice (29%) Chicken (29%), Water, Choy Sum (11%), **Soy Sauce (Soy, Wheat)**, Carrot (3%), Sugar, Wine, Vinegar, Daikon, Thickener (1442), Corn Starch, Salt, Red Peppers, Vegetable Oil, Spice (0.06%), Mineral Salt (451), Vegetable Gum (412, 415), Colour.

CONTAINS: WHEAT, GLUTEN & SOY.

MAY BE PRESENT: EGG & MILK.

CONTENTS: 351g per serve.



Chicken Thigh	2 pieces	105g	95	-	115
Spicy Teriyaki Sauce		80g	70	-	90
Koshihikari Rice		100g	90	-	110
Tsukemono		25g	20	-	30
Choy Sum		40g	35	-	45
Shredded Red Pepper		.5g	To appearance		
TOTAL WEIGHT		351g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 351g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1883kJ (450Cal)	536kJ (128Cal)
Protein	30.5g	8.7g
Fat, Total	10.8g	3.1g
- Saturated	3.0g	less than 1g
Carbohydrate	54.2g	15.4g
- Sugars	15.7g	4.5g
Sodium	1491mg	425mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

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909195 Cauliflower Tikka Masala with Spiced Basmati & Potato Jeera

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Basmati Rice (21%) Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Cauliflower (11%), Potato (10%), Capsicum, Onion, Beans, Naan Bread (**Wheat, Milk, Soy**), Cream (**Milk**), Chickpeas, Vegetable Oil, Peas, Herbs & Spices (1%), Tomato Paste, Salt, Mustard Seed, Tandoori Paste (1%) (**Wheat**), Sugar, Lemon Juice, Thickeners (1442), Garlic, Vegetable Gum (412, 415), Black Mustard Seed.

CONTAINS: WHEAT, GLUTEN, MILK & SOY.

MAY BE PRESENT: TREE NUTS, SESAME & EGG.



CONTENTS: 350g per serve.

Tikka Masala	100g	90	-	110
Potato Jeera	70g	60	-	80
Tandoori Cauliflower	90g	80	-	100
Basmati Rice with Mustard Seeds	80g	70	-	90
Naan Bread	1 piece	10g	8	- 12
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1428kJ (341Cal)	408kJ (97Cal)
Protein	8.9g	2.5g
Fat, Total	18.5g	5.3g
- Saturated	3.8g	1.1g
Carbohydrate	40.2g	11.5g
- Sugars	11.6g	3.3g
Sodium	1643mg	469mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909196 Chicken with Chinese Fried Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (25%), Water, Choy Sum (17%), Jasmine Rice (13%), Oyster Sauce (Water, Sugar, Oyster Extractives (**Shellfish**), Salt, Modified Corn Starch, Yeast Extract), **Egg**, Vegetable Oil (**Sesame**), **Soy** Sauce (**Soy, Wheat**), Lap Cheong Sausage (**Soy, Wheat**), Shallot, Carrot, Peas, Corn, Spices, Chicken Stock (**Wheat, Gluten, Milk**), Garlic, Salt, Wine (**Wheat**), Thickener (1442), Mineral Salt (451), Vegetable Gums (415, 412).

CONTAINS: WHEAT, GLUTEN, EGG, MILK, SOY, SESAME & SHELLFISH.



CONTENTS: 353g per serve.

Chicken - Diced	90g	80	-	100
Oyster Seasoning	70g	60	-	80
Vegetable & Sausage	130g	120	-	140
Fried Rice				
Choy Sum	60g	50	-	70
Chilli	3g	To appearance		
TOTAL WEIGHT	353g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 353g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2169kJ (518Cal)	614kJ (147Cal)
Protein	28.5g	8.1g
Fat, Total	22.0g	6.2g
- Saturated	5.2g	1.5g
Carbohydrate	50.1g	14.2g
- Sugars	9.4g	2.7g
Sodium	2972mg	842mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909197 Roasted Duck Breast with Ginger & Hoisin Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Duck Breast (34%) (Duck, Water, Salt, Sugar, Mineral Salt (451), Spices), Jasmine Rice (23%), Water, Carrot, Choy Sum (6%), Corn, Soy Sauce (**Soy, Wheat**), Wine (**Wheat**), Hoisin Sauce (1.5%) (**Soy, Wheat**), Vegetable Oil (**Sesame**), Thickener (1442), Spices (Ginger (1%)), Honey, Onion, Sugar, Garlic, Vinegar, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, SOY & SESAME.

MAY BE PRESENT: MILK & EGG.



CONTENTS: 352g per serve.

Duck Breast	1 piece	120g	110	-	130
Ginger & Hoisin Sauce		80g	70	-	90
Jasmine Rice		80g	70	-	90
Carrot		30g	25	-	35
Choy Sum		20g	15	-	25
Baby Corn		20g	15	-	25
Crispy Onion		2g	To appearance		
TOTAL WEIGHT		352g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 352g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2315kJ (553Cal)	658kJ (157Cal)
Protein	24.6g	7.0g
Fat, Total	24.4g	6.9g
- Saturated	6.8g	1.9g
Carbohydrate	58.6g	16.6g
- Sugars	7.7g	2.2g
Sodium	963mg	273mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

d

909198 Thai Red Curry Duck

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Duck Breast (34%) (Duck, Water, Salt, Sugar, Mineral Salt (451), Spices), Jasmine Rice (27%), Choy Sum (11%), Beans, Coconut Cream (Coconut Cream, Stabilizers (415, 412, 407)), Chicken Stock, Capsicum, Eggplant, Vegetable Oil, Herbs & Spices, Palm Sugar, **Fish Sauce (Fish)**, Red Curry Paste (0.5%), Thickener (1442), Lemon Juice, Salt, Emulsifier (471), Vegetable Gum (412, 415).

CONTAINS: FISH. MAY BE PRESENT: WHEAT, GLUTEN, EGG, MILK & SOY.

CONTENTS: 352g per serve.



Duck Breast	1 piece	120g	110	-	130
Jasmine Rice with Coriander Oil		100g	90	-	110
Red Curry Sauce		70g	60	-	80
Choy Sum		40g	35	-	45
Baby Beans		20g	15	-	25
Chilli		2g	To appearance		
TOTAL WEIGHT		352g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 352g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2489kJ (595Cal)	707kJ (169Cal)
Protein	24.7g	7.0g
Fat, Total	29.7g	8.4g
- Saturated	11.1g	3.2g
Carbohydrate	56.2g	16.0g
- Sugars	4.8g	1.4g
Sodium	760mg	216mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909199 Balsamic Roasted Chicken Thighs

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (28%), Sweet Potato (21%), Brussels Sprouts (19%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Eggplant, Capsicum, Onion, Butter (**Milk**), Vegetable Oil, Tomato Paste, Balsamic Vinegar (1%), Capers, Sugar, Salt, Thickener (1442), Herbs & Spices, Mineral Salt (451), Vegetable Gum (412, 415).

CONTAINS: MILK.

CONTENTS: 354g per serve.



Balsamic Roasted Chicken Thighs	2 pieces	105g	95	-	115
Tomato, Capers & Balsamic Sauce		70g	60	-	80
Sweet Potato Puree		80g	70	-	90
Eggplant		29g	24	-	34
Brussel Sprouts with Seasoned Butter		70g	60	-	80
TOTAL WEIGHT		354g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 354g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1808kJ (432Cal)	511kJ (122Cal)
Protein	31.2g	8.8g
Fat, Total	22.2g	6.3g
- Saturated	8.3g	2.3g
Carbohydrate	24.2g	6.8g
- Sugars	14.0g	3.9g
Sodium	1055mg	298mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909200 Barramundi with Pumpkin, Coconut & Kaffir Lime

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (29%) (**Fish**), Jasmine Rice (26%), Sugar Snap Peas, Choy Sum, Coconut Cream (6%) (Coconut Cream, Stabilizers (415, 412, 407)), Pumpkin, Chicken Stock, Tomato, Onion, Palm Sugar, **Fish Sauce (Fish)**, Vegetable Oil, Lemon Juice, Thickener (1442), Spices, Salt, Garlic, Kaffir Lime Leaves (0.04%), Vegetable Gum (412, 415).

CONTAINS: FISH. MAY BE PRESENT: WHEAT, GLUTEN, EGG, MILK & BONES.



CONTENTS: 350g per serve.

Barramundi	1 piece	100g	90	-	110
Pumpkin, Coconut & Kaffir Lime Sauce		90g	80	-	100
Jasmine Rice		90g	80	-	100
Sugar Snap Peas		40g	35	-	45
Choy Sum		30g	25	-	35
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1701kJ (406Cal)	486kJ (116Cal)
Protein	33.2g	9.5g
Fat, Total	9.3g	2.7g
- Saturated	5.6g	1.6g
Carbohydrate	45.0g	12.9g
- Sugars	7.4g	2.1g
Sodium	619mg	177mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909201 Master Stock Chicken with Soy & Mushroom Sauce, Choy Sum & Jasmine Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (29%), Jasmine Rice (26%), Choy Sum (14%), Water, Capsicum, Mushrooms (2.5%), Soy Sauce (2.5%) (**Soy, Wheat**), Shallot, Wine (**Wheat**), Sugar, Thickener (1442), Spices, Vegetable Oil (**Sesame**), Garlic, Onion, Vegetable Gum (412, 415), Salt.

CONTAINS: WHEAT, GLUTEN, SOY & SESAME.

MAY BE PRESENT: EGG & MILK.

CONTENTS: 350g per serve.



Poached Chicken in Master Stock Soy & Mushroom Sauce	2 pieces	105g	95	-	115
Jasmine Rice		90g	80	-	100
Choy Sum		50g	45	-	55
Red Pepper Strips		25g	20	-	30
Ginger & Shallots		10g	8	-	12
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1961kJ (468Cal)	560kJ (134Cal)
Protein	36.1g	10.3g
Fat, Total	15.1g	4.3g
- Saturated	4.0g	1.1g
Carbohydrate	45.2g	12.9g
- Sugars	8.3g	2.4g
Sodium	851mg	243mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909202 Butter Chicken with Basmati Rice, Cauliflower Pea Masala, Naan Bread

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Basmati Rice (24%) Chicken (23%), Cauliflower (11%), Water, Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Peas (6%), Onion, Naan Bread (3%) (**Wheat, Milk, Soy**), Tomato Paste, Cream (**Milk**), Herbs & Spices, Vegetable Oil, Mustard Seed, Salt, Garlic, Honey, Thickener (1442), Lemon Juice, Sugar, Mineral Salt (451), Vegetable Gum (412, 415), Corn Starch, Vinegar.

CONTAINS: WHEAT, GLUTEN, MILK & SOY.

MAY BE PRESENT: EGG & SESAME.



CONTENTS: 350g per serve.

Chicken - Diced	80g	70	-	90
Indian Curry	90g	80	-	100
Basmati Rice with Mustard Seed	90g	80	-	100
Cauli Pea Masala	80g	70	-	90
Naan Dipper	10g	8	-	12
	1 piece			
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1557kJ (372Cal)	445kJ (106Cal)
Protein	22.2g	6.3g
Fat, Total	19.9g	5.7g
- Saturated	4.7g	1.3g
Carbohydrate	32.8g	9.4g
- Sugars	7.7g	2.2g
Sodium	1549mg	443mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909203 Adobo Chicken & Coriander Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (28%), Basmati Rice (22%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Carrot (11%), Beans (10%), Capsicum, Vegetable Oil, Herbs & Spices (Coriander (0.16%)), Vinegar, Salt, Garlic, Onion, Sugar, Tomato Paste, Lemon Juice, Thickener (1442), Vinegar, Mineral Salt (451), Vegetable Gum (412, 415).

MAY BE PRESENT: WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 355g per serve.



Spiced Chicken	2 pieces	105g	95	-	115
Adobo Sauce		90g	80	-	100
Basmati Rice with Coriander		80g	70	-	90
Beans with Garlic & Mint		40g	35	-	45
Carrots		40g	35	-	45
TOTAL WEIGHT		355g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 355g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1642kJ (392Cal)	462kJ (110Cal)
Protein	28.1g	7.9g
Fat, Total	18.8g	5.3g
- Saturated	3.9g	1.1g
Carbohydrate	104g	29.4g
- Sugars	9.7g	2.7g
Sodium	1292mg	364mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909204 Barramundi with Soy & Dashi Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (29%) (**Fish**), Koshihikari Rice (27%) Choy Sum (9%), Sugar Snap Peas (9%), Water, Mushroom, **Soy** Sauce (3.5%) (**Soy, Wheat**), **Soybeans** (2.5%) (**Soy**), Shallot, Sugar, Spices, Vegetable Oil (**Sesame**), Wine, Corn Starch, Garlic, Bonito Stock Powder (**Wheat, Fish**), Salt, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH, SOY & SESAME. MAY BE PRESENT: EGG, MILK & BONES.



CONTENTS: 350g per serve.

Barramundi	1 piece	100g	90	-	110
Soy & Dashi Sauce		80g	70	-	90
Garlic Koshihikari Rice		100g	90	-	110
Choy Sum		30g	25	-	35
Sugar Snap Peas		30g	25	-	35
Soy Beans		10g	8	-	12
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1738kJ (415Cal)	497kJ (119Cal)
Protein	33.6g	9.6g
Fat, Total	8.0g	2.3g
- Saturated	1.0g	less than 1g
Carbohydrate	50.0g	14.3g
- Sugars	9.8g	2.8g
Sodium	573mg	164mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909205 Hake with Thermidor Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Sweet Potato (29%), Hake (20%) (**Fish**), Cream (from **Milk**), Beans (10%), Peas, Onion, Butter (**Milk**), Wine, Shallot, Thickener (1442), Salt, Mustard, Herbs & Spices, Vegetable Oil, Sugar, Emulsifier (471), Thickener (1442), Vegetable Gum (412, 415).

CONTAINS: FISH & MILK. MAY BE PRESENT: BONES.

CONTENTS: 350g per serve.



Hake	1 piece	70g	60	-	80
Thermidor Sauce		100g	90	-	110
Sweet Potato Puree		110g	100	-	120
Beans & Peas		70g	60	-	80
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2173kJ (519Cal)	621kJ (148Cal)
Protein	22.2g	6.3g
Fat, Total	30.7g	8.8g
- Saturated	18.9g	5.4g
Carbohydrate	29.1g	8.3g
- Sugars	12.6g	3.6g
Sodium	1076mg	308mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909206 Brisket Steak with Adobo Sauce & Onion Salsa

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Beef Brisket (28%) (Beef, Marinade), Potato (25%), Capsicum, Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Onion (9%), Vinegar, Herbs & Spices, Vegetable Oil, Salt, Shallot, Garlic, Sugar, Thickener (1442), Vegetable Gum (412, 415).

MAY BE PRESENT: WHEAT, GLUTEN & SOY.

CONTENTS: 352g per serve.



Beef Brisket Steak	1 piece	100g	90	-	120
Adobo Sauce		80g	70	-	90
Onion Salsa		80g	70	-	90
Roast Seasoned Potatoes		90g	80	-	100
Shallots		2g	To appearance		
TOTAL WEIGHT		352g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 352g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1397kJ (334Cal)	397kJ (95Cal)
Protein	24.7g	7.0g
Fat, Total	14.1g	4.0g
- Saturated	4.2g	1.2g
Carbohydrate	25.2g	7.2g
- Sugars	8.1g	2.3g
Sodium	1516mg	431mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909207 Pork Scotch Steak with Apple BBQ Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Scotch Pork Steak (27%) (Pork, Seasoning), Potato (19%), Sugar Snap Peas (11%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Peas, Onion, **Milk**, Apple (3.5%), Butter (**Milk**), Worcestershire Sauce (**Barley, Anchovies**), Vinegar, Thickener (1442), Garlic, Tomato Paste, Sugar, Vegetable Oil, Salt, Herbs & Spices, Mustard, Vegetable Gum (412, 415).

CONTAINS: GLUTEN, FISH & MILK.

MAY BE PRESENT: WHEAT & EGG.



CONTENTS: 355g per serve.

Pork Scotch Steak	1 piece	95g	85	-	105
Apple BBQ Sauce		90g	80	-	100
Parsley Mash		100g	90	-	110
Peas		30g	25	-	35
Sugar Snap Peas		40g	35	-	45
TOTAL WEIGHT		355g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 355g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1794kJ (429Cal)	505kJ (121Cal)
Protein	33.7g	9.5g
Fat, Total	18.3g	5.2g
- Saturated	7.9g	2.2g
Carbohydrate	29.8g	8.4g
- Sugars	12.0g	3.4g
Sodium	1299mg	366mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909208 Beef with Szechuan Eggplant & Noodles

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Noodles (23%) (**Wheat** Flour, Water, Potassium Sorbate (202), Vitamin (Thiamine)), Teriyaki Beef (19%) (Beef, Seasoning, Teriyaki Sauce (**Soy, Wheat**)), Eggplant (13%), Choy Sum (11%), Water, **Soybeans (Soy)**, Water Chestnut, Mushrooms, **Soy** Sauce (Soy, **Wheat**), Sugar, Wine (**Wheat**), Vegetable Oil (**Sesame**), Hot Pepper Paste (**Wheat, Soy**), Garlic, Spices, Vinegar (**Wheat**), Thickener (1442), Salt, Orange Peel, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, SOY & SESAME. MAY BE PRESENT: EGG & MILK.



CONTENTS: 350g per serve.

Teriyaki Beef	70g	60	-	80
Szechuan Eggplant Braise	100g	90	-	110
Egg Noodles with Szechuan Eggplant Braise	100g	90		110
Choy Sum	40g	35	-	45
Soy Beans	20g	15	-	25
Water Chestnut	20g	15	-	25
TOTAL WEIGHT	350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1964kJ (469Cal)	561kJ (134Cal)
Protein	31.3g	8.9g
Fat, Total	18.0g	5.1g
- Saturated	4.1g	1.2g
Carbohydrate	44.6g	12.7g
- Sugars	14.2g	4.1g
Sodium	1556mg	445mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909209 Creole Prawns with Spiced Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Basmati Rice (25%) Prawns (20%) (**Crustacea**), Sugar Snap Peas, Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Peas, Onion, Water, Celery, Capsicum, Chorizo (**Soy**), Salt, Vegetable Oil, Jalapeno Peppers, Thickener (1442), Garlic, Herbs & Spices, Butter (**Milk**), Sugar, Vegetable Gum (412, 415).

CONTAINS: CRUSTACEA, MILK & SOY. MAY BE PRESENT WHEAT, GLUTEN & EGG.

CONTENTS: 350g per serve.



Prawns	70g	60	-	80
Gumbo Sauce	100g	90	-	110
Spiced Rice	100g	90	-	110
Sugar Snap Peas	50g	45	-	55
Peas	30g	25	-	35
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1270kJ (303Cal)	363kJ (87Cal)
Protein	26.3g	7.5g
Fat, Total	7.3g	2.1g
- Saturated	1.9g	less than 1g
Carbohydrate	30.0g	8.6g
- Sugars	7.2g	2.1g
Sodium	1319mg	377mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909210 Grilled Pork Sausages with Spiced Fig Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Pork Sausages (26%) (Pork, Water, Salt, Spices, Tapioca Starch, **Soy**, Mineral Salt (450, 451) Antioxidant (310, 316), Food Acid (262, 331), Caramel Colour (150c) In Artificial Casing), **Milk**, Water, Beans, Carrot, Peas, Polenta (Maize), Fig Paste (3.5%), Onion, Parmesan (**Milk, Egg**), Butter (**Milk**), Wine, Tomato Paste, Salt, Vegetable Oil, Gravy (**Wheat**), Sugar, Garlic, Herbs & Spices, Thickener (1442), Balsamic Vinegar, Vegetable Gum (412, 415).
CONTAINS: WHEAT, GLUTEN, EGG, MILK & SOY.



CONTENTS: 350g per serve.

Bratwurst Pork Sausages	2 pieces	90g	80	-	100
Spiced Fig Sauce		80g	70	-	90
Polenta		80g	70	-	90
Baby Beans		40g	35	-	45
Roast Carrots		40g	35	-	45
Peas		20g	15	-	25
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2649kJ (633Cal)	757kJ (181Cal)
Protein	18.9g	5.4g
Fat, Total	44.3g	12.7g
- Saturated	18.8g	5.4g
Carbohydrate	37.6g	10.7g
- Sugars	16.9g	4.8g
Sodium	1990mg	569mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909211 Balinese Duck, Jasmine Rice & Pickled Beans

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Duck (29%) (Duck, Water, Salt, Sugar, Mineral Salt (451), Spices), Jasmine Rice (29%), Water, Beans (8%), Coconut Cream (Coconut Cream, Stabilizers (415, 412, 407)), Vinegar, Onion, Capsicum, Herbs & Spices, Sugar, Garlic, **Fish Sauce (Fish)**, Salt, Tamarind Pulp, Cashew Nut (**Tree Nuts**), Mushrooms, Vegetable Oil, Thickener (1442), Red Peppers, Emulsifier (471), Vegetable Gum (412, 415).



CONTAINS: FISH & TREE NUTS. MAY BE PRESENT: WHEAT, GLUTEN, EGG & MILK.

CONTENTS: 351g per serve.

Duck Breast	1 piece	100g	90	-	110
Balinese Curry		100g	90	-	110
Jasmine Rice		100g	90	-	110
Curried Pickled Baby Beans		50g	45	-	55
Red Pepper		.5g	To appearance		
TOTAL WEIGHT		351g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 351g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2373kJ (567Cal)	676kJ (162Cal)
Protein	20.2g	5.7g
Fat, Total	23.7g	6.8g
- Saturated	11.0g	3.1g
Carbohydrate	66.6g	19.0g
- Sugars	14.6g	4.2g
Sodium	2159mg	615mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909212 Curry Beef Brisket, Steamed Jasmine Rice & Broccoli

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Curried Beef Brisket (32%) (Beef, Marinade, Curry Powder), Jasmine Rice (31%), Broccoli (23%), Onion, Spices (Curry (1%)), Garlic, Vegetable Oil, Chicken Stock (**Wheat, Gluten, Milk**), Sugar, Salt, Thickener (1442), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN & MILK.

MAY BE PRESENT: EGG.

CONTENTS: 350g per serve.



Curry Beef Brisket	160g	150	-	170
Jasmine Rice	110g	100	-	120
Seasoned Broccoli	80g	70	-	90
TOTAL WEIGHT	350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2465kJ (589Cal)	704kJ (168Cal)
Protein	29.9g	8.5g
Fat, Total	29.6g	8.5g
- Saturated	11.0g	3.2g
Carbohydrate	45.0g	12.8g
- Sugars	2.9g	less than 1g
Sodium	1099mg	314mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909213 Baked Fish with Hollandaise Sauce, Roasted Potatoes, Green Peas & Root Vegetables

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Hake (23%) (**Fish**), Potato (22%), Cream (from **Milk**), Peas (11%), Pumpkin, Onion, Capsicum, Vegetable Oil, Vinegar, Thickener (1442), Lemon Juice, Mustard, Salt, Butter (**Milk**), Herbs & Spices, Emulsifier (471), Vegetable Gum (412, 415).

CONTAINS: FISH & MILK.

MAY BE PRESENT: WHEAT, GLUTEN & EGG.

CONTENTS: 350g per serve.



Hake	1 piece	80g	70	-	90
Hollandaise Sauce		70g	60	-	80
Roasted Potatoes		80g	70	-	90
Roast Vegetable Mix		80g	70	-	90
Peas		40g	35	-	45
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1829kJ (437Cal)	523kJ (125Cal)
Protein	25.1g	7.2g
Fat, Total	24.4g	7.0g
- Saturated	13.0g	3.7g
Carbohydrate	26.8g	7.7g
- Sugars	8.9g	2.6g
Sodium	710mg	203mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909214 Chicken Schnitzel with Sweet Potato Puree & Greens

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken Schnitzel (28%) (Chicken Breast, Breadcrumbs (**Wheat** Flour, Shortening (Palm Oil), Salt, Yeast, Sugar), Batter Mix (**Wheat**), Breading Mix (**Wheat Gluten**), Water, Canola Oil), Sweet Potato (23%), Beans (17%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Peas (8%), Jarlsberg Cheese (4%) (**Milk**), Butter (**Milk**), Onion, Tomato Jam, Tomato, Vegetable Oil, Salt, Thickeners (1442), Garlic, Herbs & Spices, Vegetable Gum (412, 415).



CONTAINS: WHEAT, GLUTEN & MILK.

MAY BE PRESENT: EGG.

CONTENTS: 355g per serve.

Chicken Schnitzel	1 piece	100g	90	-	110
Roast Tomato Sauce		60g	50	-	70
Jarlsberg Cheese		15g	12	-	18
Sweet Potato Puree		90g	80	-	100
Baby Beans		60g	50	-	70
Peas		30g	25	-	35
TOTAL WEIGHT		355g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 355g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2070kJ (495Cal)	583kJ (139Cal)
Protein	25.7g	7.2g
Fat, Total	21.3g	6.0g
- Saturated	9.3g	2.6g
Carbohydrate	47.5g	13.4g
- Sugars	15.4g	4.3g
Sodium	1128mg	318mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909215 Barramundi with Black Pepper Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (28%) (**Fish**), Jasmine Rice (28%), Choy Sum (20%), Water, Mushroom, **Soy Sauce (Soy, Wheat)**, Shallot, Spices (Pepper (0.08%)), Oyster Sauce (**Shellfish**), Thickener (1442), Vegetable Oil (**Sesame**), Sugar, Garlic, Chicken Stock (**Wheat, Gluten, Milk**), Wine (**Wheat**), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH, MILK, SOY, SESAME & SHELLFISH. **MAY BE PRESENT:** EGG & BONES.

CONTENTS: 353g per serve.



Barramundi	1 piece	100g	90	-	110
Black Pepper Sauce		80g	70	-	90
Jasmine Rice		100g	90	-	110
Choy Sum		70g	60	-	80
Chilli		3g	To appearance		
TOTAL WEIGHT		353g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 353g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1573kJ (376Cal)	445kJ (106Cal)
Protein	32.2g	9.1g
Fat, Total	4.1g	1.2g
- Saturated	less than 1g	less than 1g
Carbohydrate	50.2g	14.2g
- Sugars	3.4g	less than 1g
Sodium	906mg	257mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909216 Shiitake Glaze Salmon, Soy Beans & Koshihikari Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Koshihikari Rice (26%) Salmon (21%) (**Fish**), Carrot, Daikon, **Soybeans** (9%) (**Soy**), **Soy** Sauce (**Soy, Wheat**), Mushroom (4.5%), Mirin, Sake, Sugar, Spice, Thickener (1442), Salt, Vegetable Oil, Black **Sesame** Seed, Vinegar, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH, SOY & SESAME.

MAY BE PRESENT: EGG, MILK & BONES.

CONTENTS: 351g per serve.



Salmon	1 piece	75g	65	-	85
Shiitake Glaze		80g	70	-	90
Koshihikari Rice		90g	80	-	100
Daikon & Carrot Mix		75g	65	-	85
Soy Beans		30g	25	-	35
Roasted Sesame Seeds		.5g	To appearance		
TOTAL WEIGHT		351g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 351g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1806kJ (431Cal)	514kJ (123Cal)
Protein	26.6g	7.6g
Fat, Total	10.7g	3.1g
- Saturated	1.9g	less than 1g
Carbohydrate	50.9g	14.5g
- Sugars	12.2g	3.5g
Sodium	1660mg	473mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA
database and chemical analysis.

909217 Miso Chicken with Black Sesame Sauce, Okura-Zu & Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (28%), Koshihikari Rice (28%), Water, **Soy** Sauce (Water, **Soybeans**, **Wheat**, Salt, Alcohol, Sugar, Food Acids (262, 260, 270), Potassium Sorbate (E302)), Wine (Glutinous Rice, Rice Yeast, Glucose Syrup, Dextrose, Water, Alcohol, Jun Mirin, Flavour, Succinic Acid, Lactic Acid), Yellow Pepper, Okra, **Soybeans (Soy)**, Sugar, Vinegar, Black **Sesame** Seed (2%), **Soybean** Paste (**Soy**), Thickener (1442), Vegetable Oil (**Sesame** (0.5%)), Bonito Stock Powder (**Wheat**, **Fish**), Salt, Mineral Salt (451), Vegetable Gum (412, 415).



CONTAINS: WHEAT, GLUTEN, FISH, SOY & SESAME.

MAY BE PRESENT: EGG & MILK.

CONTENTS: 355g per serve.

Miso Crusted Chicken	2 pieces	105g	95	-	115
Black Sesame Sauce		90g	80	-	100
Koshihikari Rice		100g	90	-	110
Okura-Zu		60g	50	-	70
TOTAL WEIGHT		355g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 355g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2283kJ (545Cal)	643kJ (154Cal)
Protein	36.1g	10.2g
Fat, Total	17.3g	4.9g
- Saturated	3.9g	1.1g
Carbohydrate	55.9g	15.8g
- Sugars	15.5g	4.4g
Sodium	1394mg	393mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909218 Braised Wagyu Beef with Cream, Mushrooms, Baby Onions & Soft Polenta

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Wagyu Beef (37%) (Wagyu Beef, Water, Salt, Spices), **Milk**, Carrot, Polenta (7%) (Maize), Onion, Cocktail Onion (3.5%), Parmesan (**Milk, Egg**), Mushroom (2.5%), Butter (**Milk**), Cream (2%) (**Milk**), Salt, Vegetable Oil, Thickener (1442), Herbs & Spices, Lemon Juice, Vegetable Gum (412, 415), Emulsifier (471).
CONTAINS: EGG & MILK. **MAY BE PRESENT:** WHEAT, GLUTEN & SOY.



CONTENTS: 350g per serve.

Wagyu Beef with Cream & Mushrooms	170g	160	-	180
Polenta	110g	100	-	120
Roast Carrot Batons & Red Onion with Parsley	70g	60	-	80
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2183kJ (521Cal)	624kJ (149Cal)
Protein	36.9g	10.5g
Fat, Total	25.7g	7.3g
- Saturated	12.5g	3.6g
Carbohydrate	34.2g	9.8g
- Sugars	10.5g	3.0g
Sodium	1755mg	501mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909219 Red Braised Pork Belly & Jasmine Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Jasmine Rice (26%), Pork Belly (31%) (Pork Belly, Salt, Acidity Regulators (451, 450, 327, 331), Thickeners (1414, 415), Sugar, Canola Oil), Jasmine Rice (26%), Broccoli (17%), Water, Capsicum, **Soy** Sauce (**Soy, Wheat**), Sugar, Thickener (1442), Spices, Garlic, Vegetable Oil, Chicken Stock (**Wheat, Gluten, Milk**), Wine (**Wheat**), Onion, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, MILK & SOY.

MAY BE PRESENT: EGG.

CONTENTS: 350g per serve.



Red Braised Pork Belly	170g	160	-	180
Jasmine Rice	90g	80	-	100
Broccoli	60g	50	-	70
Red Pepper Strips	30g	25	-	35
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1982kJ (474Cal)	566kJ (135Cal)
Protein	25.8g	7.4g
Fat, Total	22.0g	6.3g
- Saturated	7.8g	2.2g
Carbohydrate	43.1g	12.3g
- Sugars	6.3g	1.8g
Sodium	1118mg	319mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909220 Beef Rissoles, Onion Gravy & Mashed Potatoes

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Beef (21%), Potato (19%), Onion (14%), Peas, Beans, **Milk**, Water, Apple, Butter (**Milk**), **Egg**, Tomato Pulp, Thickener (1442), Garlic, Vinegar, Herbs & Spices, Sugar, Salt, Tomato Jam, Vegetable Oil, Demi Glace (**Wheat, Soy**), Breadcrumbs (**Wheat**), Worcestershire Sauce (**Barley, Anchovies**), Balsamic Vinegar, Black Mustard Seed, Tomato Paste, Mustard Sauce, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, EGG, FISH, MILK & SOY.



CONTENTS: 350g per serve.

Beef Rissoles	2 pieces	100g	90	-	110
Onion Gravy		90g	80	-	100
Mashed Potatoes		100g	90	-	110
Beans		30g	25	-	35
Peas		30g	25	-	35
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1856kJ (443Cal)	530kJ (127Cal)
Protein	27.4g	7.8g
Fat, Total	23.9g	6.8g
- Saturated	10.6g	3.0g
Carbohydrate	28.2g	8.1g
- Sugars	9.9g	2.8g
Sodium	1005mg	287mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909221 Kung Pao Chicken with Lap Cheong Fried Rice & Asian Greens

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (29%), Water, Choy Sum (14%), Jasmine Rice (10%), **Egg**, Capsicum, **Soy Sauce (Soy, Wheat)**, Lap Cheong Sausage (1.5%) (**Soy, Wheat**), Vegetable Oil (**Sesame**), Cashew Nut (**Tree Nuts**), Oyster Sauce (**Shellfish**), Shallot, Sugar, Garlic, Thickener (1442), Tomato Paste, Carrot, Peas, Corn, Wine (**Wheat**), Tomato Pulp, Herbs & Spices, Salt, Mineral Salt (451), Vinegar (**Wheat**), Chicken Stock (**Wheat, Gluten, Milk**), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, EGG, MILK, SOY, TREE NUTS, SESAME & SHELLFISH.

CONTENTS: 350g per serve.



Kung Pao Chicken	2 pieces	105g	95	-	115
Kung Pao Sauce		90g	80	-	100
Lap Cheong Fried Rice		100g	90	-	110
Choy Sum		50g	45	-	55
Roasted Cashews		5g	3	-	7
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2044kJ (488Cal)	584kJ (140Cal)
Protein	33.1g	9.5g
Fat, Total	20.6g	5.9g
- Saturated	5.2g	1.5g
Carbohydrate	41.2g	11.8g
- Sugars	7.9g	2.2g
Sodium	1921mg	549mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909222 Chicken Cashew Satay with Prawn Nasi Goreng

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (20%), Water, Beans, Jasmine Rice (11%), Spinach, Prawns (5%) (**Crustacea**), Coconut Cream (Coconut Cream, Stabilizers (415, 412, 407)), Cashew Nuts (6%) (**Tree Nuts**), Shallot, Vegetable Oil (**Sesame**), Herbs & Spices, Peas, **Egg**, Sugar, Garlic, Tamarind Pulp, Salt, Chicken Stock (**Wheat, Gluten, Milk**), Shrimp Paste (0.5%) (**Crustacea**), Sweet Soy Sauce (**Soy, Wheat**), Mineral Salt (451), Thickener (1442), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, CRUSTACEA, EGG, MILK, SOY, TREE NUTS & SESAME.

CONTENTS: 350g per serve.



Satay Chicken	80g	70	-	90
Cashew Satay Sauce	80g	70	-	90
Prawn Nasi Goreng	120g	110	-	130
Beans	40g	35	-	45
Spinach	30g	25	-	35
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2407kJ (575Cal)	688kJ (164Cal)
Protein	28.8g	8.2g
Fat, Total	30.6g	8.8g
- Saturated	9.4g	2.7g
Carbohydrate	44.4g	12.7g
- Sugars	9.1g	2.6g
Sodium	1471mg	420mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909223 Pork Belly with Ginger Soy Sauce, Koshihikari Rice & Peas

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Pork Belly (29%) (Pork, Marinade), Koshihikari Rice (29%) Cocktail Onion, Peas (9%), **Soybeans (Soy)**, Water, Wine, Shallots, Ginger (1.5%), **Soy Sauce (1%) (Soy, Wheat)**, Sugar, Thickener (1442), Corn Starch, Lemon Juice, Bonito Stock Powder (**Wheat, Fish**), Salt, Vegetable Oil, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH & SOY.

MAY BE PRESENT: EGG & MILK.



CONTENTS: 350g per serve.

Pork Belly	100g	90	-	110
Ginger Soy Sauce	80g	70	-	90
Koshihikari Rice	100g	90	-	110
Peas	30g	25	-	35
Soy Beans	30g	25	-	35
Shallots	10g	8	-	12
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	3114kJ (744Cal)	890kJ (213Cal)
Protein	19.0g	5.4g
Fat, Total	49.9g	14.3g
- Saturated	20.2g	5.8g
Carbohydrate	52.8g	15.1g
- Sugars	11.5g	3.3g
Sodium	981mg	280mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909224 Vegetable Lasagne with Spinach Cream & Parmesan

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Vegetable Lasagne (69%) (Vegetables (Onion, Tomato, Carrot, Pumpkin, Chickpeas, Cabbage, Zucchini, Capsicum, Celery), Water, **Wheat** Flour (Thiamine, Folic Acid), Mozzarella (**Milk**, Salt, Starter Cultures, Non-Animal Rennet, Anti-Caking Agent (460), Preservative (200)), **Egg**, **Milk** Powder, Tasty Cheese (**Milk**), Modified Starch (1422), Shortening, Salt, Parmesan Cheese (**Milk**), Stock, Spices, Worcestershire Sauce, Herbs, Vegetable Oil (**Soy**)), **Milk**, Pumpkin, Onion, Capsicum, Spinach (4%), Cream (3%) (**Milk**), Parmesan (3%) (**Milk**, **Egg**). Cheese (**Milk**), Vegetable Oil, Salt, Mustard, Thickener (1442), Emulsifier (471), Spices, Vegetable Gum (412, 415).



CONTAINS: WHEAT, GLUTEN, EGG, MILK & SOY.

MAY BE PRESENT: SESAME & TREENUTS.

CONTENTS: 350g per serve.

Vegetable Lasagne	1 piece	240g	216	-	284
Spinach Cream		50g	40	-	60
Roast Vegetable Mix		50g	45	-	55
Parmesan		10g	8	-	12
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1906kJ (455Cal)	545kJ (130Cal)
Protein	19.9g	5.7g
Fat, Total	22.0g	6.3g
- Saturated	12.6g	3.6g
Carbohydrate	41.8g	12.0g
- Sugars	11.3g	3.2g
Sodium	1307mg	373mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909225 Braised Lamb Shank with Red Wine Jus, Potato Mash & Vegetables

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Lamb Shank (43%) (Lamb Shank, Tomato Pulp, Salt), Potato (19%), Beans (11%), **Milk**, Peas (6%), Veal Stock, Wine (3%), Butter (**Milk**), Onion, Garlic, Thickener (1442), Salt, Corn Starch, Vegetable Oil, Sugar, Herb & Spice, Vegetable Gum (412, 415).

CONTAINS: MILK. **MAY BE PRESENT:** WHEAT, GLUTEN & EGG.

CONTENTS: 350g per serve.



Lamb Shank	1 piece	150g	135	-	155
Red Wine Jus		40g	35	-	45
Potato Mash		100g	90	-	110
Peas		20g	15	-	25
Baby beans		40g	35	-	45
TOTAL WEIGHT		350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1651kJ (394Cal)	472kJ (113Cal)
Protein	34.2g	9.8g
Fat, Total	17.8g	5.1g
- Saturated	9.2g	2.6g
Carbohydrate	19.0g	5.4g
- Sugars	4.9g	1.4g
Sodium	1413mg	404mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909226 Chicken with Prosciutto, Tarragon Cream & Roast Potato

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (27%), Potato (20%), Broccoli, Carrot, Peas, **Milk**, Prosciutto (4%), Cream (3%) (**Milk**), Onion, Mustard, Butter (**Milk**), Vegetable Oil, Salt, Wine, Thickener (1442), Sugar, Herbs & Spices (Tarragon (0.04%)), Garlic, Lemon Juice, Vegetable Gum (412, 415), Emulsifier (471).

CONTAINS: MILK. MAY BE PRESENT: WHEAT, GLUTEN & EGG.



CONTENTS: 350g per serve.

Prosciutto Chicken Breast	1 piece	110g	100	-	120
Tarragon Cream		60g	50	-	70
Seasoned Roast Potatoes		70g	60	-	80
Roast Carrot		40g	35	-	45
Broccoli		40g	35	-	45
Peas		30g	25	-	35
TOTAL WEIGHT		350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1616kJ (386Cal)	462kJ (110Cal)
Protein	36.2g	10.3g
Fat, Total	15.2g	4.3g
- Saturated	6.7g	1.9g
Carbohydrate	22.3g	6.4g
- Sugars	8.1g	2.3g
Sodium	1219mg	348mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909227 Spicy Yunnan Style Mushroom Hot Pot with Jasmine Rice

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Jasmine Rice (34%), Mushroom (20%), Spinach, Water, Black Fungus (4.5%), Onion, **Soy Sauce (Soy, Wheat)**, Shallots, Chilli (1.5%), Celery, Capsicum, Carrot, Vegetable Oil (**Sesame**), Wine (**Wheat**), Oyster Sauce (**Shellfish**), Chilli Sauce (0.5%) (**Soy, Wheat**), Garlic, Thickener (1442), Sugar, Chicken Stock (**Wheat, Gluten, Milk**), Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, MILK, SOY, SESAME & SHELLFISH. MAY BE PRESENT: EGG.

CONTENTS: 350g per serve.



Mushroom Hot Pot	170g	160	-	180
Jasmine Rice	120g	110	-	130
Spinach	60g	50	-	70
TOTAL WEIGHT	350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1422kJ (340Cal)	406kJ (97Cal)
Protein	8.6g	2.4g
Fat, Total	4.6g	1.3g
- Saturated	less than 1g	less than 1g
Carbohydrate	63.4g	18.1g
- Sugars	4.7g	1.3g
Sodium	852mg	243mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909228 Beef Blade Steak in an Onion & Thyme Jus, Cauliflower Puree & Roast Vegetables

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Beef (29%) (Beef, Marinade), Cauliflower (18%), Water, Carrot (10%), Peas, Parsnip (7%), **Milk**, Potato (2.5%), Onion (2.5%), Vegetable Oil, Butter (**Milk**), Thickener (1442), Tomato Paste, Gravy (**Wheat**), Salt, Worcestershire Sauce (**Barley, Anchovies**), Vinegar, Herbs & Spices (Thyme (0.07%)), Sugar, Vegetable Gum (412, 415).

CONTAINS: WHEAT, GLUTEN, FISH & MILK.

MAY BE PRESENT: EGG & SOY.



CONTENTS: 350g per serve.

Beef Blade Steak	1 piece	100g	90	-	120
Onion & Thyme Jus		70g	60	-	80
Chunky Cauliflower Puree		90g	80	-	100
Roast Carrot & Parsnip		60g	50	-	70
Peas		30g	25	-	35
TOTAL WEIGHT		350g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 350g

	Average Quantity per Serving	Average Quantity per 100g
Energy	1426kJ (341Cal)	407kJ (97Cal)
Protein	33.0g	9.4g
Fat, Total	13.8g	4.0g
- Saturated	4.5g	1.3g
Carbohydrate	18.5g	5.3g
- Sugars	8.7g	2.5g
Sodium	1533mg	438mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909229 Chipotle Chicken, Saffron Rice with Corn & Red Bean Salsa

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (32%), Jasmine Rice (21%), Kidney Beans (14%) (Red Kidney Beans, Water, Salt, Sugar, Firming Agent (509)), Onion, Corn (7%), Cream (Milk), Tomato Paste, Vegetable Oil, Shallot, Capsicum, Garlic, Salt, Herbs & Spices (Saffron (0.01%)), Mineral Salt (451), Thickener (1442), Emulsifier (471), Vegetable Gum (412, 415).

CONTAINS: MILK. **MAY BE PRESENT:** WHEAT, GLUTEN & EGG.



CONTENTS: 350g per serve.

Chipotle Chicken	170g	160	-	180
Saffron Rice	100g	90	-	110
Corn & Red Bean Salsa	80g	70	-	90
TOTAL WEIGHT	350g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 350g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2468kJ (590Cal)	705kJ (168Cal)
Protein	35.1g	10.0g
Fat, Total	24.4g	7.0g
- Saturated	6.5g	1.9g
Carbohydrate	53.9g	15.4g
- Sugars	5.9g	1.7g
Sodium	1636mg	467mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909230 Chicken with Italian Parsley Sauce & Polenta

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (30%), **Milk**, Beans (11%), Sugar Snap Peas (11%), Polenta (6%) (Maize), Water, Tomato Pulp, Parmesan (**Milk, Egg**), Celery, Onion, Wine, Carrot, Butter (**Milk**), Vegetable Oil, Salt, Herbs & Spices (Parsley (0.21%)), Lemon Juice, Thickener (1442), Tomato Paste, Garlic, Sugar, Mineral Salt (451), Vinegar, Vegetable Gum (412, 415).

CONTAINS: EGG & MILK.



CONTENTS: 352g per serve.

Chicken Thigh with Garlic & Herbs	2 pieces	112g	102	-	122
Italian Parsley Sauce		70g	60	-	80
Polenta		90g	80	-	110
Baby Beans		40g	35	-	45
Sugar Snap Peas		40g	35	-	45
TOTAL WEIGHT		352g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 352g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1993kJ (476Cal)	566kJ (135Cal)
Protein	35.1g	10.0g
Fat, Total	22.3g	6.3g
- Saturated	9.5g	2.7g
Carbohydrate	30.9g	8.8g
- Sugars	9.1g	2.6g
Sodium	1187mg	337mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909250 Braised Lamb Shank with Bush Tomato & Garlic Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Lamb Shank (37%) (Lamb Shank, Tomato Pulp, Salt), Sweet Potato (19%), Cauliflower (10%), Broccoli (10%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), Bush Tomato (4%), Onion, Carrot, Fetta (**Milk**), Wine, Tomato Paste, Mustard, Vegetable Oil, Garlic (0.5%), Salt, Thickener (1442), Wattleseed, Sugar, Lemon Juice, Worcestershire Sauce (**Barley, Anchovies**), Herbs & Spices, Vegetable Gum (412, 415).

CONTAINS: GLUTEN, FISH & MILK.



CONTENTS: 410g per serve.

	1				
Lamb Shank	piece	150g	140	-	160
Bush Tomato & Garlic Sauce		90g	80	-	100
Roast Sweet Potato		80g	70	-	90
Broccoli & Cauliflower		80g	70	-	90
Fetta & Wattle Seed		10g	8	-	12
TOTAL WEIGHT		410g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 410g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1805kJ (431Cal)	440kJ (105Cal)
Protein	37.5g	9.2g
Fat, Total	16.5g	4.0g
- Saturated	7.0g	1.7g
Carbohydrate	28.4g	6.9g
- Sugars	16.2g	3.9g
Sodium	1890mg	461mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909251 Braised Wagyu Beef with Mushroom Cream

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Wagyu Beef (32%) (Wagyu Beef, Water, Salt, Spices), **Milk**, Broccoli, Beans, Polenta (Maize), Cocktail Onion, Parmesan (**Milk, Egg**), Carrot, Mushroom (2%), Butter (**Milk**), Cream (1.5%) (**Milk**), Vegetable Oil (**Sesame**), Salt, Thickeners (1442), Garlic, Lemon Juice, Herbs & Spices, Vegetable Gum (412, 415), Emulsifier (471).

CONTAINS: EGG, MILK & SESAME.

MAY BE PRESENT: WHEAT, GLUTEN & SOY.



CONTENTS: 410g per serve.

Wagyu Beef with Mushroom Cream	170g	160	-	180
Polenta	120g	110	-	130
French Beans with Garlic	60g	50	-	70
Seasoned Broccoli	60g	50	-	70
TOTAL WEIGHT	410g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 410g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2315kJ (553Cal)	565kJ (135Cal)
Protein	40.8g	10.0g
Fat, Total	27.4g	6.7g
- Saturated	13.4g	3.3g
Carbohydrate	33.5g	8.2g
- Sugars	7.6g	1.8g
Sodium	1686mg	411mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909252 Duck Breast with Kakadu Plum Sauce

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Sweet Potato (29%), Duck (24%) (Duck, Water, Salt, Sugar, Mineral Salt (451), Spices), Kale, Peas, Cream (**Milk**), Chicken Stock, Mushroom, Butter (**Milk**), Onion, Wine, Salt, Vegetable Oil, Thickener (1442), Garlic, Kakadu Plum (0.18%), Herb & Spice, Vegetable Gum (412, 415), Emulsifier (471).

CONTAINS: MILK. **MAY BE PRESENT:** WHEAT, GLUTEN, EGG & SOY.

CONTENTS: 410g per serve.



Duck Breast	1 piece	100g	90	-	110
Kakadu Plum Sauce		80g	70	-	90
Sweet Potato Puree		130g	120	-	140
Sauteed Kale		60g	50	-	70
Seasoned Peas		40g	35	-	45
TOTAL WEIGHT		410g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 410g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	2530kJ (604Cal)	617kJ (147Cal)
Protein	22.9g	5.6g
Fat, Total	34.8g	8.5g
- Saturated	15.5g	3.8g
Carbohydrate	45.3g	11.1g
- Sugars	16.1g	3.9g
Sodium	1831mg	447mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909253 Grilled Australian Salmon with Mountain Pepper Hollandaise

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Potato (31%), Salmon (24%) (**Fish**), Broccoli (15%), Carrot, Cream (**Milk**), Vegetable Oil, Vinegar, Salt, Lemon Juice, Mustard, Thickener (1442), Herbs & Spices (Mountain Pepper (0.05%)), Sugar, Butter (**Milk**), Emulsifier (471), Garlic, Vegetable Gum (412, 415).

CONTAINS: FISH & MILK.

MAY BE PRESENT: BONES.

CONTENTS: 410g per serve.



	1				
Salmon	piece	100g	90	-	110
Mountain Pepper Hollandaise		60g	50	-	70
Seasoned Potato		130g	120	-	140
Spicy Roast Carrot		60g	50	-	70
Seasoned Broccoli		60g	50	-	70
TOTAL WEIGHT		410g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 410g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2440kJ (583Cal)	595kJ (142Cal)
Protein	37.7g	9.2g
Fat, Total	33.2g	8.1g
- Saturated	13.2g	3.2g
Carbohydrate	30.0g	7.3g
- Sugars	7.2g	1.7g
Sodium	1506mg	367mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909254 Prosciutto Chicken with Lemon Myrtle Macadamia Nut Cream

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Chicken (23%), Potato (18%), Carrot (9%), Onion, Peas (7%), Cream (6%) (from **Milk**), **Milk**, Parsnip, Prosciutto (3.5%), Macadamia Nuts (3.5%) (**Tree Nuts**), Chicken Stock, Shallots, Wine, Butter (**Milk**), Garlic, Thickener (1442), Salt, Vegetable Oil, Lemon Myrtle (0.15%), Lemon Juice (0.13%), Spices, Emulsifier (471), Vegetable Gum (412, 415).

CONTAINS: MILK & TREE NUTS.

MAY BE PRESENT: WHEAT, GLUTEN & EGG.



CONTENTS: 410g per serve.

Prosciutto Chicken Breast	1 piece	110g	100	-	120
Lemon Myrtle & Macadamia Nut Cream		60g	50	-	70
Champ		120g	110	-	130
Roast Parsnip, Carrots & Onions		80g	70	-	90
Peas		30g	25	-	35
Roasted Macadamia Nuts		10g	8	-	12
TOTAL WEIGHT		410g			

NUTRITION INFORMATION

Servings per package: 1

Serving size: 410g

	Average Quantity per Serving	Average Quantity per 100g
Energy	2480kJ (593Cal)	605kJ (145Cal)
Protein	36.9g	9.0g
Fat, Total	34.6g	8.4g
- Saturated	13.6g	3.3g
Carbohydrate	29.5g	7.2g
- Sugars	11.8g	2.9g
Sodium	1413mg	345mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

909255 Rainforest Lime & Lemon Myrtle Barramundi

PRODUCT SPECIFICATION/NUTRITIONAL ANALYSIS INFORMATION STATEMENT

INGREDIENTS: Barramundi (22%) (**Fish**), Potato (21%), Beans (15%), Tomato Pulp (Tomato, Tomato Juice, Citric Acid), **Milk**, Capsicum, Onion, Eggplant, Zucchini, Butter (**Milk**), Tomato Paste, Rainforest Lime & Lemon Myrtle (1%), Garlic, Herbs & Spices, Thickener (1442), Vegetable Oil, Salt, Lemon Juice, Sugar, Vegetable Gum (412, 415).

CONTAINS: FISH & MILK. **MAY BE PRESENT:** BONES.

CONTENTS: 410g per serve.



Rainforest Lime & Lemon Myrtle Barramundi	1 piece	100g	90	-	110
Vegetable Ratatouille		120g	110	-	130
Mashed Potato		130g	120	-	140
Beans		60g	50	-	70
TOTAL WEIGHT		410g			

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 410g		
	Average Quantity per Serving	Average Quantity per 100g
Energy	1536kJ (367Cal)	375kJ (90Cal)
Protein	30.1g	7.3g
Fat, Total	13.5g	3.3g
- Saturated	6.5g	1.6g
Carbohydrate	147g	35.8g
- Sugars	8.8g	2.1g
Sodium	1119mg	273mg

Information obtained from FSANZ data, Foodworks 10 Database, USDA database and chemical analysis.

