

# **Standard Menu Nutritional Information**



**School  
Lunch  
Collective**

# Beef Rissoles

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



# Pasta Bolognese

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



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

**Contains:** Wheat, Gluten

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# Cottage Pie

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



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

**Contains: Milk, Soy**

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# Beef Meatballs

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



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

**Contains:** **Wheat, Gluten, Soy, Milk**



# Butter Chicken

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



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



# Chicken Pasta

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



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

**Contains:** Milk, Soy, Wheat, Gluten, Sulphites



# Tex-Mex Mince

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



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

**Contains: Wheat, Gluten, Sesame, Milk, Soy**





# Teriyaki Chicken

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



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

**Contains: Soy, Sesame**

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# Thai Jungle Curry Chicken

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

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



**Ingredients:** Curry Sauce with Chicken, Vegetables, Rice

# Pasta Meatballs

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1199kJ	499kJ
<b>Protein</b>	17.6g	7.3g
<b>Fat, total</b>	4.1g	1.7g
<b>- saturated</b>	1.5g	0.6g
<b>Carbohydrate</b>	42.7g	17.8g
<b>- sugars</b>	4.6g	1.9g
<b>Sodium</b>	448mg	186mg

**Ingredients:** Pasta (**Wheat**), Tomato Sauce, Beef Meatball (**Wheat, Rye, Gluten, Oats, Soy, Barley, Milk**)

**Contains: Wheat, Gluten, Soy, Milk**



# Beef Meatballs on Roasted Potatoes

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1079 kJ	449 kJ
<b>Protein</b>	14.4 g	6.0 g
<b>Fat, total</b>	7.8 g	3.2 g
<b>- saturated</b>	1.5 g	0.6 g
<b>Carbohydrate</b>	31.5 g	13.1 g
<b>- sugars</b>	3.7 g	1.5 g
<b>Sodium</b>	478 mg	199 mg

**Ingredients:** Potato, Tomato Sauce, Beef Meatball (**Wheat, Rye, Gluten, Oats, Soy, Barley, Milk**)

**Contains:** **Wheat, Gluten, Soy, Milk**

# Pesto Pasta

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	2081 kJ	867 kJ
<b>Protein</b>	10.8 g	4.5 g
<b>Fat, total</b>	28.6 g	11.9 g
<b>- saturated</b>	3.4 g	1.4 g
<b>Carbohydrate</b>	45.8 g	19.1 g
<b>- sugars</b>	2.6 g	1.5 g
<b>Sodium</b>	461 mg	192 mg

**Ingredients:** Pasta (68%) (Water, Durum **Wheat** Semolina), Dressing (24%) (Water, Canola Oil, Sugar, **Egg** Yolk, Sour Cream (**Milk**), Thickener (1442, 415), Mustard Powder, Skim **Milk** Powder, Salt, Garlic, Acidity Regulator (260, 330), Parmesan Cheese (**Milk**), Emulsifier (433), Parsley, Preservative (202), Pepper), Basil Pesto (2.5%) (**Milk**, Acidity Regulator (260, 330, 300)), Capsicum, Carrots, Parmesan Cheese (**Milk**).

**Contains: Wheat, Gluten, Egg, Milk**

# **Flexi Menu Nutritional Information**



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# Roast Beef, Potato Nuggets, Sweet Chilli

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1389kJ	579kJ
<b>Protein</b>	10.9g	4.5g
<b>Fat, total</b>	9.9g	4.2g
<b>- saturated</b>	1.4g	0.6g
<b>Carbohydrate</b>	43.6g	18.2g
<b>- sugars</b>	16.6g	6.9g
<b>Sodium</b>	1187mg	495mg

**Ingredients:** Potatogem, Vegetables, Roast beef [Beef], Sweet Chilli Sauce



# Falafel, Potato Nuggets, Sweet Chilli

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 285g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1656kJ	581kJ
<b>Protein</b>	9.3g	3.3g
<b>Fat, total</b>	10.1g	3.5g
<b>- saturated</b>	1.1g	0.4g
<b>Carbohydrate</b>	57.3g	20.1g
<b>- sugars</b>	22.1g	7.8g
<b>Sodium</b>	1260mg	442mg

**Ingredients:** Potatogem, Vegetables, Falafel, Sweet Chilli  
Sauce





# Vegetarian Balls, Potato Nuggets & Tomato Sauce

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 260g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1552kJ	597kJ
<b>Protein</b>	14.2g	5.5g
<b>Fat, total</b>	18.8g	7.2g
<b>- saturated</b>	7.0g	2.7g
<b>Carbohydrate</b>	35.0g	13.5g
<b>- sugars</b>	6.8g	2.6g
<b>Sodium</b>	520mg	200mg

**Ingredients:** Potatogem, Vegetarian Balls (**Soy, Sulphites**),  
Tomato Sauce

**Contains: Soy & Sulphites**

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# Falafel, Potato Nuggets & Tomato Sauce

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 255g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1656kJ	581kJ
<b>Protein</b>	9.3g	3.3g
<b>Fat, total</b>	10.1g	3.5g
<b>- saturated</b>	1.1g	0.4g
<b>Carbohydrate</b>	57.3g	20.1g
<b>- sugars</b>	22.1g	7.8g
<b>Sodium</b>	1260mg	442mg

**Ingredients:** Potatogem, Vegetables, Falafel, Sweet Chilli  
Sauce

Flexi-Menu Nutritional Information



# GF Pasta with Plant Mince & Tomato Bolognese

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 255g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1602kJ	628kJ
<b>Protein</b>	13.8g	5.4g
<b>Fat, total</b>	12.7g	5.0g
<b>- saturated</b>	6.6g	2.6g
<b>Carbohydrate</b>	53.8g	21.1g
<b>- sugars</b>	6.4g	2.5g
<b>Sodium</b>	454mg	178mg

**Ingredients:** Gluten Free Pasta (**Soy**), Tomato Sauce, Plan\*  
Mince (**Soy**)

**Contains: Soy**

Flexi-Menu Nutritional Information



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# Savoury Rice with Falafel

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1232kJ	513kJ
<b>Protein</b>	9.0g	3.8g
<b>Fat, total</b>	5.9g	2.5g
<b>- saturated</b>	1.1g	0.5g
<b>Carbohydrate</b>	46.4g	19.3g
<b>- sugars</b>	6.3g	2.6g
<b>Sodium</b>	468mg	195mg

**Ingredients:** Rice Base with Herbs and Spices, Falafel, Vegetables



# Meatballs, Potato Nuggets & Tomato Sauce [No Cheese]

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1243kJ	518kJ
<b>Protein</b>	14.5g	6.0g
<b>Fat, total</b>	11.5g	4.8g
<b>- saturated</b>	2.2g	0.9g
<b>Carbohydrate</b>	31.9g	13.3g
<b>- sugars</b>	5.1g	2.1g
<b>Sodium</b>	724mg	301mg

**Ingredients:** Potatogem, Tomato Sauce, Beef Meatball  
(Wheat, Rye, Gluten, Oats, Soy, Barley, Milk)

**Contains: Wheat, Gluten, Soy & Milk**



# GF Wrap, Falafel, Salad & Sweet Chilli [Medium]

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 200g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1304kJ	652kJ
<b>Protein</b>	11.6g	5.8g
<b>Fat, total</b>	7.1g	3.6g
<b>- saturated</b>	1.2g	0.6g
<b>Carbohydrate</b>	45.4g	22.7g
<b>- sugars</b>	9.5g	4.8g
<b>Sodium</b>	786mg	393mg

**Ingredients:** Tortilla (**Soy**), Falafel, Vegetables, Sweet Chilli Sauce

**Contains: Soy**



# GF Wrap, Falafel, Salad & Sweet Chilli [Large]

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 270g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1761kJ	652kJ
<b>Protein</b>	15.7g	5.8g
<b>Fat, total</b>	9.6g	3.6g
<b>- saturated</b>	1.6g	0.6g
<b>Carbohydrate</b>	61.3g	22.7g
<b>- sugars</b>	12.9g	4.8g
<b>Sodium</b>	1061mg	393mg

**Ingredients:** Tortilla (**Soy**), Falafel, Vegetables, Sweet Chilli Sauce

**Contains: Soy**



# GF Wrap, Plan\*<sup>†</sup> Chicken, Salad & Sweet Chilli [Medium]

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 185g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1530kJ	827kJ
<b>Protein</b>	30.2g	16.3g
<b>Fat, total</b>	15.8g	8.5g
<b>- saturated</b>	1.7g	0.9g
<b>Carbohydrate</b>	37.6g	20.3g
<b>- sugars</b>	9.4g	5.1g
<b>Sodium</b>	645mg	349mg

**Ingredients:** Tortilla (**Soy**), Plan\*<sup>†</sup> Chicken (**Wheat**),  
Vegetables, Sweet Chilli Sauce

**Contains: Soy, Wheat & Gluten**





# GF Wrap, Plan\*<sup>†</sup> Chicken, Salad & Sweet Chilli [Large]

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 250g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	2065kJ	927kJ
<b>Protein</b>	40.7g	16.3g
<b>Fat, total</b>	21.3g	8.5g
<b>- saturated</b>	2.3g	0.9g
<b>Carbohydrate</b>	50.1g	20.3g
<b>- sugars</b>	12.7g	5.1g
<b>Sodium</b>	871mg	349mg

**Ingredients:** Tortilla (**Soy**), Plan\*<sup>†</sup> Chicken (**Wheat**),  
Vegetables, Sweet Chilli Sauce

**Contains: Soy, Wheat & Gluten**

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# Dhal & Rice

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	876kJ	365kJ
<b>Protein</b>	7.4g	3.1g
<b>Fat, total</b>	2.9g	1.2g
<b>- saturated</b>	0.2g	0.1g
<b>Carbohydrate</b>	35.3g	14.7g
<b>- sugars</b>	0.2g	0.1g
<b>Sodium</b>	336mg	140mg

**Ingredients:** White Rice 20%, Dhall 9%, Water 60%, Onion 9%, Sweet Potato, Onion, Canola Oil, Tomato Paste, Salt, Broccoli, Carrot, Peas, Thickener ((1422), Sulphites), Garlic, Potato Flakes (Potato 99%, Emulsifier (E471), Stabilizer (E450)), Yeast Powder, Ginger Powder, Paprika Powder, Natural Herbs & Spices

**Contains: Sulphites**



# Kashmir Vegetable Curry & Rice (NF)

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1073kJ	447kJ
<b>Protein</b>	4.3g	1.8g
<b>Fat, total</b>	4.8g	2.0g
<b>- saturated</b>	4.1g	1.7g
<b>Carbohydrate</b>	48.0g	20.0g
<b>- sugars</b>	6.5g	2.7g
<b>Sodium</b>	331mg	138mg

**Ingredients:** Basmati Rice 25%, Water 36%, Sweet Potato 7%, Chickpeas 6%, Onion, Tomato Paste, Coconut Cream (Guargum (E412), Carrageenan (E407), Xanthamgum (E415)), Sugar, Cauliflower, Pumpkin Capsicum, Green Beans, Coconut Oil, Yeast Powder, Thickener ((1422), Sulphites), Starch, Salt, Chili, Pepper Herbs & Spices.]

**Contains: Sulphites**



# Jalapeno Veg Rice (NF)

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	914kJ	381kJ
<b>Protein</b>	5.5g	2.3g
<b>Fat, total</b>	3.8g	1.6g
<b>- saturated</b>	0.02g	0.01g
<b>Carbohydrate</b>	39.4g	16.4g
<b>- sugars</b>	0.02g	0.01g
<b>Sodium</b>	566mg	236mg

**Ingredients:** Basmati Rice 21%, Chickpeas 12%, Water 39%, Cauliflower 9%, Sweet Potato 6%, Jalapeno, Capsicum, Onion (Anticaking Agent (E 551)), Canola Oil, Garlic, Salt, Jalapeno, Coconut Cream (Guargum (E412), Carrageenan (E407), Xanthamgum (E415)), Garlic (Sulphites), Thickener ((E1422), Sulphites), Yeast Powder, Acetic Acid, Cauliflower, Corn Sweet, Oregano, Natural Herbs & Spices

**Contains: Sulphites**

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# Thai Veg Curry & Rice

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1138kJ	474kJ
<b>Protein</b>	9.4g	3.9g
<b>Fat, total</b>	3.8g	1.6g
<b>- saturated</b>	7.7g	3.2g
<b>Carbohydrate</b>	51.8g	21.6g
<b>- sugars</b>	5.8g	2.4g
<b>Sodium</b>	386mg	161mg

**Ingredients:** Basmati Rice 21%, Chickpeas 13%, Water 34%, Cauliflower 6%, Green Peas 9%, Sweet Potato 6%, Capsicum, Onion, Ginger, Garlic, Salt, Lime Oil, Lemongrass Oil, Coconut Cream (Guargum (E412), Carrageenan (E407), Xanthamgum (E415)), Thickener ((E1422), Sulphites), Yeast Powder, Green peas, Natural Herbs & Spice

**Contains: Sulphites**

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# Margherita Scroll with Tomato & Cheese

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 280g (2x 140g)

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	3080kJ	1100kJ
<b>Protein</b>	28.8g	10.3g
<b>Fat, total</b>	26.9g	9.6g
<b>- saturated</b>	14.0g	5.0g
<b>Carbohydrate</b>	87.6g	31.3g
<b>- sugars</b>	12.9g	4.6g
<b>Sodium</b>	991mg	354mg

**Ingredients:** Dough [**Wheat** flour, Water, **Wheat** Wholemeal flour, Tomato Paste (tomatoes (water, concentrated tomatoes), salt, sugar, **Soybean** oil, spices, Garlic powder, citric acid), Yeast (yeast, water), Sugar, Cheese (**Milk**, salt, anticaking agent (460), cultures, preservative (200), non-animal rennet), Gluten (**Wheat**), Olive Oil, Vegetable Fat (water, vegetable oil, sugar, emulsifier (475)), Salt (sodium chloride, anti-caking agent 535), Improver (**Soy** flour, emulsifiers (472e, 481, 471), **Wheat** flour, flour improver (300), enzymes, thiamine, folic acid), **Milk** Powder (**Milk**, **Soy** lecithin (E322)), Oregano, Sumach Powder (sumac, salt), Paprika Powder, Onion Powder, Garlic Powder, Brown Sugar (cane sugar)], Psyllium Powder, Cheese **Milk**, Spinach, Oil Spray [contain **Soy** lecithin].], Cheese [**Milk**, salt, anticaking agent (460), preservative (200), cultures, rennet], Spinach, Oil Spray (**Soy** Lecithin) [Oil Spray (**Soy** Lecithin)]

**Contains: Wheat, Gluten, Milk & Soy**

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# Plum

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: Approx. 60g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	145kJ	241kJ
<b>Protein</b>	0.4g	0.8g
<b>Fat, total</b>	0.3g	0.5g
<b>- saturated</b>	0.02g	0.03g
<b>Carbohydrate</b>	7.4g	12.4g
<b>- sugars</b>	7.4g	12.3g
<b>Sodium</b>	1.8mg	3.0mg

**Ingredients:** Plum



# Shrewsbury Biscuit

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 1x 17g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	305kJ	1850kJ
<b>Protein</b>	0.76g	4.6g
<b>Fat, total</b>	2.4g	14.5g
<b>- saturated</b>	1.4g	8.6g
<b>Carbohydrate</b>	11.9g	72.0g
<b>- sugars</b>	4.9g	30.0g
<b>Sodium</b>	49.7mg	301mg

**Ingredients:** **Wheat** Flour, Strawberry Filling 25% [Sugar, Glucose Syrup, Invert Sugar, Apple Pulp, Strawberry 7%, Stabiliser (440), Acidity Regulator (330), Colours (120, 163), Natural Flavour], Sugar, Vegetable Fat (Antioxidant: 307b), Butter (**Milk**), Glucose Syrup, Salt, Raising Agent (Baking Soda), Emulsifier (322: **Soy**), Flavour, Colour (160b).

**Contains: Wheat, Gluten, Milk, Soy**





# Popcorn

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	470kJ	2350kJ
<b>Protein</b>	2.3g	11.7g
<b>Fat, total</b>	5.6g	28.2g
<b>- saturated</b>	0.5g	2.4g
<b>Carbohydrate</b>	10.9g	54.7g
<b>- sugars</b>	0.9g	4.5g
<b>Sodium</b>	104.6mg	523mg

**Ingredients:** Popcorn, Canola Oil, Sea Salt



# Pea Crisps

## Original Salted

### Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 18g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	320kJ	1780kJ
<b>Protein</b>	3.2g	17.6g
<b>Fat, total</b>	3.5g	19.4g
<b>- saturated</b>	0.8g	4.6g
<b>Carbohydrate</b>	5.9g	33.0g
<b>- sugars</b>	0.7g	4.0g
<b>Sodium</b>	61.6mg	342mg

**Ingredients:** Green Peas (70%), Rice Bran Oil (Antioxidant (304)), Pea Fibre, Seasoning (4.5%) [Sugar, Salt, Maltodextrin, Yeast Extract, Vegetable Oil, Flavour Enhancer (635), Anti-Caking Agent (551), Acidity Regulator (Citric Acid)], Stabiliser (170)



# Hidden Veg Brownie

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 40g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	744kJ	1860kJ
<b>Protein</b>	1.7g	4.2g
<b>Fat, total</b>	9.2g	23.0g
<b>- saturated</b>	0.9g	2.3g
<b>Carbohydrate</b>	21.5g	53.8g
<b>- sugars</b>	14.7g	36.7g
<b>Sodium</b>	54mg	135mg

**Ingredients:** Sugar, Kumara (20%), Vegetable Oil, **Wheat** Flour, Reconstituted **Egg**, Water, Cocoa (2.5%), Maltodextrin, **Milk** Solids, Raising Agents (450, 500), Salt, Stabiliser (412), Natural Flavours

**Contains: Wheat, Gluten, Egg, Milk**



# No Nut Bhuja Mix

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 20g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	400kJ	2000kJ
<b>Protein</b>	4.5g	22.7g
<b>Fat, total</b>	2.5g	12.5g
<b>- saturated</b>	0.3g	1.3g
<b>Carbohydrate</b>	9.5g	47.3g
<b>- sugars</b>	0.6g	3.2g
<b>Sodium</b>	118mg	590mg

**Ingredients:** Pea Flour, Chickpeas, Peas, Natural Spices, Salt, vegetable oil, (canola, sunflower), natural colour

Flexi-Menu Nutritional Information



# Cassava Chips

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 10g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	201kJ	2009kJ
<b>Protein</b>	0.1g	1.1g
<b>Fat, total</b>	0.5g	5.3g
<b>- saturated</b>	0.1g	0.6g
<b>Carbohydrate</b>	5.2g	52.2g
<b>- sugars</b>	0.6g	6.0g
<b>Sodium</b>	8mg	79mg

**Ingredients:** Cassava Vege Snack (80.4%) [Cassava flour (46.3%), Tapioca Flour, Sugar, **Wheat** flour, Salt], Vegetable oil (Canola or Sunflower)

**Contains: Wheat, Gluten**



# Corn Chips

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 15g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	330kJ	2200kJ
<b>Protein</b>	0.9g	6.0g
<b>Fat, total</b>	4.4g	29.0g
<b>- saturated</b>	0.3g	2.1g
<b>Carbohydrate</b>	8.8g	58.4g
<b>- sugars</b>	0.1g	0.5g
<b>Sodium</b>	30mg	200mg

**Ingredients:** Corn, Vegetable Oil [Rapeseed or Sunflower], Salt



# Seed Trail Mix

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 21g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	425kJ	2026kJ
<b>Protein</b>	4.5g	21.2g
<b>Fat, total</b>	6.3g	30.1g
<b>- saturated</b>	0.01g	0.1g
<b>Carbohydrate</b>	7.8g	37.0g
<b>- sugars</b>	5.5g	26.0g
<b>Sodium</b>	19mg	91.9mg

**Ingredients:** Sunflower seed, Pumpkin Seeds, Raisin



# Bread Roll

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 35g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	399kJ	1140kJ
<b>Protein</b>	3.4g	9.7g
<b>Fat, total</b>	0.5g	1.5g
<b>- saturated</b>	0.1g	0.4g
<b>Carbohydrate</b>	18.6g	53.1g
<b>- sugars</b>	0.3g	0.7g
<b>Sodium</b>	188mg	538mg

**Ingredients:** **Wheat** Flour **Wheat Gluten** Water Texture Improver (sugar, vegetable oil, emulsifiers (472e, 481)) Salt (iodised) Bread Improver (ascorbic acid, enzymes (**Wheat**)) Yeast

**Contains: Wheat & Gluten**





# Pita Bread

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 45g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	460kJ	1022kJ
<b>Protein</b>	4.1g	9.2g
<b>Fat, total</b>	0.5g	1.0g
<b>- saturated</b>	0.1g	0.2g
<b>Carbohydrate</b>	22.8g	50.1g
<b>- sugars</b>	0.4g	0.8g
<b>Sodium</b>	172.8mg	385mg

**Ingredients:** **Wheat** flour, water, yeast, iodised salt, sugar, preservative (200), vitamin (folic acid)

**Contains: Wheat & Gluten**



# Lime Slurper Yoghurt

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 70g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	189kJ	270kJ
<b>Protein</b>	3.5g	5.0g
<b>Fat, total</b>	1.0g	1.4g
<b>- saturated</b>	0.7g	1.0g
<b>Carbohydrate</b>	5.0g	7.2g
<b>- sugars</b>	4.1g	5.9g
<b>Sodium</b>	25mg	35mg

**Ingredients:** Skim **Milk**, **Milk** solids, cream (**Milk**), sugar, halal gelatine, thickeners (1422 or 1442, 415), lime juice concentrate (0.2%), natural flavours, lemon juice concentrate, acidity regulators (331, 330), preservative (202), cultures (**Milk**)

**Contains: Milk**



# Vanilla Slurper Yoghurt

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 70g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	189kJ	270kJ
<b>Protein</b>	3.5g	5.0g
<b>Fat, total</b>	1.0g	1.4g
<b>- saturated</b>	0.7g	1.0g
<b>Carbohydrate</b>	5.0g	7.5g
<b>- sugars</b>	4.2g	6.0g
<b>Sodium</b>	25mg	35mg

**Ingredients:** Skim **Milk**, **Milk** solids, cream (**Milk**), sugar, halalgelatine, stabilisers (1422 or 1442, 415), natural flavours, acidity regulator (270), preservative (202), cultures (**Milk**).

**Contains: Milk**



# BBQ Beef & Chicken Bun

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 140g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1420kJ	1020kJ
<b>Protein</b>	14.9g	10.7g
<b>Fat, total</b>	13.6g	9.7g
<b>- saturated</b>	6.9g	4.9g
<b>Carbohydrate</b>	37.7g	26.9g
<b>- sugars</b>	3.6g	2.6g
<b>Sodium</b>	1330mg	951mg

**Ingredients:** Fortified **Wheat** flour (**wheat**, folic acid), Water, Yeast, Wholemeal Concentrate (**wheat** bran, **wheat** germ), Gluten, Vegetable Oils, Sugar, Emulsifier (475, 472e, 481, 471), Iodised Salt (anti-caking agent (535)), **Soy** flour, Flour improver (300), Enzymes, Thiamine, Colour (150C)., Meat (beef, chicken) water, textured **soy** protein, rice flour, pea fibre ,hydrolysed vegetable protein, [**soy** protein extract maltodextrin (maize),rice bran oil, dextrose ,salt, yeast extract, spice (pepper)colour (150a),canola oil ,smoke flavour, Cheese [**milk**, salt, anticaking agent (460), preservative (200), cultures, vegetable rennet], Red Pepper, Spinach, Tomato paste (Tomato Paste, Water) Sugar, Burnt Sugar, Molasses, Vinegar, Salt, Thickeners (1414or 1422,415) natural flavours, Acidity regulators(260, 330), Spice, Natural smoke, Preservatives (202,11), Green Pepper

**Contains: Wheat, Gluten, Soy & Milk**



# BBQ Vege Bun

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 140g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1270kJ	907kJ
<b>Protein</b>	12.8g	9.1g
<b>Fat, total</b>	11.0g	7.9g
<b>- saturated</b>	6.3g	4.5g
<b>Carbohydrate</b>	36.4g	26.0g
<b>- sugars</b>	2.8g	2.0g
<b>Sodium</b>	932mg	665mg

**Ingredients:** Fortified **Wheat** flour (**wheat**, folic acid), Water, Yeast, Wholemeal Concentrate (**wheat** bran, **wheat** germ), Gluten, Vegetable Oils, Sugar, Emulsifier (475, 472e, 481, 471), Iodised Salt (anti-caking agent (535)), **Soy** flour, Flour improver (300), Enzymes, Thiamine, Colour (150C)., Cheese [**milk**, salt, anticaking agent (460), preservative (200), cultures, Vegetable rennet], Lentil, Spinach, Red Pepper, Green Pepper, Tomato paste (Tomato Paste, Water) Sugar, Burnt Sugar, Molasses, Vinegar, Salt, Thickeners (1414 or 1422,415) natural flavors, Acidity regulators (260, 330), Spice, Natural smoke, Preservatives (202,11).

**Contains: Wheat, Gluten, Soy & Milk**



# Chicken Pesto Pasta

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	2052kJ	855kJ
<b>Protein</b>	16.3g	6.8g
<b>Fat, total</b>	26.8g	11.2g
<b>- saturated</b>	3.1g	1.3g
<b>Carbohydrate</b>	42.7g	17.8g
<b>- sugars</b>	3.1g	1.3g
<b>Sodium</b>	614mg	256mg

**Ingredients:** Pasta (64%) (Water, Durum **Wheat** Semolina), Dressing (23%) (Water, Canola Oil, Sugar, **Egg** Yolk, Sour Cream (**Milk**), Thickener (1442, 415), Mustard Powder, Skim **Milk** Powder, Salt, Garlic, Acidity Regulator (260, 330), Parmesan Cheese (**Milk**), Emulsifier (433), Parsley, Preservative (202), Pepper), Chicken (10%) Chicken (10%) (Chicken, Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250), Vegetable gum (412), Thickener (415)), Basil Pesto (2%) (**Milk**, Acidity Regulator (260, 330, 300)), Parmesan Cheese (**Milk**)

**Contains: Wheat, Gluten, Egg & Milk**



# Italian Tomato Pasta

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1253kJ	522kJ
<b>Protein</b>	8.4g	3.5g
<b>Fat, total</b>	8.4g	3.5g
<b>- saturated</b>	1.2g	0.5g
<b>Carbohydrate</b>	43.9g	18.3g
<b>- sugars</b>	4.6g	1.9g
<b>Sodium</b>	509mg	212mg

**Ingredients:** Pasta (62%) (Durum **Wheat** Semolina, Water), Tuscan Tomato Dressing (25%) (Water, Tomato (23%) (Tomatoes, Acidity Regulator (330), Firming Agent (509)), Olive Oil, Capsicum, Onion, Sugar, White Vinegar, Carrot, Salt, Garlic, Thickener (1442, 415), Spices, Herbs, Sunflower Seeds, Acidity Regulator (330), Preservative (202), Plant Extract, Antioxidant (385)), Celery, Capsicum, Dried Parsley.

**Contains: Wheat & Gluten**

Flexi-Menu Nutritional Information



School  
Lunch  
Collective

# Wheatmeal Wrap

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 50g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	536kJ	1070kJ
<b>Protein</b>	3.5g	7.0g
<b>Fat, total</b>	1.0g	1.9g
<b>- saturated</b>	0.3g	0.6g
<b>Carbohydrate</b>	23.0g	46.0g
<b>- sugars</b>	0.2g	0.3g
<b>Sodium</b>	123mg	247mg

**Ingredients:** **Wheat** Flour, Water, Wholemeal Flour (30%), Vegetable (Canola) Oil, Iodised Salt, Emulsifier (471), Sugar, Yeast, **Wheat** Fibre, Vitamin (Folic Acid)

**Contains: Wheat & Gluten**





# **Complex Menu Nutritional Information**



**School  
Lunch  
Collective**

# Roast Vegetable Dhal with Rice

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1295kJ	418kJ
<b>Protein</b>	13.4g	4.3g
<b>Fat, total</b>	4.4g	1.4g
<b>- saturated</b>	0.5g	0.2g
<b>Carbohydrate</b>	53.5g	17.3g
<b>- sugars</b>	6.9g	2.2g
<b>Sodium</b>	327mg	106mg

**Ingredients:** Dhal Base [Lentil] with Vegetables, Rice

# Mexican Beans and Rice

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1198kJ	374kJ
<b>Protein</b>	11.2g	3.5g
<b>Fat, total</b>	2.7g	0.9g
<b>- saturated</b>	0.5g	0.1g
<b>Carbohydrate</b>	50.1g	15.7g
<b>- sugars</b>	8.5g	2.7g
<b>Sodium</b>	224mg	70mg

**Ingredients:** Mexican Beans [Kidney Beans, Black Beans, White Beans] with Vegetables, Rice

# Lentil and Tofu Curry with Rice

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1316kJ	377kJ
<b>Protein</b>	11.4g	3.3g
<b>Fat, total</b>	8.4g	2.4g
<b>- saturated</b>	2.6g	0.8g
<b>Carbohydrate</b>	47.8g	13.7g
<b>- sugars</b>	4.8g	1.4g
<b>Sodium</b>	141mg	40mg

**Ingredients:** Lentil Tofu Curry with Vegetables (**Soy, Sulphites**), Rice

**Contains: Soy, Sulphites**



# Chicken & Lentil Curry with Rice

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1345kJ	383kJ
<b>Protein</b>	17.4g	50.g
<b>Fat, total</b>	8.2g	2.3g
<b>- saturated</b>	2.6g	0.7g
<b>Carbohydrate</b>	43.6g	12.4g
<b>- sugars</b>	4.7g	1.4g
<b>Sodium</b>	183mg	52mg

**Ingredients:** Chicken & Lentil Curry with Vegetables  
(Sulphites), Rice

**Contains: Sulphites**



# Savoury Mince

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1050kJ	311kJ
<b>Protein</b>	21.0g	6.2g
<b>Fat, total</b>	8.4g	2.5g
<b>- saturated</b>	1.9g	0.6g
<b>Carbohydrate</b>	20.7g	6.1g
<b>- sugars</b>	6.0g	1.8g
<b>Sodium</b>	325mg	96mg

**Ingredients:** Savoury Mince [Beef Mince], Mash Potato (Sulphites), Vegetables

**Contains: Sulphites**



# Chicken with Gravy, Mash & Veg

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	788kJ	258kJ
<b>Protein</b>	18.6g	6.1g
<b>Fat, total</b>	1.7g	0.6g
<b>- saturated</b>	0.6g	0.2g
<b>Carbohydrate</b>	22.5g	7.4g
<b>- sugars</b>	5.7g	1.9g
<b>Sodium</b>	992mg	325mg

**Ingredients:** Mash Potato (**Sulphites**), Vegetables, Chicken, Gravy

**Contains: Sulphites**



# Mumbai Chickpea and Rice Pilaf

## Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

	Average Quantity per Serving	Average Quantity per 100ml
<b>Energy</b>	1812kJ	620kJ
<b>Protein</b>	12.9g	4.4g
<b>Fat, total</b>	13.7g	4.7g
<b>- saturated</b>	1.2g	0.4g
<b>Carbohydrate</b>	57.9g	19.8g
<b>- sugars</b>	6.6g	2.3g
<b>Sodium</b>	479mg	164mg

**Ingredients:** Rice, Chickpea Filling, Vegetables

