

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

Chickpea Curry

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1244kJ	518kJ
Protein	8.5g	3.5g
Fat, total	12.7g	5.3g
- saturated	10.5g	4.4g
Carbohydrate	35.3g	14.7g
- sugars	5.3g	2.2g
Sodium	292mg	122mg

Ingredients: Chickpea Curry Sauce with Vegetables, Rice, Chickpea



School
Lunch
Collective

Falafel with Golden Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1061kJ	441.95kJ
Protein	7.3g	3.0g
Fat, total	5.4g	2.2g
- saturated	1.0g	0.4g
Carbohydrate	40.9g	17.0g
- sugars	5.1g	2.1g
Sodium	342mg	142mg

Ingredients: Rice, Tomato Sauce, Falafel



School
Lunch
Collective

Lentil Bolognese

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1040kJ	433kJ
Protein	9.6g	4.0g
Fat, total	3.3g	1.4g
- saturated	0.4g	0.2g
Carbohydrate	45.1g	18.8g
- sugars	5.9g	2.5g
Sodium	137mg	57mg

Ingredients: Tomato Sauce, Pasta (Soy), Lentils

Contains: Soy



School
Lunch
Collective

Thai Chickpea Curry

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1155kJ	481kJ
Protein	8.3g	3.4g
Fat, total	10.4g	4.3g
- saturated	8.3g	3.4g
Carbohydrate	35.2g	14.7g
- sugars	5.8g	2.4g
Sodium	257mg	107mg

Ingredients: Curry Sauce with Vegetables, Rice, Chickpeas



School
Lunch
Collective

No Gluten Mac & Cheese

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	913.3kJ	381kJ
Protein	6.2g	2.6g
Fat, total	2.8g	1.2g
- saturated	1.5g	0.6g
Carbohydrate	40.9g	17.0g
- sugars	6.5g	2.7g
Sodium	391mg	163mg

Ingredients: Mac Cheese Sauce with Cauliflower (Milk), Vegetables, Pasta (Soy)

Contains: Milk, Soy



School
Lunch
Collective

Tex Mex Beans

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 240g

	Average Quantity per Serving	Average Quantity per 100ml
Energy	1067kJ	445kJ
Protein	10.0g	4.2g
Fat, total	1.1g	0.4g
- saturated	0.1g	0.03g
Carbohydrate	47.2g	19.7g
- sugars	10.4g	4.3g
Sodium	206mg	86mg

Ingredients: Tex Mex Beans with Vegetables (Wheat, Sesame, Soy), Rice

Contains: Wheat, Sesame, Soy



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
Energy	1295kJ	418kJ
Protein	13.4g	4.3g
Fat, total	4.4g	1.4g
- saturated	0.5g	0.2g
Carbohydrate	53.5g	17.3g
- sugars	6.9g	2.2g
Sodium	327mg	106mg

Ingredients: Dhal Base [Lentil] with Vegetables, Rice



School
Lunch
Collective

Mexican Beans and Rice

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

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

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



School
Lunch
Collective

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
Energy	1316kJ	377kJ
Protein	11.4g	3.3g
Fat, total	8.4g	2.4g
- saturated	2.6g	0.8g
Carbohydrate	47.8g	13.7g
- sugars	4.8g	1.4g
Sodium	141mg	40mg

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

Contains: Soy, Sulphites



School
Lunch
Collective

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
Energy	1345kJ	383kJ
Protein	17.4g	50.g
Fat, total	8.2g	2.3g
- saturated	2.6g	0.7g
Carbohydrate	43.6g	12.4g
- sugars	4.7g	1.4g
Sodium	183mg	52mg

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

Contains: Sulphites



School
Lunch
Collective

Savoury Mince

Ingredients and Nutritional Information

Servings per package: 1.00

Serving size: 300g

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

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

Contains: Sulphites



School
Lunch
Collective

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
Energy	788kJ	258kJ
Protein	18.6g	6.1g
Fat, total	1.7g	0.6g
- saturated	0.6g	0.2g
Carbohydrate	22.5g	7.4g
- sugars	5.7g	1.9g
Sodium	992mg	325mg

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

Contains: Sulphites



School
Lunch
Collective

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
Energy	1812kJ	620kJ
Protein	12.9g	4.4g
Fat, total	13.7g	4.7g
- saturated	1.2g	0.4g
Carbohydrate	57.9g	19.8g
- sugars	6.6g	2.3g
Sodium	479mg	164mg

Ingredients: Rice, Chickpea Filling, Vegetables



School
Lunch
Collective