

Beef Rissoles

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1046kJ	436kJ
Protein	20.5g	8.5g
Fat, total	8.0g	3.3g
- saturated	3.2g	1.3g
Carbohydrate	22.3g	9.3g
- sugars	6.3g	2.6g
Sodium	491mg	205mg



Ingredients: Mashed Potato with Vegetable (**Milk, Soy**), Beef Rissole (**Wheat, Soy**), Gravy (**Milk, Sulphites**), BBQ Gravy (**Milk, Sulphites**)

Contains: Milk, Soy, Wheat, Gluten, Sulphites



School
Lunch
Collective

Pasta Bolognese

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1100kJ	458kJ
Protein	16.5g	6.9g
Fat, total	3.8g	1.6g
- saturated	2.4g	1.0g
Carbohydrate	39.2g	16.3g
- sugars	5.9g	2.4g
Sodium	126mg	52mg



Ingredients: Bolognese Beef Mince with Vegetables, Pasta (Wheat)

Contains: Wheat, Gluten



School
Lunch
Collective

Cottage Pie

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	616kJ	257kJ
Protein	13.9g	5.8g
Fat, total	2.6g	1.1g
- saturated	0.8g	0.4g
Carbohydrate	16.1g	6.7g
- sugars	4.0g	2.0g
Sodium	56mg	26mg



Ingredients: Cottage Pie Filling [Beef Mince] with Vegetables, Mashed Potato (Milk, Soy)

Contains: Milk, Soy



School
Lunch
Collective

Mac & Cheese

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1083kJ	451kJ
Protein	11.0g	4.6g
Fat, total	2.6g	1.0g
- saturated	1.3g	0.6g
Carbohydrate	46.0g	19.2g
- sugars	6.2g	2.6g
Sodium	541mg	226mg



Ingredients: Cheese Sauce with Cauliflower (**Milk**), Pasta (**Wheat**), Ham, Vegetables

Contains: Wheat, Gluten, Milk



School
Lunch
Collective

Beef Meatballs

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1058kJ	441kJ
Protein	14.5g	6.1g
Fat, total	5.6g	2.3g
- saturated	1.6g	0.7g
Carbohydrate	35.1g	14.6g
- sugars	3.7g	1.6g
Sodium	456mg	190mg



Ingredients: Rice, Tomato Sauce with Vegetables, Beef Meatball (Wheat, Rye, Gluten, Oats, Soy, Barley, Milk)

Contains: Wheat, Gluten, Soy, Milk



School
Lunch
Collective

Butter Chicken

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1086kJ	453kJ
Protein	13.2g	5.5g
Fat, total	8.6g	3.6g
- saturated	7.1g	3.0g
Carbohydrate	32.4g	13.5g
- sugars	4.2g	1.8g
Sodium	167mg	70mg



Ingredients: Butter Chicken Mix [Chicken] with Vegetable, Rice



School
Lunch
Collective

Chicken Pasta

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1143kJ	476kJ
Protein	18.9g	7.8g
Fat, total	3.5g	1.5g
- saturated	1.9g	0.8g
Carbohydrate	39.2g	16.3g
- sugars	7.1g	3.0g
Sodium	74mg	31mg



Ingredients: Chicken & Vegetable Sauce Mix (Milk, Sulphites, Soy, Wheat), Pasta (Wheat)

Contains: Milk, Soy, Wheat, Gluten, Sulphites



School
Lunch
Collective

Mexican Mince

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	983kJ	410kJ
Protein	12.8g	5.3g
Fat, total	3.5g	1.5g
- saturated	1.4g	0.6g
Carbohydrate	36.8g	15.3g
- sugars	6.7g	2.8g
Sodium	144mg	60mg



Ingredients: Mexican Beef Mince Base with Vegetables (Wheat, Sesame, Soy), Rice, Cheese Sauce (Milk)

Contains: Wheat, Gluten, Sesame, Milk, Soy



School
Lunch
Collective

Teriyaki Chicken

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1055kJ	440kJ
Protein	17.4g	7.3g
Fat, total	1.5g	0.6g
- saturated	0.4g	0.2g
Carbohydrate	40.2g	16.7g
- sugars	13.7g	5.7g
Sodium	635mg	265mg



Ingredients: Rice, Vegetables, Teriyaki Sauce (**Soy, Sesame**), Chicken

Contains: Soy, Sesame



School
Lunch
Collective

Thai Chicken Curry

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1073kJ	445kJ
Protein	12.7g	5.2g
Fat, total	8.1g	3.4g
- saturated	6.7g	2.8g
Carbohydrate	33.1g	13.7g
- sugars	4.8g	2.0g
Sodium	159mg	66mg



Ingredients: Curry Sauce with Chicken, Vegetables, Rice



School
Lunch
Collective