



MINCE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 200g		
	Average Qty per Serving	Average Qty per 100g
Energy	1820 kJ	910 kJ
Protein	13.8 g	6.9 g
Fat, total	23.0 g	11.5 g
- saturated	11.8 g	5.9 g
Carbohydrate	40.8 g	20.4 g
- sugars	0.7 g	0.4 g
Sodium	877 mg	439 mg

INGREDIENTS: Water, Beef Mince (25%), **Wheat** Flour, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Mince



MINCE & CHEESE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 200g		
	Average Qty per Serving	Average Qty per 100g
Energy	2040 kJ	1020 kJ
Protein	16.7 g	8.4 g
Fat, total	28.0 g	14.0 g
- saturated	15.7 g	7.9 g
Carbohydrate	39.9 g	19.9 g
- sugars	0.9 g	0.4 g
Sodium	919 mg	459 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Mince (21%), Cheese (10%) (**Milk**, Preservative (200)), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Milk, Soy.

May Contain: Egg



Mince & Cheese



POTATO TOP

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 240g		
	Average Qty per Serving	Average Qty per 100g
Energy	1540 kJ	643 kJ
Protein	11.9 g	5.0 g
Fat, total	15.9 g	6.6 g
- saturated	7.8 g	3.2 g
Carbohydrate	41.9 g	17.4 g
- sugars	0.7 g	0.3 g
Sodium	753 mg	314 mg

INGREDIENTS: Potato (41%) (Emulsifier (471), Acidity Regulator (450), Preservative (222 (**Sulphites**)), Water, Beef Mince, **Wheat** Flour, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Salt, Colour (Caramel III).

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

May Contain: Egg



Potato Top



STEAK

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	1970 kJ	893 kJ
Protein	15.3 g	7.0 g
Fat, total	25.0 g	11.3 g
- saturated	12.7 g	5.8 g
Carbohydrate	43.3 g	19.7 g
- sugars	0.8 g	0.4 g
Sodium	942 mg	428 mg

INGREDIENTS: Water, Beef Steak (26%), **Wheat** Flour, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (Soy)), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Steak



STEAK & CHEESE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	2170 kJ	984 kJ
Protein	18.0 g	7.8 g
Fat, total	29.5 g	13.4 g
- saturated	16.4 g	7.4 g
Carbohydrate	42.9 g	19.5 g
- sugars	0.9 g	0.4 g
Sodium	1020 mg	465 mg

INGREDIENTS: Water, Beef Steak (23%), **Wheat** Flour, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (Soy)), Colour (Carotene)), Cheese (9%) (**Milk**, Preservative (200)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Steak & Cheese



STEAK & MUSHROOM

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	1850 kJ	840 kJ
Protein	13.9 g	6.3 g
Fat, total	23.0 g	10.5 g
- saturated	11.9 g	5.4 g
Carbohydrate	42.9 g	19.5 g
- sugars	0.7 g	0.3 g
Sodium	820 mg	372 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (20%), Mushrooms (9%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (Soy)), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Steak & Mushroom



STEAK & ONION

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	1910 kJ	870 kJ
Protein	14.1 g	6.4 g
Fat, total	23.8 g	10.8 g
- saturated	12.2 g	5.6 g
Carbohydrate	44.1 g	20.1 g
- sugars	1.0 g	0.4 g
Sodium	870 mg	395 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (23%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Onions (8%), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), Soy Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Steak & Onion



STEAK & BACON

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	2050 kJ	930 kJ
Protein	16.3 g	7.4 g
Fat, total	27.2 g	12.4 g
- saturated	13.4 g	6.1 g
Carbohydrate	42.7 g	19.4 g
- sugars	0.7 g	0.3 g
Sodium	1110 mg	506 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (22%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Bacon (9%) (Pork, Water, Salt, Potato Starch, Mineral Salts (450, 451), Sugar, Pork Protein, Vegetable Protein Extract, Antioxidant (316), Preservative (251), Colour (124)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Steak & Bacon



NACHO BEEF & CHEESE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	2210 kJ	1000 kJ
Protein	17.7 g	8.0 g
Fat, total	28.8 g	13.1 g
- saturated	16.2 g	7.4 g
Carbohydrate	46.5 g	21.4 g
- sugars	2.9 g	1.3 g
Sodium	930 mg	423 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Mince (17%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Cheese (9%) (**Milk**, Preservative (200)), Chilli Beans (Red Kidney Beans, Tomatoes, Sugar, Onions, Thickener (Modified Maize Starch), Salt, Mustard Seeds, Chilli Powder (**Wheat, Sesame**), Acidity Regulator (Acetic Acid)), Mexican Tomatoes (Thickener (Modified Maize Starch), Acidity Regulator (Citric Acid)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Citric Acid, Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**)), Worcester Sauce (Colour (Caramel IV), Acidity Regulator (Acetic Acid, Citric Acid)), Salt.

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

May Contain: Egg



Nacho Beef & Cheese



PEPPER STEAK

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	1970 kJ	893 kJ
Protein	15.3 g	7.0 g
Fat, total	24.9 g	11.3 g
- saturated	12.7 g	5.8 g
Carbohydrate	43.5 g	19.8 g
- sugars	0.8 g	0.4 g
Sodium	939 mg	427 mg

INGREDIENTS: Water, Beef Steak (26%), **Wheat** Flour, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat**, **Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Pepper (0.5%), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



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Pepper Steak



BACON & EGG

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 180g		
	Average Qty per Serving	Average Qty per 100g
Energy	2070 kJ	1150 kJ
Protein	17.9 g	10.0 g
Fat, total	30.6 g	17.0 g
- saturated	13.9 g	7.7 g
Carbohydrate	36.2 g	20.1 g
- sugars	0.4 g	0.2 g
Sodium	1020 mg	569 mg

INGREDIENTS: Bacon (30%)(Pork, Water, Salt, Potato Starch, Mineral Salts (450, 451), Sugar, Pork Protein, Vegetable Protein Extract, Antioxidant (316), Preservative (251), Colour (124)), **Egg** (25%), **Wheat** Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt.

Contains: Egg, Wheat, Gluten, Soy, Milk.



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Bacon & Egg



STEAK BACON & CHEESE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	2290 kJ	1040 kJ
Protein	19.4 g	8.8 g
Fat, total	32.6 g	14.8 g
- saturated	17.5 g	8.0 g
Carbohydrate	42.4 g	19.3 g
- sugars	0.9 g	0.4 g
Sodium	1150 mg	525 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (19%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Bacon (9%)(Pork, Water, Salt, Potato Starch, Mineral Salts (450, 451), Sugar, Pork Protein, Vegetable Protein Extract, Antioxidant (316), Preservative (251), Colour (124)), Cheese (9%)(**Milk**, Preservative (200)), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat**, **Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



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Steak, Bacon & Cheese



CURRY MINCE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 200g		
	Average Qty per Serving	Average Qty per 100g
Energy	1680 kJ	840 kJ
Protein	13.3 g	6.6 g
Fat, total	20.1 g	10.0 g
- saturated	10.2 g	5.1 g
Carbohydrate	40.8 g	20.4 g
- sugars	0.8 g	0.4 g
Sodium	963 mg	482 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Mince (19%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (160a)), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Citric Acid), Curry Paste (1%)(Acidity Regulators (Acetic Acid, Citric Acid, Lactic Acid)), Salt, Turmeric.

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Curry Mince



HAM QUICHE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 180g		
	Average Qty per Serving	Average Qty per 100g
Energy	1800 kJ	1000 kJ
Protein	19.3 g	10.7 g
Fat, total	29.5 g	16.4 g
- saturated	14.3 g	7.9 g
Carbohydrate	29.3 g	16.3 g
- sugars	2.3 g	1.3 g
Sodium	824 mg	458 mg

INGREDIENTS: Ham (30%)(Pork, Water, Salt, Potato Starch, Mineral Salts (450, 451), Sugar, Pork Protein, Vegetable Protein Extract, Antioxidant (316), Preservative (251), Colour (124)), **Wheat** Flour, **Egg, Milk**, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Cheese (**Milk**, Preservative (200)), Onion, Tomato.

Contains: Wheat, Gluten, Egg, Milk, Soy.



Ham Quiche



CHICKEN & VEGE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	1610 kJ	769 kJ
Protein	16.3 g	7.8 g
Fat, total	17.5 g	8.4 g
- saturated	9.0 g	4.3 g
Carbohydrate	39.0 g	18.7 g
- sugars	2.2 g	1.0 g
Sodium	860 mg	412 mg

INGREDIENTS: Water, Chicken (25%), **Wheat** Flour, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Vegetables (5%), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Thickener (Modified Maize Starch), Seasoning (Lactose (**Milk**), Flavour Enhancers (621), Vegetable Protein Extract (**Wheat, Soy**)), Salt.

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Chicken & Veg



SMOKED FISH

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	2080 kJ	946 kJ
Protein	20.8 g	9.5 g
Fat, total	25.0 g	11.4 g
- saturated	13.9 g	6.3 g
Carbohydrate	46.6 g	21.2 g
- sugars	3.9 g	1.8 g
Sodium	1250 mg	569 mg

INGREDIENTS: Milk, Wheat Flour, Smoked Fish (18%) (Fish Fillets, Water, Salt, Natural Smoke Flavour, Mineral Salt (452), Colour (Beta-carotene)), Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (Soy)), Colour (Carotene)), Eggs, Onions, Cheese (Milk, Preservative (200)), Seasoning (Lactose (Milk), Flavour Enhancer (621)), Butter (Milk), Thickener (Modified Maize Starch), Glaze (Milk Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Pepper.

Contains: Milk, Wheat, Gluten, Fish, Soy, Egg.



Smoked Fish



BEEF & CHEESE ROLL

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 250g		
	Average Qty per Serving	Average Qty per 100g
Energy	2650 kJ	1060 kJ
Protein	22.9 g	9.2 g
Fat, total	35.8 g	14.3 g
- saturated	18.9 g	7.6 g
Carbohydrate	51.1 g	20.4 g
- sugars	3.2 g	1.3 g
Sodium	1680 mg	675 mg

INGREDIENTS: Water, Wheat Flour, Beef Mince (26%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (Soy)), Colour (Carotene)), Sausagemeat (Beef, Flour (Wheat, Soy), Wheat Cereal, Salt, Mineral Salt (451), Preservative (223 (Sulphites)), Wheat Gluten, Flavour Enhancer (621), Antioxidant (316), Acidity Regulator (331), Spice Extract, Flavour, Water, Pork), Breadcrumbs (Wheat Flour), Seasoning (Flavour Enhancers (621, 635), Lactose (Milk), Soy Sauce Powder (Wheat), Yeast Extracts (Wheat, Barley), Colour (150d), Citric Acid), Cheese ((Milk)), Onion, Worcester Sauce (Colour (Caramel IV), Acidity Regulator (Acetic Acid, Citric Acid)), Glaze (Milk Solids, Acidity Regulator (450), Colour (160a)), Salt.

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

May Contain: Egg



Beef & Cheese Roll



MEATBALL

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 210g		
	Average Qty per Serving	Average Qty per 100g
Energy	2140 kJ	1020 kJ
Protein	14.3 g	6.8 g
Fat, total	30.1 g	14.3 g
- saturated	14.5 g	6.9 g
Carbohydrate	44.1 g	21.0 g
- sugars	5.3 g	2.5 g
Sodium	793 mg	377 mg

INGREDIENTS: Meatball Salsa (Tomatoes, Onion, Water, Tomato Paste, Sugar, Red Pepper Flakes, Garlic, Thickener (1422), Jalapenos, Salt, Spice, Acidity Regulator (Citric Acid)), Meatballs (27%) (Beef, Onion, Breadcrumb (Wheat Flour, Water, Yeast, Canola Oil, Salt, Acidity Regulator (262)), Vegetable Oil, Milk Protein, Salt, Acidity Regulator (451), Spices, Hydrolysed Maize Protein), Wheat Flour, Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (Soy)), Colour (Carotene)), Thickener (Modified Maize Starch), Glaze (Milk Solids, Food Acid (450), Colour (Carotene)), Seasoning (Emulsifier (Alpha Cyclodextrin)), Salt.

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Meatball



CHICKEN & CORN

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	1900 kJ	864 kJ
Protein	17.3 g	7.9 g
Fat, total	22.1 g	10.0 g
- saturated	11.6 g	5.3 g
Carbohydrate	45.0 g	20.5 g
- sugars	3.0 g	1.4 g
Sodium	648 mg	310 mg

INGREDIENTS: Chicken (24%), **Wheat** Flour, Water, Corn (15%)(Sweet Corn, Water, Modified Starch (1442), Sugar, Salt), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Chicken Stock (Water, Chicken, Vegetables, Herbs, Herb Extracts, Salt, Sugar, Glucose, Yeast Extract), Cream (6%) (Cream (**Milk**), **Milk** Solids, Thickener (1442), Vegetable Gums (460, 466, 407), Maltodextrin, Emulsifier (471)), Thickener (Modified Maize Starch), Habanero Sauce (Stabiliser (1442, 410), Preservative (202)), Seasoning (**Wheat**, **Soy**), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Vegetable Oil, Salt.

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



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Chicken & Corn



SAUSAGE ROLL

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 160g		
	Average Qty per Serving	Average Qty per 100g
Energy	1080 kJ	676 kJ
Protein	9.6 g	6.0 g
Fat, total	16.4 g	9.1 g
- saturated	8.6 g	4.8 g
Carbohydrate	23.3 g	12.9 g
- sugars	1.6 g	0.9 g
Sodium	697 mg	436 mg

INGREDIENTS: Water, Sausagemeat (26%)(Beef, Flour (**Wheat**, **Soy**), **Wheat** Cereal, Salt, Mineral Salt (451), Preservative (223 (**Sulphites**)), **Wheat** Gluten, Flavour Enhancer (621), Antioxidant (316), Acidity Regulator (331), Spice Extract, Flavour, Water, Pork), **Wheat** Flour, Breadcrumbs (Wheat Flour, Salt, Yeast), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b(**Soy**)), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat**, **Barley**), Colour (Caramel IV), Citric Acid), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (160a)), Salt.

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

May Contain: Egg



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Sausage Roll



CORNISH PASTIE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 250g		
	Average Qty per Serving	Average Qty per 100g
Energy	2700 kJ	1080 kJ
Protein	23.4 g	9.3 g
Fat, total	35.9 g	14.4 g
- saturated	18.9 g	7.6 g
Carbohydrate	52.9 g	21.2 g
- sugars	4.2 g	1.7 g
Sodium	1690 mg	676 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Mince, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Sausagemeat (Beef, Flour (**Wheat**, **Soy**), **Wheat** Cereal, Salt, Mineral Salt (451), Preservative (223 (**Sulphites**)), **Wheat** Gluten, Flavour Enhancer (621), Antioxidant (316), Acidity Regulator (331), Spice Extract, Flavour, Water, Pork), Vegetables, Breadcrumbs (**Wheat** Flour), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat**, **Barley**), Colour (150d), Citric Acid), Cheese (**Milk**), Worcester Sauce (Colour (Caramel IV), Acidity Regulator (Acetic Acid, Citric Acid), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (160a)), Tomato Sauce (Acidity Regulator (Acetic Acid), Stabilisers (412, 415 (**Soy**), Preservative (202, 211)), Salt.

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

May Contain: Egg



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Cornish Pastie



BUTTER CHICKEN

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	1910 kJ	869 kJ
Protein	20.4 g	9.3 g
Fat, total	22.5 g	10.2 g
- saturated	12.2 g	5.6 g
Carbohydrate	41.7 g	19.0 g
- sugars	2.6 g	1.2 g
Sodium	710 mg	323 mg

INGREDIENTS: Water, Chicken (32%), **Wheat** Flour, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b(**Soy**)), Colour (Carotene)), Coconut Cream (Vegetable Gums (415, 412, 407)), Seasoning, Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Thickener (Modified Maize Starch), Tomato Paste, Butter (1%) (**Milk**), Sugar, Salt.

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg



Butter Chicken



CREAMY VEGE

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	3230 kJ	1470 kJ
Protein	26.8 g	12.2 g
Fat, total	44.3 g	20.1 g
- saturated	28.0 g	12.7 g
Carbohydrate	63.4 g	28.8 g
- sugars	16.4 g	7.6 g
Sodium	1200 mg	547 mg

INGREDIENTS: Vegetables (30%)(Cauliflower, Beans, Carrots, Broccoli, Spinach), **Wheat** Flour, **Milk**, Water, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Cheese (**Milk**, Preservative (200)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Butter (**Milk**), Salt, Spice.

Contains: Wheat, Gluten, Milk, Soy.

May Contain: Egg



Creamy Vegetable



BEEF, CHEESE & JALAPENO

NUTRITION INFORMATION		
Servings per package: 1 Serving Size: 220g		
	Average Qty per Serving	Average Qty per 100g
Energy	2460 kJ	1120 kJ
Protein	23.0 g	10.4 g
Fat, total	31.3 g	14.2 g
- saturated	18.9 g	8.6 g
Carbohydrate	51.9 g	23.6 g
- sugars	4.7 g	2.1 g
Sodium	857 mg	390 mg

INGREDIENTS: Water, **Wheat** Flour, Beef (Hereford Prime Lean Beef (20%), Potato (Starch, Fibre), Salt, Spice), Cheese (14%)(**Milk**, Preservative (200)), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b(**Soy**)), Colour (Carotene)), Jalapeno Peppers (4%)(Preservative (211)), Seasoning (Thickeners (Modified Starch), Flavour Enhancers (621, 635), Potassium Chloride, Colours (Caramel IV, Beetroot), **Milk** Powder, Acidity Regulator (Citric Acid)), HP Sauce (**Malt** Vinegar (**Barley**), Thickener (Modified Starch), **Rye** Flour), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Thickener (Modified Starch), White Pepper.

Contains: Wheat, Gluten, Milk, Soy.



Beef, Cheese & Jalapeno



JOHN'S PIES MINCE & CHEESE

NUTRITION INFORMATION

Servings per package: 1
Serving size: 170g

	Average Qty per serve	Average Qty per 100g
Energy	1530 kJ	900 kJ
Protein, total	10.5 g	6.2 g
Fat, total	19.3 g	11.3 g
- saturated	10.1 g	6.0 g
Carbohydrate	35.8 g	21.0 g
- sugars	0.6 g	0.3 g
Sodium	680 mg	400 mg

Ingredients:

Water, **Wheat** Flour, Beef Mince (16%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b(Soy)), Colour (Carotene)), Cheese Sauce (8%)(Water, Cheese Sauce Powder (Cheese Powder (**Milk**), Acidity Regulators (Citric Acid, 331, 340, 451), Thickeners (Modified Starch, 415, 466), **Milk** Solids, Emulsifiers (471, 472c), Flavour (**Milk**), Colour (Carotene)), Canola Oil), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**)), Salt.

Contains: Wheat, Gluten, Milk, Soy.
May Contain: Egg.



Mince & Cheese



JOHN'S PIES STEAK & CHEESE

NUTRITION INFORMATION

Servings per package: 1
Serving size: 170g

	Average Qty per serve	Average Qty per 100g
Energy	1510 kJ	890 kJ
Protein, total	9.8 g	5.7 g
Fat, total	18.7 g	11.0 g
- saturated	9.9 g	5.8 g
Carbohydrate	36.7 g	21.6 g
- sugars	1.3 g	0.8 g
Sodium	650 mg	380 mg

Ingredients:

Water, **Wheat** Flour, Beef Steak (17%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b(**Soy**)), Colour (Carotene)), Cheese Sauce (8%) (Water, Cheese Sauce Powder (Cheese Powder (**Milk**), Acidity Regulators (Citric, 331, 340, 451), Thickeners (Modified Starch, 415, 466), **Milk** Solids, Emulsifiers (471, 472c), Flavour (**Milk**), Colour (Carotene)), Canola Oil), Thickener (Modified Maize Starch), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**)), Salt.

Contains: Wheat, Gluten, Milk, Soy.
May Contain: Egg.



Steak & Cheese



MINCE

NUTRITION INFORMATION

Servings per package: 4

Approx. serving size: 175g

	Average Qty per serve	Average Qty per 100g
Energy	1610 kJ	920 kJ
Protein, total	12.1 g	6.9 g
Fat, total	20.5 g	11.7 g
- saturated	10.6 g	6.0 g
Carbohydrate	35.9 g	20.5 g
- sugars	0.6 g	0.4 g
Sodium	780 mg	445 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Mince (25%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat**, **Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg.



MINCE & CHEESE

NUTRITION INFORMATION

Servings per package: 4

Approx. serving size: 175g

	Average Qty per serve	Average Qty per 100g
Energy	1780 kJ	1020 kJ
Protein, total	14.4 g	8.2 g
Fat, total	24.5 g	14.0 g
- saturated	13.6 g	7.8 g
Carbohydrate	35.3 g	20.2 g
- sugars	0.7 g	0.4 g
Sodium	810 mg	464 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Mince (21%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Cheese (8%) (**Milk**, Preservative (200)), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat**, **Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg.



BACON & EGG

NUTRITION INFORMATION

Servings per package: 4

Approx. serving size: 163g

	Average Qty per serve	Average Qty per 100g
Energy	1890 kJ	1140 kJ
Protein, total	16.9 g	10.3 g
Fat, total	28.3 g	17.2 g
- saturated	12.8 g	7.8 g
Carbohydrate	31.6 g	19.2 g
- sugars	0.4 g	0.2 g
Sodium	966 mg	586 mg

INGREDIENTS: Bacon (31%) (Pork, Water, Salt, Potato Starch, Mineral Salts (450, 451), Sugar, Pork Protein, Vegetable Protein Extract, Antioxidant (316), Preservative (251), Colour (124)), **Wheat** Flour, **Egg** (25%), Water, Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt.

Contains: Wheat, Gluten, Egg, Soy, Milk.





STEAK

NUTRITION INFORMATION

Servings per package: 4
Approx. serving size: 175g

	Average Qty per serve	Average Qty per 100g
Energy	1610 kJ	920 kJ
Protein, total	12.1 g	6.9 g
Fat, total	20.6 g	11.7 g
- saturated	10.6 g	6.0 g
Carbohydrate	35.8 g	20.4 g
- sugars	0.6 g	0.3 g
Sodium	758 mg	433 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (25%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg.



9 421010 061101



STEAK & CHEESE

NUTRITION INFORMATION

Servings per package: 4
Approx. serving size: 175g

	Average Qty per serve	Average Qty per 100g
Energy	1780 kJ	1020 kJ
Protein, total	14.4 g	8.2 g
Fat, total	24.5 g	14.0 g
- saturated	13.6 g	7.8 g
Carbohydrate	35.2 g	20.1 g
- sugars	0.7 g	0.4 g
Sodium	794 mg	454 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (21%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Cheese (8%) (**Milk**, Preservative (200)), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg.



9 421010 061118



STEAK & MUSHROOM

NUTRITION INFORMATION

Servings per package: 4
Approx. serving size: 175g

	Average Qty per serve	Average Qty per 100g
Energy	1520 kJ	870 kJ
Protein, total	11.0 g	6.3 g
Fat, total	19.0 g	10.9 g
- saturated	9.9 g	5.7 g
Carbohydrate	35.5 g	20.3 g
- sugars	0.5 g	0.3 g
Sodium	664 mg	379 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (20%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Mushrooms (8%), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.

May Contain: Egg.



9 421010 061125

STEAK & ONION



NUTRITION INFORMATION		
Servings per package: 4		
Approx. serving size: 175g		
	Average Qty per serve	Average Qty per 100g
Energy	1570 kJ	896 kJ
Protein, total	11.2 g	6.4 g
Fat, total	19.6 g	11.2 g
- saturated	10.2 g	5.8 g
Carbohydrate	36.5 g	20.8 g
- sugars	0.7 g	0.4 g
Sodium	700 mg	400 mg



INGREDIENTS: Water, **Wheat** Flour, Beef Steak (22%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Onions (7%), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.
May Contain: Egg.

PEPPER STEAK



NUTRITION INFORMATION		
Servings per package: 4		
Approx. serving size: 175g		
	Average Qty per serve	Average Qty per 100g
Energy	1610 kJ	921 kJ
Protein, total	12.1 g	6.9 g
Fat, total	20.5 g	11.7 g
- saturated	10.6 g	6.0 g
Carbohydrate	35.9 g	20.5 g
- sugars	0.6 g	0.3 g
Sodium	756 mg	432 mg

INGREDIENTS: Water, **Wheat** Flour, Beef Steak (25%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt, Pepper (0.5%), Colour (Caramel III).

Contains: Wheat, Gluten, Soy, Milk.
May Contain: Egg.

CURRY MINCE



NUTRITION INFORMATION		
Servings per package: 4		
Approx. serving size: 175g		
	Average Qty per serve	Average Qty per 100g
Energy	1480 kJ	846 kJ
Protein, total	11.6 g	6.6 g
Fat, total	17.8 g	10.2 g
- saturated	9.1 g	5.2 g
Carbohydrate	35.8 g	20.4 g
- sugars	0.7 g	0.4 g
Sodium	850 mg	485 mg



INGREDIENTS: Water, **Wheat** Flour, Beef Mince (19%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Thickener (Modified Maize Starch), Seasoning (Flavour Enhancers (621, 635), Lactose (**Milk**), **Soy** Sauce Powder (**Wheat**), Yeast Extracts (**Wheat, Barley**), Colour (Caramel IV), Acidity Regulator (Citric Acid)), Curry Paste (1%) (Acidity Regulators (Acetic Acid, Citric Acid, Lactic Acid)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (160a)), Salt, Turmeric.

Contains: Wheat, Gluten, Soy, Milk.
May Contain: Egg.



CHICKEN & VEGE

NUTRITION INFORMATION

Servings per package: 4
Approx. serving size: : 175g

	Average Qty per serve	Average Qty per 100g
Energy	1450 kJ	830 kJ
Protein, total	13.4 g	7.6 g
Fat, total	16.1 g	9.2 g
- saturated	8.5 g	4.8 g
Carbohydrate	35.9 g	20.5 g
- sugars	1.7 g	1.0 g
Sodium	729 mg	417 mg

INGREDIENTS: Water, **Wheat** Flour, Chicken (25%), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulator (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Vegetables (5%), Thickener (Modified Maize Starch), Seasoning (Lactose (**Milk**), Flavour Enhancers (621), Vegetable Protein Extract (**Wheat**, **Soy**), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Salt.

Contains: Wheat, Gluten, Soy, Milk.
May Contain: Egg.



9 421010 061033



CREAMY VEGE

NUTRITION INFORMATION

Servings per package: 4
Approx. serving size: 175g

	Average Qty per serve	Average Qty per 100g
Energy	2600 kJ	1480 kJ
Protein, total	21.1 g	12.0 g
Fat, total	35.6 g	20.3 g
- saturated	22.4 g	12.8 g
Carbohydrate	51.3 g	29.3 g
- sugars	13.0 g	7.4 g
Sodium	950 mg	545 mg

INGREDIENTS: Vegetables (29%)(Cauliflower, Beans, Carrots, Broccoli, Spinach), **Wheat** Flour, **Milk**, Water, Margarine (Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Cheese (**Milk**, Preservative (200)), Glaze (**Milk** Solids, Acidity Regulator (450), Colour (Carotene)), Butter (**Milk**), Salt, Spice.

Contains: Wheat, Gluten, Milk, Soy.
May Contain: Egg.



9 421010 061040



BOYSENBERRY

NUTRITION INFORMATION

Servings per package: 6

Approx. serving size: 92g

	Average Qty per serve	Average Qty per 100g
Energy	1190 kJ	1300 kJ
Protein, total	3.0 g	3.3 g
Fat, total	12.2 g	13.3 g
- saturated	7.2 g	7.8 g
Carbohydrate	40.0 g	43.6 g
- sugars	18.7 g	20.4 g
Sodium	56 mg	61 mg

INGREDIENTS: Boysenberry Filling (7%)(Water, Fruit (Boysenberry, Apple), Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Preservative (202), Natural Flavour, Antioxidant (Ascorbic Acid), Mineral Salt (509)), Wheat Flour, Butter (Cream (Milk)), Sugar, Water, Baking Powder (Raising Agents (500, 541)), Salt, Stabiliser Blend (Emulsifiers (435, 471, 475), Humectants (420, 1520), Stabilisers (570, 407), Preservative (202), Colour (Carotene)), Wheat Gluten Flour.

Contains: Wheat, Gluten, Milk.

May Contain: Egg, Soy.



9 421010 060685



APPLE

NUTRITION INFORMATION

Servings per package: 6

Approx. serving size: 92g

	Average Qty per serve	Average Qty per 100g
Energy	1140 kJ	1250 kJ
Protein, total	3.0 g	3.2 g
Fat, total	12.2 g	13.3 g
- saturated	7.2 g	7.9 g
Carbohydrate	34.3 g	37.4 g
- sugars	16.8 g	18.3 g
Sodium	53 mg	58 mg

INGREDIENTS: Apple (32%) Filling (Apple (Antioxidant (Ascorbic Acid), Mineral Salt (Calcium Chloride), Sugar, Thickener (Modified Starch)), Wheat Flour, Butter (Cream (Milk)), Sugar, Water, Baking Powder (Raising Agents (500, 541)), Salt, Stabiliser Blend (Emulsifiers (435, 471, 475), Humectants (420, 1520), Stabilisers (570, 407), Preservative (202), Colour (Carotene)), Wheat Gluten Flour.

Contains: Wheat, Gluten, Milk.

May Contain: Egg, Soy.



9 421010 060661



APPLE CRUMBLE

NUTRITION INFORMATION

Servings per package: 6

Approx. serving size: 92g

	Average Qty per serve	Average Qty per 100g
Energy	1180 kJ	1290 kJ
Protein, total	2.7 g	2.9 g
Fat, total	11.0 g	12.0 g
- saturated	6.5 g	7.1 g
Carbohydrate	39.2 g	42.7 g
- sugars	23.2 g	25.6 g
Sodium	29 mg	31 mg

INGREDIENTS: Wheat Flour, Apple (32%) Filling (Apple (Antioxidant (Ascorbic Acid), Mineral Salt (Calcium Chloride), Sugar, Thickener (Modified Starch)), Sugar, Butter (Cream (Milk)), Water, Baking Powder (Raising Agents (500, 541)), Salt, Stabiliser Blend (Emulsifiers (435, 471, 475), Humectants (420, 1520), Stabilisers (570, 407), Preservative (202), Colour (Carotene)), Wheat Gluten Flour. Crumble (35%)

Contains: Wheat, Gluten, Milk.

May Contain: Egg, Soy.



9 421010 060678



BLACKBERRY & APPLE

NUTRITION INFORMATION

Servings per package: 6
Approx. serving size: 92g

	Average Qty per serve	Average Qty per 100g
Energy	1200 kJ	1310 kJ
Protein, total	3.0 g	3.3 g
Fat, total	12.2 g	13.3 g
- saturated	7.2 g	7.8 g
Carbohydrate	40.3 g	43.9 g
- sugars	19.0 g	20.8 g
Sodium	56 mg	61 mg



INGREDIENTS: Blackberry (5%) & Apple(5%) Filling (Water, Fruit (Blackberry, Apple), Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Preservative (202), Natural Flavour, Antioxidant (Ascorbic Acid), Mineral Salt (509)), Wheat Flour, Butter (Cream (Milk)), Sugar, Water, Baking Powder (Raising Agents (500, 541)), Salt, Stabiliser Blend (Emulsifiers (435, 471, 475), Humectants (420, 1520), Stabilisers (570, 407), Preservative (202), Colour (Carotene)), Wheat Gluten Flour.

Contains: Wheat, Gluten, Milk.
May Contain: Egg, Soy.



APRICOT

NUTRITION INFORMATION

Servings per package: 6
Approx. serving size: 92g

	Average Qty per serve	Average Qty per 100g
Energy	1190 kJ	1300 kJ
Protein, total	3.0 g	3.3 g
Fat, total	12.2 g	13.3 g
- saturated	7.2 g	7.8 g
Carbohydrate	40.0 g	43.6 g
- sugars	18.7 g	20.4 g
Sodium	56 mg	61 mg



INGREDIENTS: Apricot(12%) Filling (Water, Apricot, Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Preservative (202), Flavour, Colour (Paprika)), Wheat Flour, Butter (Cream (Milk)), Sugar, Water, Baking Powder (Raising Agents (500, 541)), Salt, Stabiliser Blend (Emulsifiers (435, 471, 475), Humectants (420, 1520), Stabilisers (570, 407), Preservative (202), Colour (Carotene)), Wheat Gluten Flour.

Contains: Wheat, Gluten, Milk.
May Contain: Egg, Soy.



STRAWBERRY

NUTRITION INFORMATION

Servings per package: 6
Approx. serving size: 92g

	Average Qty per serve	Average Qty per 100g
Energy	1200 kJ	1310 kJ
Protein, total	3.0 g	3.2 g
Fat, total	12.2 g	13.3 g
- saturated	7.2 g	7.8 g
Carbohydrate	40.5 g	44.2 g
- sugars	19.2 g	20.9 g
Sodium	56 mg	61 mg



INGREDIENTS: Strawberry Filling (8%)(Water, Fruit (Strawberry, Apple), Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Flavour, Preservative (202), Colour (124), Antioxidant (Ascorbic Acid), Mineral Salt (509)), Wheat Flour, Butter (Cream (Milk)), Sugar, Water, Baking Powder (Raising Agents (500, 541)), Salt, Stabiliser Blend (Emulsifiers (435, 471, 475), Humectants (420, 1520), Stabilisers (570, 407), Preservative (202), Colour (Carotene)), Wheat Gluten Flour.

Contains: Wheat, Gluten, Milk.
May Contain: Egg, Soy.



PEACH & PASSIONFRUIT

NUTRITION INFORMATION		
Servings per pack: 1		Serving Size: 150g
	Average Qty per serve	Average Qty per 100gm
Energy	2160 kJ	1440 kJ
Protein	4.7 g	3.2 g
Fat, total	25.2 g	16.8 g
- saturated	17.1 g	11.4 g
Carbohydrate	67.0 g	44.7 g
- sugars	35.5 g	23.7 g
Sodium	170 mg	110 mg

INGREDIENTS: Peach (11%) & Passionfruit (1%) Filling (Water, Fruit (Peach, Passionfruit), Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Preservative (202, 224 (Sulphites)), Flavour, Antioxidant (Ascorbic Acid), Colour (Paprika Extract)), **Wheat** Flour, Whipped Topping (Water, Sugar, Vegetable Oil, Corn Syrup, Dextrose, **Milk** Solids, Emulsifiers (435, 475, 471, **Soy** Lecithin), Stabilisers (464, 415 (**Soy**)), Preservatives (202, 211), **Soy** Protein, Acidity Regulator (331), Salt, Natural Flavour, Natural Colour (Carotene)), Icing Sugar (Starch), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Butter (**Milk**), **Egg**, Salt, Colours (102, 110).
Contains: Sulphites, Wheat, Gluten, Milk, Soy, Egg.



Peach & Passionfruit



APPLE

NUTRITION INFORMATION		
Servings per pack: 1		Serving Size: 150g
	Average Qty per serve	Average Qty per 100gm
Energy	2140 kJ	1430 kJ
Protein	5.8 g	3.9 g
Fat, total	25.0 g	16.7 g
- saturated	14.6 g	9.7 g
Carbohydrate	59.1 g	39.4 g
- sugars	26.3 g	17.6 g
Sodium	270 mg	170 mg

INGREDIENTS: Apple (35%) Filling (Apple (Antioxidant (Ascorbic Acid), Mineral Salt (Calcium Chloride), Sugar, Modified Starch), **Wheat** Flour, Whipped Topping (Water, Sugar, Vegetable Oil, Corn Syrup, Dextrose, **Milk** Solids, Emulsifiers (435, 475, 471, **Soy** Lecithin), Stabilisers (464, 415 (**Soy**)), Preservatives (202, 211), **Soy** Protein, Acidity Regulator (331), Salt, Natural Flavour, Natural Colour (Carotene)), Icing Sugar (Starch), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Butter (**Milk**), **Egg**, Salt, Colours (102, 110).
Contains: Wheat, Gluten, Milk, Soy, Egg.



Apple



APRICOT

NUTRITION INFORMATION		
Servings per pack: 1		Serving Size: 150g
	Average Qty per serve	Average Qty per 100gm
Energy	2160 kJ	1440 kJ
Protein	4.7 g	3.1 g
Fat, total	25.2 g	16.8 g
- saturated	17.1 g	11.4 g
Carbohydrate	66.6 g	44.4 g
- sugars	35.1 g	23.4 g
Sodium	170 mg	115 mg

INGREDIENTS: Apricot (13%) Filling (Water, Apricot, Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Preservative (202), Flavour, Colour (Paprika)), **Wheat** Flour, Whipped Topping (Water, Sugar, Vegetable Oil, Corn Syrup, Dextrose, **Milk** Solids, Emulsifiers (435, 475, 471, **Soy** Lecithin), Stabilisers (464, 415 (**Soy**)), Preservatives (202, 211), **Soy** Protein, Acidity Regulator (331), Salt, Natural Flavour, Natural Colour (Carotene)), Icing Sugar (Starch), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Butter (**Milk**), **Egg**, Salt, Colours (102, 110).
Contains: Wheat, Gluten, Milk, Soy, Egg.



Apricot



BLACKBERRY & APPLE

NUTRITION INFORMATION		
Servings per pack: 1		Serving Size: 150g
	Average Qty per serve	Average Qty per 100gm
Energy	2170 kJ	1450 kJ
Protein	4.7 g	3.1 g
Fat, total	25.2 g	16.8 g
- saturated	17.1 g	11.4 g
Carbohydrate	67.1 g	44.7 g
- sugars	35.7 g	23.7 g
Sodium	170 mg	115 mg

INGREDIENTS: Blackberry (6%) & Apple (6%) Filling (Water, Fruit (Blackberry, Apple), Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Preservative (202), Natural Flavour, Antioxidant (Ascorbic Acid), Mineral Salt (509)), **Wheat** Flour, Whipped Topping (Water, Sugar, Vegetable Oil, Corn Syrup, Dextrose, **Milk** Solids, Emulsifiers (435, 475, 471, **Soy** Lecithin), Stabilisers (464, 415 (**Soy**)), Preservatives (202, 211), **Soy** Protein, Acidity Regulator (331), Salt, Natural Flavour, Natural Colour (Carotene)), Icing Sugar (Starch), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Butter (**Milk**), **Egg**, Salt, Colours (102, 110).
Contains: Wheat, Gluten, Milk, Soy, Egg.



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Blackberry & Apple



BOYSENBERRY

NUTRITION INFORMATION		
Servings per pack: 1		Serving Size: 150g
	Average Qty per serve	Average Qty per 100gm
Energy	2160 kJ	1440 kJ
Protein	4.8 g	3.2 g
Fat, total	25.4 g	16.5 g
- saturated	17.2 g	11.5 g
Carbohydrate	66.5 g	44.3 g
- sugars	34.7 g	23.1 g
Sodium	175 mg	152 mg

INGREDIENTS: Boysenberry Filling (8%)(Water, Fruit (Boysenberry, Apple), Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Preservative (202), Natural Flavour, Antioxidant (Ascorbic Acid), Mineral Salt (509)), **Wheat** Flour, Whipped Topping (Water, Sugar, Vegetable Oil, Corn Syrup, Dextrose, **Milk** Solids, Emulsifiers (435, 475, 471, **Soy** Lecithin), Stabilisers (464, 415 (**Soy**)), Preservatives (202, 211), **Soy** Protein, Acidity Regulator (331), Salt, Natural Flavour, Natural Colour (Carotene)), Icing Sugar (Starch), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Butter (**Milk**), **Egg**, Salt, Colours (102, 110).
Contains: Wheat, Gluten, Milk, Soy, Egg.



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Boysenberry



STRAWBERRY

NUTRITION INFORMATION		
Servings per pack: 1		Serving Size: 150g
	Average Qty per serve	Average Qty per 100gm
Energy	2160 kJ	1440 kJ
Protein	4.8 g	3.2 g
Fat, total	25.2 g	16.9 g
- saturated	17.2 g	11.5 g
Carbohydrate	66.5 g	44.3 g
- sugars	34.7 g	24.0 g
Sodium	170 mg	110 mg

INGREDIENTS: Strawberry Filling (9%)(Water, Fruit (Strawberry, Apple), Sugar, Thickener (Modified Starch), Acidity Regulator (Citric Acid), Flavour, Preservative (202), Colour (124), Antioxidant (Ascorbic Acid), Mineral Salt (509)), **Wheat** Flour, Whipped Topping (Water, Sugar, Vegetable Oil, Corn Syrup, Dextrose, **Milk** Solids, Emulsifiers (435, 475, 471, **Soy** Lecithin), Stabilisers (464, 415 (**Soy**)), Preservatives (202, 211), **Soy** Protein, Acidity Regulator (331), Salt, Natural Flavour, Natural Colour (Carotene)), Icing Sugar (Starch), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, **Soy** Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Butter (**Milk**), **Egg**, Salt, Colours (102, 110).
Contains: Wheat, Gluten, Milk, Soy, Egg.



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Strawberry



CUSTARD

NUTRITION INFORMATION		
Servings per pack: 1 Serving Size: 165g		
	Average Qty per serve	Average Qty per 100gm
Energy	1920 kJ	1160 kJ
Protein	6.1 g	3.7 g
Fat, total	20.1 g	12.2 g
- saturated	11.7 g	7.1 g
Carbohydrate	63.2 g	38.3 g
- sugars	26.0 g	15.7 g
Sodium	340 mg	240 mg

INGREDIENTS: Custard (59%)(Water, Sugar, Modified Starch, **Milk** Solids, Stabiliser (401), Acidity Regulators (262, 263), Salt, Preservative (202), Flavour, Colours (102, 124, 171), Maize Starch), **Wheat** Flour, Icing Sugar (Starch), Margarine (Animal Fat, Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulators (Sodium Bicarbonate, Citric Acid), Antioxidant (307b (**Soy**)), Colour (Carotene)), Butter (**Milk**), **Egg**, Nutmeg, Salt, Colours (102, 110).

Contains: Milk, Wheat, Gluten, Soy, Egg.



Custard



6 PACK

RASPBERRY LAMINGTON

NUTRITION INFORMATION		
Servings per package: 6 Serving size: 89g		
	AVG QTY PER SERVING	AVG QTY PER 100g
Energy	971 kJ	1090 kJ
Protein	4.4 g	4.9 g
Fat, total	5.6 g	6.2 g
- saturated	4.1 g	4.6 g
Carbohydrate	42.2 g	47.5 g
- sugars	30.1 g	33.8 g
Sodium	176 mg	198 mg

SPONGE CAKE (**Wheat** Flour, Sugar, Emulsifiers (433, 471, 475), Raising Agents (Sodium Bicarbonate, 541), **Milk** Powder, Salt, Thickener (415), Colours (102, 110), **Egg**, Water, **Wheat** Flour), RASPBERRY FLAVOURED DIP (Water, Sugar, Thickener (Modified Starch), Gelatine, Acidity Regulator (Citric Acid), Flavour, Preservative (202), Colours (102, 122, 123)), Coconut (Preservative (223, Sulphites).

Contains: Wheat, Gluten, Milk, Egg, Sulphites.
May Contain: Soy.



6 PACK

CHOCOLATE LAMINGTON

NUTRITION INFORMATION		
Servings per package: 6 Serving size: 89g		
	AVG QTY PER SERVING	AVG QTY PER 100g
Energy	962 kJ	1080 kJ
Protein	4.7 g	5.3 g
Fat, total	5.8 g	6.5 g
- saturated	4.2 g	4.7 g
Carbohydrate	40.9 g	46.0 g
- sugars	28.7 g	32.2 g
Sodium	179 mg	201 mg

SPONGE CAKE (**Wheat** Flour, Sugar, Emulsifiers (433, 471, 475), Raising Agents (Sodium Bicarbonate, 541), **Milk** Powder, Salt, Thickener (415), Colours (102, 110), **Egg**, Water, **Wheat** Flour), CHOCOLATE DIP (Water, Sugar, Cocoa (2%), Gelatine, Thickener (Modified Starch), Colour (122, 133, 155), Flavour, Preservative (202), Coconut (Preservative (223, Sulphites).

Contains: Wheat, Gluten, Milk, Egg, Sulphites.
May Contain: Soy.

