



## MINCE

### INGREDIENTS:

Water, Beef Mince (25%), Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Salt, Colour (150c), Pepper.

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 200g

	Average Qty per serve	Average Qty per 100gm
Energy	1802 kJ	901 kJ
Protein	14.9 g	7.5 g
Fat, total	20.9 g	10.5 g
- saturated	11.4 g	5.7 g
Carbohydrate	43.5 g	21.7 g
- sugars	1.6 g	0.8 g
Sodium	728 mg	364 mg



Mince



## MINCE & CHEESE

### INGREDIENTS:

Water, Wheat Flour, Beef Mince (20%), Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Cheese (7%), Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Salt, Colour (150c), Pepper.

**ALLERGENS:** Wheat, Milk and Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 200g

	Average Qty per serve	Average Qty per 100gm
Energy	1936 kJ	968 kJ
Protein	16.5 g	8.2 g
Fat, total	24.4 g	12.2 g
- saturated	14.0 g	7.0 g
Carbohydrate	43.2 g	21.6 g
- sugars	1.7 g	0.9 g
Sodium	785 mg	392 mg



Mince & Cheese



## POTATO TOP

### INGREDIENTS:

Reconstituted Potato (39%) (Salt, Pepper, Preservative (Sodium Bisulphite)), Water, Beef Mince, Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Salt, Colour (150c), Pepper.

**ALLERGENS:**

Wheat, Soy and Sulphites.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 240g

	Average Qty per serve	Average Qty per 100gm
Energy	1509 kJ	629 kJ
Protein	12.5 g	5.2 g
Fat, total	14.0 g	5.8 g
- saturated	7.2 g	3.0 g
Carbohydrate	45.1 g	18.8 g
- sugars	1.4 g	0.6 g
Sodium	765 mg	319 mg



Potato Top



## STEAK

### INGREDIENTS:

Water, Beef Steak (30%), Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Colour (150c), Salt, Pepper.

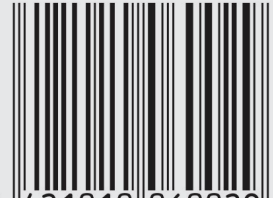
**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1727 kJ	785 kJ
Protein	18.7 g	8.5 g
Fat, total	18.2 g	8.3 g
- saturated	10.2 g	4.6 g
Carbohydrate	42.2 g	19.2 g
- sugars	1.7 g	0.8 g
Sodium	838 mg	381 mg



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Steak



## STEAK & CHEESE

### INGREDIENTS:

Water, Beef Steak (27%), Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Cheese (7%), Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Colour (150c), Salt, Pepper.

**ALLERGENS:** Wheat, Milk and Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1888 kJ	858 kJ
Protein	20.2 g	9.2 g
Fat, total	22.4 g	10.2 g
- saturated	13.0 g	5.9 g
Carbohydrate	41.2 g	18.7 g
- sugars	1.7 g	0.8 g
Sodium	823 mg	374 mg



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Steak & Cheese



## STEAK & MUSHROOM

### INGREDIENTS:

Water, Beef Steak (25%), Wheat Flour, Mushrooms (11%), Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Salt, Pepper, Glaze [Milk Solids, Food Acid (450), Colour (160a)] Colour (150c).

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1666 kJ	757 kJ
Protein	17.0 g	7.7 g
Fat, total	17.9 g	8.1 g
- saturated	10.1 g	4.6 g
Carbohydrate	41.3 g	18.8 g
- sugars	2.0 g	0.9 g
Sodium	720 mg	327 mg



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Steak & Mushroom





## STEAK & ONION

### INGREDIENTS:

Water, Beef Steak (26%), Wheat Flour, Onions (9%), Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Colour (150c), Salt, Pepper.

### ALLERGENS:

Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1711 kJ	778 kJ
Protein	17.3 g	7.9 g
Fat, total	18.0 g	8.2 g
- saturated	10.2 g	4.6 g
Carbohydrate	43.2 g	19.7 g
- sugars	2.3 g	1.1 g
Sodium	759 mg	345 mg



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Steak & Onion



## STEAK & BACON

### INGREDIENTS:

Water, Beef Steak (26%), Wheat Flour, Bacon (11%) [Pork, Water, Salt, Sugar, Vegetable Gum (407), Mineral Salt (451, 452, Sodium Bicarbonate), Antioxidant (336), Dextrose, Preservative (250)], Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Colour (150c), Salt, Pepper.

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1758 kJ	799 kJ
Protein	19.6 g	8.9 g
Fat, total	19.1 g	8.7 g
- saturated	10.7 g	4.9 g
Carbohydrate	41.0 g	18.6 g
- sugars	1.6 g	0.7 g
Sodium	1025 mg	466 mg



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Steak & Bacon



## NACHO BEEF & CHEESE

### INGREDIENTS:

Nacho Sauce (39%) [Water, Tomatoes, Red Kidney Beans, Onions, Jalapeno, Sugar, Maize Thickener, Salt, Spice, Garlic, Food Acid (260, 330)], Wheat Flour, Beef Mince (23%), Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Cheese (9%), Worcester Sauce, Nacho Seasoning [Flavour Enhancers (621, 627, 631)], Sugar, Salt, Spice, Glaze [Milk Solids, Food Acid (450), Colour (160a)].

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	2205 kJ	1002 kJ
Protein	20.7 g	9.4 g
Fat, total	27.5 g	12.5 g
- saturated	15.8 g	7.2 g
Carbohydrate	47.7 g	21.7 g
- sugars	4.0 g	1.8 g
Sodium	604 mg	275 mg



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Nacho Beef & Cheese



## PEPPER STEAK

### INGREDIENTS:

Water, Beef Steak (30%), Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Pepper, Glaze [Milk Solids, Food Acid (450), Colour (160a)] Colour (150c), Salt.

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1732 kJ	787 kJ
Protein	18.7 g	8.5 g
Fat, total	18.2 g	8.3 g
- saturated	10.2 g	4.7 g
Carbohydrate	42.5 g	19.3 g
- sugars	1.7 g	0.8 g
Sodium	836 mg	380 mg



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Pepper Steak



## BACON & EGG

### INGREDIENTS:

Bacon (39%) [Pork, Water, Salt, Sugar, Vegetable Gum (407), Mineral Salt (451, 452, Sodium Bicarbonate), Antioxidant (336), Dextrose, Preservative (250)], Egg (28%), Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Water, Glaze [Milk Solids, Food Acid (450), Colour (160a)].

**ALLERGENS:** Egg, Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 180g

	Average Qty per serve	Average Qty per 100gm
Energy	1553 kJ	863 kJ
Protein	19.0 g	10.6 g
Fat, total	22.7 g	12.6 g
- saturated	11.8 g	6.6 g
Carbohydrate	33.1 g	18.4 g
- sugars	1.3 g	0.7 g
Sodium	1060 mg	589 mg



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Bacon & Egg



## STEAK, BACON & CHEESE

### INGREDIENTS:

Water, Beef Steak (23%), Wheat Flour, Bacon (11%) [Pork, Water, Salt, Sugar, Vegetable Gum (407), Mineral Salt (451, 452, Sodium Bicarbonate), Antioxidant (336), Dextrose, Preservative (250)], Cheese (7%), Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Colour (150c), Salt, Pepper.

**ALLERGENS:** Wheat, Milk and Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1816 kJ	825 kJ
Protein	18.2 g	8.3 g
Fat, total	21.9 g	10.0 g
- saturated	12.8 g	5.8 g
Carbohydrate	40.0 g	18.2 g
- sugars	1.6 g	0.7 g
Sodium	730 mg	332 mg



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Steak, Bacon & Cheese





## CURRY MINCE

### INGREDIENTS:

Water, Wheat Flour, Beef Mince (25%), Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (306 from Soy), Citric Acid, Colour (160a)], Seasoning Mix [Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)], Curry Paste (Acetic Acid, Citric Acid, Lactic Acid), Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Spice, Salt.

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 200g

	Average Qty per serve	Average Qty per 100gm
Energy	1810 kJ	905 kJ
Protein	15.5 g	7.8 g
Fat, total	21.8 g	10.9 g
- saturated	11.4 g	5.7 g
Carbohydrate	42.3 g	21.1 g
- sugars	1.7 g	0.8 g
Sodium	782 mg	391 mg



Curry Mince



## HAM QUICHE

### INGREDIENTS:

Ham (39%) [Pork, Water, Salt, Sugar, Vegetable Gum (407), Mineral Salt (451, 452, Sodium Bicarbonate), Antioxidant (336), Dextrose, Preservative (250)], Milk, Wheat Flour, Egg, Cheese, Water, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Tomato, Onion.

**ALLERGENS:** Wheat, Milk, Egg and Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 180g

	Average Qty per serve	Average Qty per 100gm
Energy	1389 kJ	772 kJ
Protein	18.6 g	10.3 g
Fat, total	20.5 g	11.4 g
- saturated	11.2 g	6.2 g
Carbohydrate	23.3 g	12.9 g
- sugars	2.7 g	1.5 g
Sodium	1041 mg	578 mg



Ham Quiche



## CHICKEN & VEGETABLE

### INGREDIENTS:

Water, Chicken Breast (29%), Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Vegetables (6%), Seasoning Mix [Lactose (Milk), Flavour Enhancers (621, 635), Colour (150c)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Pepper, Herbs.

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1792 kJ	814 kJ
Protein	19.6 g	8.9 g
Fat, total	17.9 g	8.1 g
- saturated	9.9 g	4.5 g
Carbohydrate	44.5 g	20.2 g
- sugars	2.4 g	1.1 g
Sodium	675 mg	307 mg



Chicken & Vege



## SMOKED FISH

### INGREDIENTS:

Wheat Flour, Milk, Smoked Fish (19%) [Water, Salt, Mineral Salt (452), Colour (160a), Natural Smoke Flavour], Eggs, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Water, Onion, Cheese, Seasoning Mix [Lactose (Milk), Flavour Enhancers (621)], Glaze [Milk Solids, Food Acid (450), Colour (160a)], Butter, Maize Thickener, Pepper.

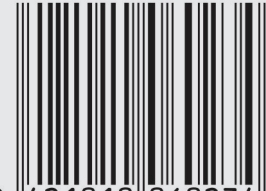
**ALLERGENS:** Fish, Wheat, Milk, Egg and Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	2111 kJ	959 kJ
Protein	22.3 g	10.1 g
Fat, total	25.8 g	11.7 g
- saturated	14.4 g	6.6 g
Carbohydrate	45.2 g	20.5 g
- sugars	5.5 g	2.5 g
Sodium	1165 mg	530 mg



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Smoked Fish



## BEEF & CHEESE ROLL

### INGREDIENTS:

Beef Mince, Wheat Flour, Water, Sausagemeat [Beef, Seasoning (Mineral Salts (450), Vegetable Gum (415), Colour (160c)), Water], Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Breadcrumbs [Wheat Flour, Yeast, Salt, Vegetable Fibre, Vegetable Oil, Soy Flour, Acidity Regulator (263), Emulsifier (481), Wheat Gluten, Mineral (Iron)], Cheese (2%), Onion, Seasoning (Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)), Salt, Pepper, Glaze [Milk Solids, Food Acid (450), Colour (160a)].

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 250g

	Average Qty per serve	Average Qty per 100gm
Energy	2607 kJ	1043 kJ
Protein	24.5 g	9.8 g
Fat, total	30.3 g	12.1 g
- saturated	15.3 g	6.1 g
Carbohydrate	59.8 g	23.9 g
- sugars	3.9 g	1.6 g
Sodium	1559 mg	624 mg



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Beef & Cheese Roll



## MAGIC MEATBALL

### INGREDIENTS:

Magic Sauce (39%) [Tomatoes, Vegetables, Maize Thickener, Sugar, Salt, Spice, Herbs, Citric Acid, Mineral Salt (509)], Meatballs (29%) [Beef, Onion, Breadcrumbs (Wheat Flour, Water, Yeast, Sugar, Gluten, Vegetable Oil, Salt, Emulsifier (472e), Acidity Regulator (262)), Vegetable Oil, Whey Protein Concentrate, Salt, Mineral Salt (451), Spice, Hydrolysed Maize Protein], Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Water, Glaze [Milk, Food Acid (450), Colour (160a)].

**ALLERGENS:** Wheat, Milk, Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 210g

	Average Qty per serve	Average Qty per 100gm
Energy	2578 kJ	1228 kJ
Protein	19.3 g	9.2 g
Fat, total	38.2 g	18.2 g
- saturated	18.7 g	8.9 g
Carbohydrate	47.7 g	22.7 g
- sugars	5.1 g	2.4 g
Sodium	840 mg	400 mg



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Magic Meatball





## CREAMY CHICKEN & SWEET CORN

### INGREDIENTS:

Creamy Chicken and Sweetcorn Filling (66%) [Chicken (22%), Milk, Cream-Style Corn (Sweet Corn, Water, Maize Thickener (1414), Sugar, Salt), Sweet Corn, Butter, Wheat Flour, Chilli Jam, Olive Oil, Chicken Seasoning (Flavour Enhancer (635), Colour (150c)), Salt, Spice], Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Water, Glaze [Milk Solids, Food Acid (450), Colour (160a)]. Sweetcorn = 11%.

**ALLERGENS:** Wheat, Dairy, Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	2328 kJ	1058 kJ
Protein	19.9 g	9.0 g
Fat, total	27.8 g	12.7 g
- saturated	15.0 g	6.8 g
Carbohydrate	54.0 g	24.6 g
- sugars	7.1 g	3.2 g
Sodium	584 mg	265 mg



Creamy Chk & Sweet Corn



## SAUSAGE ROLL

### INGREDIENTS:

Water, Wheat Flour, Beef, Breadcrumbs [Wheat Flour, Yeast, Salt, Vegetable Fibre, Vegetable Oil, Soy Flour, Acidity Regulator (263), Emulsifier (481), Wheat Gluten, Mineral (Iron)], Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Seasoning (Emulsifier (472), Mineral Salt (450), Xanthan Gum, Colour (160c)), Onion Seasoning (Flavour Enhancers (621, 627, 631), Soy Sauce Powder (Soy, Wheat)), Glaze [Milk Solids, Food Acid (450), Colour (160a)], Pepper.

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 160g

	Average Qty per serve	Average Qty per 100gm
Energy	1683 kJ	1052 kJ
Protein	10.4 g	6.5 g
Fat, total	18.9 g	11.8 g
- saturated	9.1 g	5.7 g
Carbohydrate	45.6 g	28.5 g
- sugars	2.3 g	1.4 g
Sodium	1293 mg	808 mg



Sausage Roll



## CREAMY MUSHROOM & BACON

### INGREDIENTS:

Wheat Flour, Mushrooms (21%), Creamy Mushroom Sauce (11%) [Water, Skim Milk, Mushrooms, Thickeners(1414), Cream, Flavour, Wheat Flour, Salt, Butter, Onion, Yeast Extract, Spices], Bacon (10%) [Pork, Water, Salt, Sugar, Vegetable Gum (407), Mineral Salt (451, 452, Sodium Bicarbonate), Antioxidant (336), Dextrose, Preservative (250)], Chicken Stock [Water, Chicken, Carrots, Celery, Cabbage, Onions, Parsley, Sage Extract, Rosemary Extract, Sugar, Salt, Glucose, Yeast Extract], Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Water, Cream (6%) [Cream, Milk Solids, Thickener (1442), Vegetable Gums (460, 466, 407), Maltodextrin, Emulsifier (471)], Onion, Maize Thickener, Chilli Jam, Butter, Sugar, Lemon Juice, Dijon Mustard (Citric Acid, Preservative (224)), Seasoning, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Spice.

**ALLERGENS:** Wheat, Dairy, Soy, and Sulphites

Made in a bakery using wheat, egg, fish, milk & soy products.

### NUTRITION INFORMATION

Servings per package: 1 Serving size: 220g

	Average Qty per serve	Average Qty per 100gm
Energy	1880 kJ	855 kJ
Protein	11.3 g	5.1 g
Fat, total	22.6 g	10.3 g
- saturated	13.9 g	6.3 g
Carbohydrate	49.7 g	22.6 g
- sugars	6.4 g	2.9 g
Sodium	711 mg	323 mg



Creamy Mushroom & Bacon



## BUTTER CHICKEN

### INGREDIENTS:

Chicken Breast (37%), Butter Chicken Sauce (34%) [Water, Coconut Cream, Seasoning Mix, Tomato Paste, Maize Thickener, Butter, Sugar, Salt], Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307, from Soy), Citric Acid, Colour (160a)], Glaze [Milk Solids, Food Acid (450), Colour (160a)].

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 220g		
	Average Qty per serve	Average Qty per 100gm
Energy	1988 kJ	904 kJ
Protein	23.3 g	10.6 g
Fat, total	21.6 g	9.8 g
- saturated	12.5 g	5.7 g
Carbohydrate	44.3 g	20.1 g
- sugars	3.5 g	1.6 g
Sodium	552 mg	251 mg



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Butter Chicken



## LAMB & MINT

### INGREDIENTS:

Water, Lamb (34%), Wheat Flour, Margarine [Animal & Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307 from Soy), Citric Acid, Colour (160a)], Mint Sauce (1%) [Acetic Acid, Vegetable Gums (440, 415, 407, 410)], Seasoning Mix [Lactose (Milk), Flavour Enhancer (621)], Maize Thickener, Glaze [Milk Solids, Food Acid (450), Colour (160a), Pepper, Salt, Colour (150c)].

**ALLERGENS:** Wheat, Soy and Milk.

Made in a bakery using wheat, egg, fish, milk and soy products.

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 220g		
	Average Qty per serve	Average Qty per 100gm
Energy	1836 kJ	835 kJ
Protein	19.8 g	9.0 g
Fat, total	20.1 g	9.1 g
- saturated	11.4 g	5.2 g
Carbohydrate	43.2 g	19.7 g
- sugars	4.7 g	2.1 g
Sodium	670 mg	305 mg



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Lamb & Mint



## CREAMY VEGETABLE

### INGREDIENTS:

Vegetables (36%), Milk, Wheat Flour, Margarine [Vegetable Fat, Water, Salt, Emulsifier (471, Soy Lecithin), Sodium Bicarbonate, Antioxidant (307, from Soy), Citric Acid, Colour (160a)], Water, Cheese, Butter, Glaze [Milk Solids, Food Acid (450), Colour (160a)], Salt, Spice.

**ALLERGENS:** Milk, Wheat and Soy.

Made in a bakery using wheat, egg, fish, milk and soy products.

NUTRITION INFORMATION		
Servings per package: 1 Serving size: 220g		
	Average Qty per serve	Average Qty per 100gm
Energy	2016 kJ	917 kJ
Protein	15.1 g	6.9 g
Fat, total	27.6 g	12.5 g
- saturated	16.6 g	7.6 g
Carbohydrate	47.7 g	21.7 g
- sugars	5.9 g	2.7 g
Sodium	936 mg	425 mg



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Creamy Vegetable