

Juicy spring lamb in a tangy sauce with garden vegetables.

Rice, sauce [Sugar, Thickener (1442), Dehydrated Vegetables, Acidity Regulators (262, 330), Maltodextrin (Maize), Hydrolysed Vegetable Protein, Yeast Extract, Herbs & Spices, Vegetable Extract, Flavour], lamb 20% [lamb, salt, soy protein, brown sugar, stabilizer (450,451), herbs and spices], pineapple, canola oil, peas, carrots

Contains soy, sulphite

Manufactured in premises that process gluten, dairy, egg, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 5 serve

Sweet and Sour Lamb

Serves per pack	1
Net weight:	90 g
Preparation	Add 250 ml water
Serving size:	340 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1563 kJ	460 kJ	18%
		376 Cal	111 Cal	
Protein		12.6 g	3.7 g	25%
Fat	-total	11.3 g	3.3 g	16%
	-saturated	3.5 g	1.0 g	14%
Carbohydrate	-total	55.5 g	15.3 g	18%
	-sugars	25.0 g	7.4 g	40%
Dietary Fibre		3.2 g	0.9 g	11%
Sodium		250 mg	73 mg	11%
Potassium		325 mg	95.6 mg	16%
Calcium		31 mg	9.1 mg	4%
Iron		1 mg	0.4 mg	21%
Zinc		3 mg	0.8 mg	23%
Vitamin C		19 mg	5.6 mg	48%
Thiamin		0.2 mg	0.0 mg	20%

Manufactured in premises that process gluten, dairy, egg, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines. No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

		Per serve	Per 100g	% Rec Daily intake
Energy		1628 kJ	525 kJ	19%
		390 Cal	126 Cal	
Protein		18.7 g	6.0 g	37%
Fat	-total	14.6 g	4.7 g	21%
	-saturated	4.5 g	1.5 g	19%
Carbohydrate	-total	46.6 g	15.0 g	15%
	-sugars	23.8 g	4.6 g	23%
Dietary Fibre		2.6 g	0.8 g	9%
Sodium		1236 mg	398 mg	54%
Potassium		335 mg	107.9 mg	17%
Calcium		34 mg	11.0 mg	4%
Iron		2 mg	0.8 mg	34%
Zinc		4 mg	1.4 mg	36%
Vitamin C		57 mg	18.5 mg	144%
Thiamin		0.1 mg	0.0 mg	14%

Beef Teriyaki

Eastern style dish of beef, rice and vegetables in a soy flavoured sauce.

Ingredients

Sauce [Sugar, Thickener (1442), Maltodextrin (Maize), Hydrolysed Vegetable Proteins (Maize, Soy), Colour (150d), Spices, Acidity Regulator (330), Dehydrated Vegetables, Soy Sauce, Flavour, Salt, Yeast Extract, Vegetable Oil (Soy, Canola)], Beef 28% [beef, salt, soy protein, stabilizer (450, 451), hydrolysed vegetable protein], rice, canola oil, green beans, onion, red pepper

Allergens

Contains soy, sulphite

Manufactured in premises that process gluten, dairy, egg, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines. No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Beef Teriyaki

Serves per pack	2
Net weight:	175
Preparation	Add 440 ml water
Serving size:	308

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1580 kJ	514 kJ	18%
		379 Cal	123 Cal	
Protein		18.0 g	5.9 g	36%
Fat	-total	14.1 g	4.6 g	20%
	-saturated	4.4 g	1.4 g	18%
Carbohydrate	-total	45.4 g	14.8 g	15%
	-sugars	13.9 g	4.5 g	22%
Dietary Fibre		2.5 g	0.8 g	8%
Sodium		1189 mg	387 mg	52%
Potassium		327 mg	106.4 mg	16%
Calcium		34 mg	11.0 mg	4%
Iron		2 mg	0.8 mg	33%
Zinc		4 mg	1.4 mg	35%
Vitamin C		57 mg	18.7 mg	144%
Thiamin		0.1 mg	0.0 mg	14%

		Per serve	Per 100g	% Rec Daily intake
Energy		1540 kJ	455 kJ	18%
		367 Cal	108 Cal	
Protein		14.8 g	4.4 g	32%
Fat	-total	12.1 g	3.6 g	17%
	-saturated	2.5 g	0.8 g	11%
Carbohydrate	-total	51.2 g	15.2 g	17%
	-sugars	17.7 g	5.2 g	35%
Dietary Fibre		4.5 g	1.3 g	15%
Sodium		702 mg	208 mg	35%
Potassium		586 mg	172.3 mg	29%
Calcium		47 mg	14.0 mg	6%
Iron		2 mg	0.5 mg	24%
Zinc		3 mg	0.9 mg	24%
Vitamin C		63 mg	18.6 mg	158%
Thiamin		0.2 mg	0.1 mg	21%

		Per serve	Per 100g	% Rec Daily intake
Energy		1500 kJ	446 kJ	18%
		358 Cal	106 Cal	
Protein		15.3 g	4.5 g	32%
Fat	-total	11.5 g	3.4 g	17%
	-saturated	2.6 g	0.8 g	11%
Carbohydrate	-total	50.0 g	14.8 g	16%
	-sugars	19.8 g	5.9 g	35%
Dietary Fibre		4.4 g	1.3 g	15%
Sodium		760 mg	225 mg	34%
Potassium		583 mg	172.6 mg	29%
Calcium		47 mg	13.9 mg	6%
Iron		2 mg	0.5 mg	24%
Zinc		3 mg	0.8 mg	23%
Vitamin C		63 mg	18.7 mg	158%
Thiamin		0.2 mg	0.1 mg	21%

Mexican Pita Bites

Freeze dried pita bites served with a hot or cold tomato flavoured topping.

Ingredients

Pita Bites:[Wheat flour, water, vegetable oils [antioxidant (306)], sugar, iodised salt, vegetable gum (412), food acid (297, 200), mineral salts (450,500), preservative (282,202), emulsifier (471), corn starch, spinach and garlic flavour (spinach, garlic, basil, parsley)], tomato, kidney beans, corn, green pepper, onion, Savoury sauce [Dehydrated Vegetables, Thickener (1442), maltodextrin (Maize), Herbs & Spices, Hydrolysed Vegetable Proteins (Maize, Soy), Sugar, Salt, Acidity Regulator (296), Yeast Extract, Vegetable Oil (Soy)].

Allergens

Contains Gluten Cereal

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Mexican Pita Bites			
Serves per pack	1		
Net Weight:	90g		
Preparation	Add 100mls cold or hot water to filling pack. Spread filling onto pita bites and serve.		
Serving Size:	190g		
Nutrition Information			
		Per serve	Per 100g
Energy		1400kj	651kj
		334kcal	155kcal
Protein		8.5g	4.0g
Fat	-total	7.0g	3.3g
	-saturated	2.5g	1.2g
Carbohydrate	-total	55.1g	25.6g
	-sugars	12.3g	5.7g
Sodium		984mg	458mg

Freeze dried pita bites served with a hot or cold cheese flavoured topping.

Pita Bites:[Wheat flour, water, vegetable oils [antioxidant (306)], sugar, iodised salt, vegetable gum (412), food acid (297, 200), mineral salts (450,500), preservative (282,202), emulsifier (471), corn starch spinach and garlic flavour (spinach, garlic, basil, parsley)], cheese, carrot, peas, corn, red pepper, onion, Fettuccine Sauce [Maltodextrin, Thickener (1442), Milk & Cream Solids, Maize Starch, Yeast Extract, Dehydrated Vegetables, Sugar, Hydrolysed Vegetable Protein (Maize), Herbs and Spices, Acidity Regulator (330), Flavour]

Contains: Milk, gluten

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulfite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Savoury Pita Bites				
--------------------	--	--	--	--

Serves per pack	1
Net Weight:	90g
Preparation	Add 80mls cold or hot water to filling pack. Spread filling onto pita bites and serve.
Serving Size:	170g

Nutrition Information

		Per serve	Per 100g
Energy		1650kJ	845kJ
		394cal	201cal
Protein		14.7g	7.6g
Fat	-total	17.1g	8.8g
	-saturated	9.2g	4.7g
Carbohydrate	-total	43.3g	22.2g
	-sugars	4.4g	2.2g
Sodium		648mg	332mg

Nutrition Information			
		Per serve	Per 100g
Energy		1650kJ	571kJ
		394cal	136cal
Protein		6.4g	2.2g
Fat	-total	16.4g	5.7g
	-saturated	3.6g	1.2g
Carbohydrate	-total	51.4g	17.7g
	-sugars	13.1g	4.5g
Sodium		1130mg	391mg

Pasta Vegetariano

Pasta, beans, tomatoes and olives in a tasty Italian sauce.

Ingredients

Pasta [durum wheat flour], sauce [Dehydrated Vegetables, Thickener (1442), maltodextrin (Maize), Herbs & Spices, Hydrolysed Vegetable Proteins (Maize, Soy), Sugar, Salt, Acidity Regulator (296), Yeast Extract, Vegetable Oil (Soy)], kidney beans, haricot beans, canola oil, tomato, olives, onion, green peppers.

Allergens

Contains gluten, soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve
Nutrition information - 2 serve
Nutrition information - 5 serve

Pasta Vegetariano

Serves per pack	1
Net weight:	90 g
Preparation	Add 220 ml water
Serving size:	310 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1522 kJ	491 kJ	17%
		365 Cal	118 Cal	
Protein		11.7 g	3.8 g	23%
Fat	-total	10.2 g	3.3 g	15%
	-saturated	1.0 g	0.3 g	4%
Carbohydrate	-total	56.7 g	18.3 g	18%
	-sugars	11.0 g	3.5 g	18%
Dietary Fibre		7.7 g	2.5 g	26%
Sodium		878 mg	282 mg	38%
Potassium		827 mg	266.6 mg	41%
Calcium		86 mg	27.8 mg	11%
Iron		3 mg	0.9 mg	40%
Zinc		2 mg	0.6 mg	15%
Vitamin C		94 mg	30.3 mg	235%
Thiamin		0.3 mg	0.1 mg	36%

		Per serve	Per 100g	% Rec Daily intake
Energy		1481 kJ	482 kJ	17%
		355 Cal	115 Cal	
Protein		11.4 g	3.7 g	23%
Fat	-total	9.9 g	3.2 g	14%
	-saturated	1.0 g	0.3 g	4%
Carbohydrate	-total	55.0 g	17.9 g	18%
	-sugars	10.7 g	3.5 g	17%
Dietary Fibre		7.3 g	2.4 g	24%
Sodium		873 mg	284 mg	38%
Potassium		798 mg	259.6 mg	40%
Calcium		84 mg	27.3 mg	10%
Iron		3 mg	0.9 mg	39%
Zinc		2 mg	0.6 mg	15%
Vitamin C		86 mg	28.0 mg	215%
Thiamin		0.3 mg	0.1 mg	35%

		Per serve	Per 100g
Energy		1820kj	728kj
		434cal	173cal
Protein		12.3g	4.9g
Fat	-total	25.9g	10.3g
	-saturated	9.9g	4.0g
Carbohydrate	-total	36.4g	14.6g
	-sugars	5.2g	2.1g
Sodium		779g	311g

Wholesome pre-cooked porridge with dried fruit, and raw sugar sprinkle

Oats, whole milk powder, raisins, sugar, apple, apricots, salt.

Contains gluten cereal, milk, soy

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 2 serve

Porridge Supreme				
Serves per pack	1			
Net Weight:	90 g			
Preparation	Add 250 mls water			
Serving size:	340 g			

		Per Serve	Per 100 g	% Rec Daily intake
Energy		1393 kj	410 kj	16%
		335 Cal	99 Cal	
Protein		11.2 g	3.3 g	22%
Fat	-total	8.6 g	2.5 g	12%
	-saturated	3.0 g	0.9 g	13%
Carbohydrate	-total	53.0 g	15.6 g	17%
	-sugars	20.5 g	6.0 g	33%
Dietary Fibre		7.0 g	2.1 g	23%
Sodium		188 mg	61 mg	8%
Potassium		610 mg	179.4 mg	31%
Calcium		186 mg	54.7 mg	23%
Iron		4 mg	1.3 mg	62%
Zinc		1 mg	0.3 mg	8%
Vitamin C		8 mg	2.2 mg	19%
Thiamin		0.4 mg	0.1 mg	47%

Beef and Pasta Hotpot

Traditionally flavoured beef casserole accompanied by a generous serving of pasta.

Ingredients

Beef [beef, salt, soy protein, stabilizer (450,451), yeast extract], pasta spirals [durum flour], sauce [Thickener (1442), Maltodextrin (Maize), Sugar, Salt, Yeast, Colour (150d), Flavour Enhancer (635), Herbs & Spices, Vegetable Extract], peas, corn, carrots.

Allergens

Contains gluten cereal and soy, sulphite

Manufactured in premises that process gluten, dairy, egg, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines. No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Nutrition information - 5 serve

Beef and Pasta
Hotpot

Serves per pack	1
Net weight:	90 g
Preparation	Add 250 ml water
Serving size:	340 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1674 kJ	492 kJ	19%
		400 Cal	118 Cal	
Protein		20.3 g	6.0 g	41%
Fat	-total	15.4 g	4.5 g	22%
	-saturated	4.8 g	1.4 g	20%
Carbohydrate	-total	45.3 g	13.3 g	15%
	-sugars	7.9 g	2.3 g	13%
Dietary Fibre		4.1 g	1.2 g	14%
Sodium		721 mg	212.0 mg	31%
Potassium		458 mg	134.8 mg	23%
Calcium		29 mg	8.6 mg	4%
Iron		3 mg	0.8 mg	40%
Zinc		4 mg	1.2 mg	33%
Vitamin C		9 mg	2.6 mg	22%
Thiamin		0.2 mg	0.1 mg	31%

		Per serve	Per 100gm	% Rec Daily intake
Energy		1635 Kj	527 Kj	19%
		392 Cal	126 Cal	
Protein		17.7 g	5.7 g	35%
Fat	-total	17.1 g	5.5 g	24%
	-saturated	3.5 g	1.1 g	14%
Carbohydrate	-total	44.0 g	14.2 g	14%
	-sugars	13.8 g	4.5 g	22%
Dietary Fibre		4.3 g	1.4 g	14%
Sodium		746 mg	240 mg	32%
Potassium		434 mg	140.0 mg	22%
Calcium		82 mg	26.4 mg	10%
Iron		2 mg	0.6 mg	27%
Zinc		3 mg	0.9 mg	23%
Vitamin C		58 mg	18.7 mg	145%
Thiamin		0.1 mg	0.0 mg	18%

The distinctive Thai taste of coconut milk & curry with chicken, green beans and cashew nuts.

Rice, sauce [Sugar, Thickener (1442), Rice Flour, Dehydrated Vegetables, Salt, Herb & Spices, Potato Starch, Coconut Milk Powder, Hydrolysed Vegetable Protein (Maize), Maltodextrin (Maize), Flavours, Acidity Regulator(330)], chicken [chicken, salt, milk protein, stabilizer (450, 451)] cashew nuts, canola oil, onion, green beans, green peppers.

Contains milk, cashew nuts, soy

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 5 serve

Thai Chicken Curry

Serves per pack	2
Net weight:	175 g
Preparation	Add 440 ml water
Serving size:	308 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1589 kJ	517 kJ	18%
		381 Cal	124 Cal	
Protein		17.3 g	5.6 g	35%
Fat	-total	16.7 g	5.4 g	24%
	-saturated	3.4 g	1.1 g	14%
Carbohydrate	-total	42.5 g	13.8 g	14%
	-sugars	13.5 g	4.4 g	22%
Dietary Fibre		4.3 g	1.4 g	14%
Sodium		720 mg	234 mg	31%
Potassium		426 mg	138.6 mg	21%
Calcium		80 mg	26.0 mg	10%
Iron		2 mg	0.6 mg	26%
Zinc		3 mg	0.9 mg	23%
Vitamin C		58 mg	18.7 mg	144%
Thiamin		0.1 mg	0.0 mg	18%

		Per serve	Per 100g	% Rec Daily intake
Energy		1592 kJ	455 kJ	18%
		381 Cal	109 Cal	
Protein		17.7 g	5.1 g	35%
Fat	-total	15.1 g	4.3 g	22%
	-saturated	3.8 g	1.1 g	16%
Carbohydrate	-total	43.3 g	12.4 g	14%
	-sugars	7.9 g	2.2 g	13%
Dietary Fibre		3.4 g	1.0 g	11%
Sodium		1133 mg	324 mg	49%
Potassium		582 mg	166.3 mg	29%
Calcium		69 mg	19.8 mg	9%
Iron		2 mg	0.6 mg	30%
Zinc		2 mg	0.7 mg	19%
Vitamin C		16 mg	4.5 mg	39%
Thiamin		0.5 mg	0.1 mg	64%

Roast Chicken

Tender chicken dices, vegetables and stuffing smothered in gravy and served with mashed potato.

Ingredients

Potato (Potato (contains emulsifier (471), stabiliser (450), sodium metabisulphite (223), antioxidants (304, 320)), canola oil, whole milk powder, sugar, salt, chives), chicken 22%[chicken, soy protein, salt, stabilizer (450, 451)], sauce [Maltodextrin, Thickener (1442), Potato Starch, Rice Flour, Salt, Yeast Extract, Sugar, Hydrolysed Vegetable Protein (Maize), Colour (150d), Dehydrated Vegetables, Yeast, Acidity Regulator (330)], stuffing (breadcrumbs, egg, milk, onion, herbs, salt), peas, corn.

Allergens

Contains gluten, milk, egg, soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.
No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Nutrition information - 5 serve

Roast Chicken

Serves per pack	2
Net weight:	175 g
Preparation	Add 470 ml water
Serving size:	32 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1549 kJ	473 kJ	18%
		370 Cal	113 Cal	
Protein		17.2 g	5.2 g	34%
Fat	-total	14.7 g	4.5 g	21%
	-saturated	3.7 g	1.1 g	15%
Carbohydrate	-total	42.2 g	12.9 g	14%
	-sugars	7.5 g	2.3 g	12%
Dietary Fibre		3.2 g	1.0 g	11%
Sodium		1114 mg	340 mg	48%
Potassium		561 mg	171.2 mg	28%
Calcium		67 mg	20.6 mg	8%
Iron		2 mg	0.6 mg	29%
Zinc		2 mg	0.7 mg	19%
Vitamin C		15 mg	4.5 mg	37%
Thiamin		0.5 mg	0.2 mg	63%

		Per serve	Per 100g	% Rec Daily intake
Energy		1510kj	444kj	18%
		360kcal	106kcal	
Protein		25.4g	7.5g	31%
Fat	-total	8.4g	2.5g	17%
	-saturated	2.2g	0.6g	10%
Carbohydrate	-total	46.0g	13.5g	17%
	-sugars	10.4g	3.0g	31%
Dietary Fibre		3.1g	0.9g	14%
Sodium		1100mg	322mg	32%
Potassium		513mg	513mg	26%
Calcium		42mg	42mg	5%
Iron		2mg	2mg	22%
Zinc		3mg	3mg	24%
Vitamin C		54mg	54mg	138%
Thiamin		0.1mg	0.1mg	19%

Nutrition Information				
		Per serve	Per 100g	% Rec Daily intake
Energy		1480kj	474kj	18%
		353kcal	113kcal	
Protein		22.9g	7.3g	31%
Fat	-total	8.4g	2.7g	17%
	-saturated	2.0g	0.6g	10%
Carbohydrate	-total	46.6g	14.9g	17%
	-sugars	9.8g	3.1g	31%
Dietary Fibre		4.1g	4.1g	14%
Sodium		1080mg	346mg	32%
Potassium		512mg	512mg	26%
Calcium		43mg	43mg	5%
Iron		2mg	2mg	22%
Zinc		3mg	3mg	24%
Vitamin C		54mg	54mg	136%
Thiamin		0.1mg	0.1mg	19%

Chicken Tikka Masala

Popular Indian dish with tikka chicken and almonds in a mild spicy sauce served on rice.

Ingredients

Rice, sauce [Thickener (1442), Sugar, Dehydrated Vegetables, Maltodextrin (Maize), Salt, Herb & Spices, Hydrolysed Vegetable Protein (Maize), Yeast (Sulphite), Flavour, Canola Oil, Acidity Regulators (296, 330), Colour (160c)], Chicken 24% [(soy protein, salt, stabiliser (450, 451), herbs and spices, acetic acid, colour (163, 122, 129)], canola oil, almond slivers, onion, green pepper.

Allergens

Contains soy, tree nuts

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.
No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Chicken Tikka Masala

Serves per pack	1
Net weight:	90 g
Preparation	Add 200 ml water
Serving size:	290 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1747 kJ	602K kJ	19%
		420 Cal	145 Cal	
Protein		20.8 g	7.2 g	35%
Fat	-total	17.1 g	5.9 g	24%
	-saturated	3.3 g	1.1 g	14%
Carbohydrate	-total	45.9 g	15.8 g	14%
	-sugars	11.7 g	4.0 g	22%
Dietary Fibre		4.3 g	1.4 g	14%
Sodium		533 mg	181 mg	32%
Potassium		434 mg	140.0 mg	22%
Calcium		82 mg	26.4 mg	10%
Iron		2 mg	0.6 mg	27%
Zinc		3 mg	0.9 mg	23%
Vitamin C		58 mg	18.7 mg	145%
Thiamin		0.1 mg	0.0 mg	18%

		Per serve	Per 100g	% Rec Daily intake
Energy		1700 kJ	591 kJ	20%
		408 Cal	142 Cal	
Protein		20.2 g	7.0 g	40%
Fat	-total	16.8 g	5.8 g	24%
	-saturated	3.2 g	1.1 g	13%
Carbohydrate	-total	44.5 g	15.5 g	14%
	-sugars	11.3 g	3.9 g	18%
Dietary Fibre		2.1 g	0.7 g	7%
Sodium		519 mg	180.6 mg	23%
Potassium		424 mg	147.4 mg	21%
Calcium		167 mg	58.2 mg	21%
Iron		1 mg	0.4 mg	17%
Zinc		3 mg	1.1 mg	27%
Vitamin C		33 mg	11.5 mg	83%
Thiamin		0.1 mg	0.0 mg	12%

Smoked Fish Pie				
Serves per pack	1			
Net weight:	90 g			
Preparation	Add 200 ml water			
Serving size:	290			
Nutrition Information				
		Per serve	Per 100g	% Rec Daily intake
Energy		1852 kJ	639 kJ	21%
		442 Cal	152 Cal	
Protein		27.9 g	9.6 g	56%
Fat	-total	24.0 g	8.3 g	34%
	-saturated	9.7 g	3.3 g	40%
Carbohydrate	-total	28.6 g	9.9 g	9%
	-sugars	7.6 g	2.6 g	12%
Dietary Fibre		2.3 g	0.8 g	8%
Sodium		657 mg	226 mg	29%
Potassium		589 mg	203.0 mg	29%
Calcium		295 mg	101.8 mg	37%
Iron		2 mg	0.7 mg	31%
Zinc		2 mg	0.8 mg	19%
Vitamin C		13 mg	4.5 mg	33%
Thiamin		0.2 mg	0.1 mg	26%

		Per serve	Per 100g	% Rec Daily intake
Energy		1710 kJ	595 kJ	20%
		408 Cal	142 Cal	
Protein		24.1 g	8.4 g	48%
Fat	-total	20.0 g	6.9 g	29%
	-saturated	8.5 g	3.0 g	35%
Carbohydrate	-total	33.0 g	11.5 g	11%
	-sugars	8.9 g	3.1 g	14%
Dietary Fibre		3.2 g	1.1 g	11%
Sodium		593 mg	206 mg	26%
Potassium		598 mg	207.9 mg	30%
Calcium		275 mg	95.6 mg	34%
Iron		2 mg	0.6 mg	23%
Zinc		2 mg	0.7 mg	17%
Vitamin C		15 mg	5.3 mg	38%
Thiamin		0.2 mg	0.1 mg	28%

Bobotie

Popular African dish of beef mince, fruit chutney, raisins and egg served with rice.

Ingredients

Sauce [Sugar, Thickener (1442), Dehydrated Vegetables, Hydrolysed Vegetable Protein (Maize), Herb & Spices, Acidity Regulators (262, 330), Maltodextrin (Maize), Milk Powder, Dextrose, Flavour], rice [rice, spices], beef 20%[beef, salt, antioxidant], egg bread [egg, bread (flour, yeast, salt, soya bean flour, emulsifiers (481, 472e), flour treatment agents (516, 300)], whole milk powder], canola oil, raisins, apple, apricot

Allergens

Contains gluten, milk, egg, soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.
No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Babotjie

Serves per pack	1
Net weight:	90
Preparation	Add 220 ml water
Serving size:	310 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1646 kJ	531 kJ	19%
		395 Cal	127 Cal	
Protein		19.4 g	6.2 g	39%
Fat	-total	13.6 g	4.4 g	19%
	-saturated	4.1 g	1.3 g	17%
Carbohydrate	-total	48.9 g	15.8 g	16%
	-sugars	18.7 g	6.1 g	30%
Dietary Fibre		1.8 g	0.6 g	6%
Sodium		337 mg	109 mg	15%
Potassium		370 mg	119.4 mg	19%
Calcium		36 mg	11.5 mg	4%
Iron		3 mg	1.0 mg	45%
Zinc		5 mg	1.6 mg	41%
Vitamin C		5 mg	1.5 mg	12%
Thiamin		0.9 mg	0.3 mg	107%

		Per serve	Per 100g	% Rec Daily intake
Energy		1596 kJ	519 kJ	18%
		383 Cal	125 Cal	
Protein		18.6 g	6.1 g	37%
Fat	-total	13.1 g	4.3 g	19%
	-saturated	3.9 g	1.3 g	16%
Carbohydrate	-total	47.8 g	15.5 g	15%
	-sugars	18.7 g	6.1 g	30%
Dietary Fibre		1.8 g	0.6 g	6%
Sodium		330 mg	107 mg	14%
Potassium		360 mg	117.2 mg	18%
Calcium		35 mg	11.5 mg	4%
Iron		3 mg	1.0 mg	44%
Zinc		5 mg	1.5 mg	39%
Vitamin C		5 mg	1.5 mg	12%
Thiamin		0.8 mg	0.3 mg	105%

Cottage Pie

A homemade mix of savoury mince and warm vegetables topped off with a potato topping.

Ingredients

Beef 20% [Beef, spices], sauce [Dehydrated Vegetables, Thickener (1442), Maltodextrin (Maize), Herbs & Spices, Hydrolysed Vegetable Proteins (Maize, Soy), Sugar, Salt, Acidity Regulator (296), Yeast Extract, Vegetable Oil (Soy), Tomato Powder, Sugar, Modified Starch, Salt], peas, corn, onion, carrot. Potato: potato (contains emulsifier (471), stabiliser (450), sodium metabisulphite (223), antioxidants (304, 320)) canola oil, whole milk powder, sugar, salt.

Allergens

Contains milk, soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve				
Nutrition information - 2 serve				
Nutrition information - 5 serve				

Cottage Pie				
Serves per pack	1			
Net Weight:	90g			
Preparation	Add 245 ml water			
Serving Size:	335 g			

Nutritional Information				
		Per Serve	Per 100g	% Rec Daily intake
Energy		1851kJ	553kJ	21%
		443kcal	132kcal	
Protein		21.7g	6.5g	43%
Fat	-total	15.8g	4.7g	22%
	-saturated	4.8g	1.4g	20%
Carbohydrate	-total	55.1g	16.5g	18%
	-sugars	20.8g	6.2g	34%
Dietary Fibre		5.0g	2.5g	20%
Sodium		1012mg	302mg	45%
Potassium		1148mg	560mg	70%
Calcium		80.2mg	39.3mg	12%
Iron		3.3mg	1.5mg	53%
Zinc		3.3mg	1.6mg	35%
Vitamin C		32.7mg	15.9mg	99%
Thiamin		0.4mg	0.16mg	58%

Cottage Pie

A homemade mix of savoury mince and warm vegetables topped off with a potato topping.

Ingredients

Beef 20% [Beef, spices], sauce [Dehydrated Vegetables, Thickener (1442), Maltodextrin (Maize), Herbs & Spices, Hydrolysed Vegetable Proteins (Maize, Soy), Sugar, Salt, Acidity Regulator (296), Yeast Extract, Vegetable Oil (Soy), Tomato Powder, Sugar, Modified Starch, Salt], peas, corn, onion, carrot. Potato: potato (contains emulsifier (471), stabiliser (450), sodium metabisulphite (223), antioxidants (304, 320)) canola oil, whole milk powder, sugar, salt.

Allergens

Contains milk, soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Nutrition information - 5 serve

Cottage Pie				
Serves Per Pack	2			
Net Weight:	175g			
Preparation	Add 470 ml water			
Serving Size:	323g			
Nutritional Information				
		Per Serve	Per 100g	% Rec Daily intake
Energy		1793kj	537kj	21%
		430kcal	128kcal	
Protein		21.0g	6.3g	43%
Fat	-total	15.3g	4.5g	22%
	-saturated	4.6g	1.4g	20%
Carbohydrate	-total	53.6g	16.0g	18%
	-sugars	20.2g	6.0g	34%
Dietary Fibre		4.8g	2.4g	20%
Sodium		984g	294g	45%
Potassium		1102mg	538mg	70%
Calcium		77mg	37.7mg	12%
Iron		3.2mg	1.4mg	53%
Zinc		3.2mg	1.5mg	35%
Vitamin C		31.4mg	15.3mg	99%
Thiamin		0.4mg	0.15mg	58%

		Per serve	Per 100g	% Rec Daily intake
Energy		1661 kJ	573 kJ	19%
		397 Cal	137 Cal	
Protein		17.6 g	6.1 g	35%
Fat	-total	16.4 g	5.7 g	23%
	-saturated	5.1 g	1.8 g	21%
Carbohydrate	-total	44.5 g	15.3 g	14%
	-sugars	6.6 g	2.3 g	11%
Dietary Fibre		5.8 g	2.0 g	19%
Sodium		662 mg	228 mg	29%
Potassium		639 mg	220.3 mg	32%
Calcium		71 mg	24.6 mg	9%
Iron		3 mg	1.0 mg	40%
Zinc		2 mg	0.8 mg	20%
Vitamin C		48 mg	16.4 mg	119%
Thiamin		0.3 mg	0.1 mg	34%

		Per serve	Per 100g	% Rec Daily intake
Energy		1618 kJ	605 kJ	19%
		387 Cal	145 Cal	
Protein		17.0 g	6.4 g	34%
Fat	-total	16.0 g	6.0 g	23%
	-saturated	5.0 g	1.9 g	21%
Carbohydrate	-total	43.3 g	16.2 g	14%
	-sugars	6.4 g	2.4 g	10%
Dietary Fibre		5.6 g	2.1 g	19%
Sodium		644 mg	241 mg	28%
Potassium		619 mg	231.4 mg	31%
Calcium		70 mg	26.0 mg	9%
Iron		3 mg	1.0 mg	39%
Zinc		2 mg	0.9 mg	20%
Vitamin C		47 mg	17.6 mg	118%
Thiamin		0.3 mg	0.1 mg	33%

Contains milk, egg

		Per serve	Per 100g	% Rec Daily intake
Energy		758 kJ	499 kJ	9%
		181 Cal	119 Cal	
Protein		13.9 g	9.1 g	28%
Fat	-total	13.2 g	8.7 g	19%
	-saturated	5.8 g	3.8 g	24%
Carbohydrate	-total	1.9 g	1.3 g	1%
	-sugars	1.9 g	1.2 g	3%
Dietary Fibre		0.1 g	0.0 g	0%
Sodium		441 mg	290 mg	19%
Potassium		200 mg	131.5 mg	10%
Calcium		190 mg	125.0 mg	24%
Iron		2 mg	1.4 mg	31%
Zinc		2 mg	1.0 mg	13%
Vitamin C		1 mg	0.6 mg	2%
Thiamin		0.1 mg	0.1 mg	12%

Freeze-dri Beef Mince

Just add boiling water for cooked beef mince, ideal with pasta or rice dishes

Ingredients

Cooked Beef Mince (freeze-dried), natural antioxidant

Nutrition information - 5 serve

Freeze-dri Beef Mince

Serves per pack	5
Net weight:	160
Preparation	Add 400 ml water
Serving size:	112

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		757 kJ	676 kJ	9%
		180 Cal	161 Cal	
Protein		20.2 g	18.0 g	40%
Fat	-total	11.2 g	10.0 g	16%
	-saturated	4.6 g	4.1 g	19%
Carbohydrate	-total	0.0 g	0.0 g	0%
	-sugars	0.0 g	0.0 g	0%
Dietary Fibre		0.0 g	0.0 g	0%
Sodium		36 mg	33 mg	2%
Potassium		265 mg	236.8 mg	13%
Calcium		3 mg	3.0 mg	0%
Iron		3 mg	2.3 mg	36%
Zinc		4 mg	3.7 mg	35%
Vitamin C		0 mg	0.0 mg	0%
Thiamin		0.1 mg	0.1 mg	12%

Just add freeze-dried grated cheese to your outdoor meal for extra flavour and energy

Freeze-dried mild cheese 100%[milk, salt, rennet, cultures, anticaking agent (460), preservative (200))

Contains milk

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Grated Cheese				
Serves per pack	10			
Net Weight:	160g			
Preparation	Sprinkle over meal			
Serving size:	16g			

		Per serve	Per 100g	% Rec Daily intake
Energy		233Kj	1460Kj	5%
		55Cal	348Cal	
Protein		4.4g	27.5g	12%
Fat	-total	4.3g	26.8g	13%
	-saturated	2.7g	17.0g	21%
Carbohydrate	-total	0.0g	0.0g	0%
	-sugars	0.0g	0.0g	0%
Dietary Fibre		0.0g	0.0g	0%
Sodium		149mg	933mg	7%
Potassium		18mg	22.9mg	1%
Calcium		178mg	221.9mg	22%
Iron		0mg	0.1mg	1%
Zinc		1mg	1mg	7%
Vitamin C		0mg	0.1mg	0%
Thiamin		0mg	0mg	2%

Just add boiling water for a mix of precooked, peas, corn and carrot

Peas, corn, carrot, sugar, salt

		Per serve	Per 100g	% Rec Daily intake
Energy		229 kJ	260 kJ	3%
		55 Cal	63 Cal	
Protein		2.5 g	2.9 g	5%
Fat	-total	0.5 g	0.6 g	1%
	-saturated	0.2 g	0.2 g	1%
Carbohydrate	-total	10.1 g	11.5 g	3%
	-sugars	6.1 g	6.9 g	10%
Dietary Fibre		3.4 g	3.8 g	11%
Sodium		93 mg	106 mg	4%
Potassium		270 mg	307.3 mg	14%
Calcium		22 mg	25.1 mg	3%
Iron		1 mg	0.8 mg	10%
Zinc		1 mg	0.6 mg	4%
Vitamin C		10 mg	10.8 mg	24%
Thiamin		0.1 mg	0.1 mg	15%

Instant Mashed Potato

Just add boiling water for creamy mashed potato

Ingredients

Potato [emulsifier (monoglyceride), Antioxidants (Sodium Acid Pyrophosphate), Acidity Regulator (Citric Acid), Antioxidant (Ascorbyl Palmitate), Preservative (Sodium Metabisulphite)], canola oil, whole milk powder, sugar, salt, chives, lecithin

Allergens

Contains milk, suplhite

Nutrition information - 5 serve

Instant Mashed Potatoes

Serves per pack	5
Net weight:	160 g
Preparation	Add 700 ml water
Serving size:	172 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		558 kJ	324 kJ	6%
		134 Cal	78 Cal	
Protein		2.6 g	1.5 g	5%
Fat	-total	6.0 g	3.5 g	9%
	-saturated	1.0 g	0.6 g	4%
Carbohydrate	-total	17.1 g	10.0 g	6%
	-sugars	2.7 g	1.6 g	4%
Dietary Fibre		1.4 g	0.8 g	5%
Sodium		319 mg	186 mg	14%
Potassium		319 mg	185.6 mg	16%
Calcium		42 mg	24.2 mg	5%
Iron		1 mg	0.3 mg	7%
Zinc		0 mg	0.2 mg	3%
Vitamin C		9 mg	5.4 mg	23%
Thiamin		0.1 mg	0.0 mg	10%

Instant Rice

Just add boiling water for perfectly cooked, high-energy rice

Ingredients

Rice (freeze-dried), canola oil

Nutrition information - 5 serve

Instant Rice

Serves per pack	5
Net weight:	160 g
Preparation	Add 350 ml water
Serving size:	102 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		588 kJ	576 kJ	7%
		143 Cal	140 Cal	
Protein		2.7 g	2.6 g	5%
Fat	-total	5.2 g	5.1 g	7%
	-saturated	0.4 g	0.4 g	2%
Carbohydrate	-total	21.3 g	20.9 g	7%
	-sugars	0.0 g	0.0 g	0%
Dietary Fibre		0.7 g	0.7 g	2%
Sodium		1 mg	1.0 mg	0%
Potassium		13 mg	13.1 mg	1%
Calcium		4 mg	3.6 mg	0%
Iron		0 mg	0.1 mg	2%
Zinc		1 mg	1.1 mg	9%
Vitamin C		0 mg	0.0 mg	0%
Thiamin		0.0 mg	0.0 mg	0%

		Per serve	Per 100g	% Rec Daily intake
Energy		1729 kJ	509 kJ	20%
		412 Cal	121 Cal	
Protein		21.0 g	6.2 g	42%
Fat	-total	16.8 g	4.9 g	24%
	-saturated	8.1 g	2.4 g	34%
Carbohydrate	-total	44.3 g	13.0 g	14%
	-sugars	9.7 g	2.9 g	16%
Dietary Fibre		2.6 g	0.8 g	9%
Sodium		909 mg	267 mg	40%
Potassium		674 mg	198.2 mg	34%
Calcium		41 mg	11.9 mg	5%
Iron		3 mg	0.8 mg	39%
Zinc		4 mg	1.1 mg	30%
Vitamin C		66 mg	19.3 mg	164%
Thiamin		0.3 mg	0.1 mg	36%

Spaghetti Bolognaise

Tender beef mince with tomato in a savoury sauce, served on a bed of noodles.

Ingredients

Noodles [flour, vegetable oil, salt, acidity regulator, emulsifier], beef mince, sauce [Dehydrated Vegetables, Thickener (1442), Maltodextrin (Maize), Herbs & Spices, Hydrolysed Vegetable Proteins (Maize, Soy), Sugar, Salt, Acidity Regulator (296), Yeast Extract, Vegetable Oil (Soy)], onion, red pepper, tomato.

Allergens

Contains gluten, soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.
No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Nutrition information - 5 serve

Spaghetti Bolognaise

Serves per pack	2
Net weight:	175 g
Preparation	Add 500 ml water
Serving size:	337 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1684 kJ	499 kJ	19%
		401 Cal	119 Cal	
Protein		20.2 g	6.0 g	40%
Fat	-total	16.4 g	4.9 g	23%
	-saturated	8.0 g	2.4 g	33%
Carbohydrate	-total	43.3 g	12.8 g	14%
	-sugars	9.0 g	2.7 g	14%
Dietary Fibre		2.5 g	0.7 g	8%
Sodium		880 mg	261 mg	38%
Potassium		629 mg	186.2 mg	31%
Calcium		37 mg	11.1 mg	5%
Iron		3 mg	0.8 mg	37%
Zinc		3 mg	1.0 mg	29%
Vitamin C		56 mg	16.6 mg	140%
Thiamin		0.3 mg	0.1 mg	35%

		Per serve	Per 100g	% Rec Daily intake
Energy		1694 kJ	605 kJ	19%
		403 Cal	144 Cal	
Protein		22.0 g	7.9 g	44%
Fat	-total	16.1 g	5.7 g	23%
	-saturated	7.6 g	2.7 g	31%
Carbohydrate	-total	43.6 g	15.6 g	14%
	-sugars	13.7 g	4.9 g	22%
Dietary Fibre		2.6 g	0.9 g	9%
Sodium		938 mg	335.0 mg	41%
Potassium		574 mg	205.1 mg	29%
Calcium		38 mg	13.6 mg	5%
Iron		3 mg	1.0 mg	40%
Zinc		4 mg	1.4 mg	33%
Vitamin C		77 mg	27.5 mg	192%
Thiamin		0.2 mg	0.1 mg	26%

Beef Stroganoff

The Russian classic of beef pieces, and mushrooms in a sour cream sauce, served with rice.

Ingredients

Rice, sauce [Maltodextrin, Thickener (1442), Milk & Cream Solids, Maize Starch, Yeast Extract, Dehydrated Vegetables, Sugar, Hydrolysed Vegetable Protein (Maize), Herbs & Spices, Acidity Regulator (330), Flavour, Colour (150d), Flavour Enhancer (635), Vegetable Extract, Salt], beef 20% [beef, salt, soy protein, stabilizer (450, 451), yeast extract],corn, onion, red pepper, canola oil

Allergens

Contains milk, soy

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.
No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Beef Stroganoff				
Serves per pack	2			
Net Weight:	175			
Preparation	Add 400mls water			
Serving Size:	287			

Nutritional Information				
		Per Serve	Per 100g	% Rec Daily intake
Energy		1660kj	578kj	19%
		406 Cal	141 Cal	
Protein		16.4g	5.7g	33%
Fat	-total	15.6g	5.4g	24%
	-saturated	4.8g	1.7g	25%
Carbohydrate	-total	48.1g	16.7g	15%
	-sugars	6.3g	2.2g	10%
Dietary Fibre		2.1g	0.7g	7%
Sodium		610mg	212mg	29%
Potassium		513mg	178.4mg	26%
Calcium		53mg	18.4mg	7%
Iron		2mg	0.6mg	25%
Zinc		4mg	1.3mg	30%
Vitamin C		3mg	1.2mg	9%
Thiamin		0.1mg	0.0mg	12%

		Per serve	Per 100g	% Rec Daily intake
Energy		1576 kJ	508 kJ	18%
		376 Cal	121 Cal	
Protein		13.0 g	4.2 g	26%
Fat	-total	12.6 g	4.1 g	18%
	-saturated	3.8 g	1.2 g	16%
Carbohydrate	-total	44.0 g	14.2 g	14%
	-sugars	14.6 g	4.7 g	24%
Dietary Fibre		2.7 g	0.9 g	9%
Sodium		427 mg	138 mg	19%
Potassium		429 mg	138.4 mg	21%
Calcium		37 mg	12.0 mg	5%
Iron		2 mg	0.5 mg	23%
Zinc		2 mg	0.7 mg	17%
Vitamin C		44 mg	14.2 mg	110%
Thiamin		0.1 mg	0.0 mg	18%

		Per serve	Per 100g	% Rec Daily intake
Energy		1612 kJ	474 kJ	19%
		387 Cal	114 Cal	
Protein		16.6 g	4.9 g	33%
Fat	-total	13.0 g	3.8 g	19%
	-saturated	3.5 g	1.0 g	15%
Carbohydrate	-total	51.3 g	15.1 g	17%
	-sugars	11.2 g	3.3 g	18%
Dietary Fibre		3.2 g	1.0 g	11%
Sodium		930 mg	273 mg	40%
Potassium		329 mg	96.8 mg	16%
Calcium		25 mg	7.2 mg	3%
Iron		2 mg	0.7 mg	32%
Zinc		4 mg	1.1 mg	32%
Vitamin C		61 mg	18.0 mg	153%
Thiamin		0.2 mg	0.1 mg	24%

Heart-warming mix of curried beef, rice and vegetables.

Rice, sauce [Maltodextrin (Maize), Thickener (1442), Sugar, Hydrolysed Vegetable Proteins (Maize, Soy), Dehydrated Vegetables, Herbs & Spices, Colours (150d, 100)], beef 20% [beef, salt, soy protein, stabilizer (450, 451), hydrolysed vegetable protein], peas, onion, red pepper, canola oil

Contains soy, sulphite

Manufactured in premises that process gluten, dairy, egg, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines. No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Nutrition information - 5 serve

Classic Beef Curry

Serves per pack	2
Net weight:	175 g
Preparation	Add 500 ml water
Serving size:	338 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1566 kJ	464 kJ	18%
		376 Cal	111 Cal	
Protein		16.2 g	4.8 g	32%
Fat	-total	12.7 g	3.8 g	18%
	-saturated	3.4 g	1.0 g	14%
Carbohydrate	-total	49.8 g	14.8 g	16%
	-sugars	11.0 g	3.3 g	18%
Dietary Fibre		3.2 g	1.0 g	11%
Sodium		897 mg	266 mg	39%
Potassium		324 mg	96.0 mg	16%
Calcium		24 mg	7.2 mg	3%
Iron		2 mg	0.7 mg	32%
Zinc		4 mg	1.1 mg	31%
Vitamin C		61 mg	18.1 mg	153%
Thiamin		0.2 mg	0.1 mg	24%

Classic Beef Curry

Heart-warming mix of curried beef, rice and vegetables.

Ingredients

Rice, sauce [Maltodextrin (Maize), Thickener (1442), Sugar, Hydrolysed Vegetable Proteins (Maize, Soy), Dehydrated Vegetables, Herbs & Spices, Colours (150d, 100)], beef 20% [beef, salt, soy protein, stabilizer (450, 451), hydrolysed vegetable protein], peas, onion, red pepper, canola oil

Allergens

Contains soy, sulphite

Manufactured in premises that process gluten, dairy, egg, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines. No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Nutrition information - 5 serve

Classic Beef Curry

Serves per pack	5
Net weight:	440 g
Preparation	Add 1350 ml water
Serving size:	358 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1583 kJ	442 kJ	18%
		380 Cal	106 Cal	
Protein		16.4 g	4.6 g	33%
Fat	-total	13.0 g	3.6 g	19%
	-saturated	3.5 g	1.0 g	14%
Carbohydrate	-total	49.7 g	13.9 g	16%
	-sugars	10.5 g	2.9 g	17%
Dietary Fibre		3.1 g	0.9 g	10%
Sodium		903 mg	252 mg	39%
Potassium		311 mg	86.8 mg	16%
Calcium		23 mg	6.5 mg	3%
Iron		2 mg	0.6 mg	32%
Zinc		4 mg	1.1 mg	32%
Vitamin C		52 mg	14.6 mg	131%
Thiamin		0.2 mg	0.1 mg	24%

A delicate sour cream sauce smothering noodles with tender lamb and vibrant vegetables.

Fettuccine [durum flour], lamb [lamb, salt, soy protein, brown sugar, stabilizer (450,451), herbs and spices], Sauce [Maltodextrin, Thickener (1442), Milk & Cream Solids, Maize Starch, Yeast Extract, Dehydrated Vegetables, Sugar, Hydrolysed Vegetable Protein (Maize), Herbs and Spices, Acidity Regulator (330), Flavour], canola oil, red pepper, onion, green beans, broccoli

Contains gluten, milk, soy

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 2 serve

Serves per pack	1
Net weight:	90 g
Preparation	Add 200 ml water
Serving size:	290 g

		Per serve	Per 100g	% Rec Daily intake
Energy		1730 kJ	595 kJ	20%
		413 Cal	142 Cal	
Protein		18.7 g	6.4 g	37%
Fat	-total	17.7 g	6.1 g	25%
	-saturated	6.7 g	2.3 g	27%
Carbohydrate	-total	45.1 g	15.6 g	15%
	-sugars	7.6 g	2.6 g	15%
Dietary Fibre		2.9 g	1.0 g	10%
Sodium		396 mg	136 mg	16%
Potassium		488 mg	168.3 mg	24%
Calcium		36 mg	12.5 mg	5%
Iron		2 mg	0.7 mg	29%
Zinc		3 mg	1.0 mg	24%
Vitamin C		66 mg	22.6 mg	164%
Thiamin		0.2 mg	0.1 mg	24%

		Per serve	Per 100g	% Rec Daily intake
Energy		1680 kJ	585 kJ	19%
		401 Cal	139 Cal	
Protein		18.1 g	6.3 g	36%
Fat	-total	17.3 g	6.0 g	24%
	-saturated	6.6 g	2.3 g	26%
Carbohydrate	-total	44.0 g	15.3 g	15%
	-sugars	7.4 g	2.6 g	15%
Dietary Fibre		2.7 g	0.9 g	9%
Sodium		386 mg	134 mg	16%
Potassium		468 mg	162.7 mg	23%
Calcium		34 mg	11.8 mg	4%
Iron		2 mg	0.7 mg	28%
Zinc		3 mg	1.0 mg	24%
Vitamin C		63 mg	21.8 mg	157%
Thiamin		0.2 mg	0.1 mg	23%

Chicken A La King

An American favourite of juicy chicken with mushrooms and roasted red pepper in a creamy mushroom sauce.

Ingredients

Sauce [(Whey powder (Milk), Thickener (1442), Maltodextrin (Maize), Salt, Flavours (Milk), Cream powder 4% (Milk), Mushroom 3.5%, Sugar, Hydrolysed Vegetable Protein (Maize), Yeast, Canola Oil, Flavour Enhancer (635), Dehydrated Vegetable, Spice, Acidity Regulator (330)], chicken 20% [chicken, salt, soy protein, stabilizer (450, 451), yeast extract], rice, peas, green pepper, onion, roasted red pepper, mushrooms, canola oil

Allergens

Contains milk, soy, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 1 serve

Nutrition information - 2 serve

Chicken A La King				
-------------------	--	--	--	--

Serves per pack	1
Net Weight:	90g
Preparation	Add 250mls water
Serving Size	340 g

Nutritional Information		Per Serve	Per 100g	% Rec Daily Intake
Energy		1620kj	476kj	19%
		389 Cal	133 Cal	
Protein		18.2g	5.4g	42%
Fat	-total	13.6g	4.0g	20%
	-saturated	3.1g	0.9g	20%
Carbohydrate	-total	48.1g	14.2g	14%
Dietary Fibre	-sugars	11.2g	3.3g	16%
Sodium		1330mg	390mg	18%
Potassium		758 mg	261.3 mg	33%
Calcium		673 mg	232.2 mg	34%
Iron		141 mg	48.5 mg	18%
Zinc		2 mg	0.8 mg	31%
Vitamin C		3 mg	1.0 mg	25%
		69 mg	23.7 mg	172%
Thiamin		0.5 mg	0.2 mg	62%

Thiamin	0.5 mg	0.2 mg	60%
---------	--------	--------	-----

Three Fruits Cheesecake Dessert

A creamy mix of blended cheesecakes with real fruit pulp.

Ingredients

Cream Cheese (32%) (Cream, Milk Solids, Milk, Salt, Acidity Regulator (270), Emulsifiers (450, 451, 452, 339) Thickener (401), Flavour), Sugar, Sour Cream (16%) (Cream, Milk, Milk Solids, Thickeners 1442, 410, 407), Halal Gelatine, Culture), Egg, Boysenberrries (2%), (Mango (1%), Apricot, Peach), Strawberries (2%), Wheat Flour, Butter, Thickener (1442, Corn Starch), Lemon Juice, Malt Extract, Wheat Fibre, Flavour, Vegetable Oil, Spices, Acidity Regulator (330), Colour (110, 160a, 160d, 155, 129, 132), Raising Agent (500, 541), Salt, Potassium Sorbate (202), (211), Antioxidant (300).

Allergens

Contains gluten, milk, sulphite

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 2 serve

Three Fruits Cheesecake Dessert				
Serves per pack	2			
Net weight:	150g			
Preparation	Add 150ml water			
Serving size:	300g			
Nutrition Information				
		Per serve	Per 100g	
Energy		1950 kJ	2593 kJ	
		464 cal	617 cal	
Protein		6.4g	8.6g	
Fat	-total	28.8g	38.4g	
	-saturated	18.0g	24.0g	
Carbohydrate	-total	46.0g	60.5g	
	-sugars	38.1g	49.7g	
Sodium		370mg	490mg	

Made from real ice-cream, strawberries, marshmallows and chocolate chips, this delicious dessert is Ambrosia and Rocky Road rolled into one.

Ice Cream [Whole milk powder, sugar, stabiliser (407)(466), flavour], chocolate [sugar, milk solids, cocoa butter, cocoa mass, emulsifiers (476), flavours], marshmallows [Glucose syrup, sugar, water, gelatine, dextrose monohydrate, flavour, colour(122), mineral salt(452), wheat starch, maize starch],

Contains gluten, milk

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 2 serve

Strawberry Icecream Dessert

Serves per pack	2
Net weight:	150 g
Preparation	Add 180 ml water
Serving size:	165 g

Nutrition Information

		per serve	Per 100g	% Rec Daily intake
Energy		1590 kJ	482 kJ	17%
		379 Cal	115 Cal	
Protein		7.2 g	2.2 g	10%
Fat	-total	13.2 g	4.0 g	20%
	-saturated	9.3 g	2.8 g	37%
Carbohydrate	-total	52.6 g	15.9 g	16%
	-sugars	43.3 g	26.2 g	70%
Dietary Fibre		0.9 g	0.6 g	3%
Sodium		122 mg	37 mg	4%
Potassium		303 mg	183.3 mg	15%
Calcium		136 mg	82.3 mg	17%
Iron		1 mg	0.6 mg	13%
Zinc		1 mg	0.5 mg	7%
Vitamin C		16 mg	9.9 mg	41%
Thiamin		0.0 mg	0.0 mg	5%

Apricot Crumble

Fruity chunks of apricot made in a hot sauce and covered with tasty malt crumbs

Ingredients

Biscuit crumb 33% [flour, margarine, sugar, malt, raising agent (500), flavour, antioxidant (306), acidity regulator, colour (150,155)], sugar, apricot 20%, modified maize starch (1442), canola oil

Allergens

Contains gluten, milk

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition Information - 2 serve

Apricot Crumble

Serves per pack	2
Net weight:	150 g
Preparation	Add 300 ml water
Serving size:	225 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1222 kJ	543 kJ	13%
		293 Cal	130 Cal	
Protein		2.6 g	1.1 g	6%
Fat	-total	5.0 g	2.2 g	4%
	-saturated	1.5 g	0.7 g	6%
Carbohydrate	-total	60.7 g	27.0 g	20%
	-sugars	46.2 g	20.5 g	84%
Dietary Fibre		1.7 g	0.7 g	6%
Sodium		110 mg	49.0 mg	5%
Potassium		293 mg	130.4 mg	15%
Calcium		23 mg	10.4 mg	3%
Iron		1 mg	0.4 mg	14%
Zinc		0 mg	0.2 mg	4%
Vitamin C		6 mg	2.9 mg	16%
Thiamin		0.1 mg	0.0 mg	11%

Delicious apple with dried fruits and cinnamon, topped with the shortbread crust

Apple, sugar, dried fruit, modified maize starch (1442), biscuit (flour, margarine, sugar, raising agent (500), flavour, antioxidant (306), acidity regulator, colour (150, 155)], spice.

Contains gluten cereal, milk, egg

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 2 serve

Apple Pie

Serves per pack	2
Net weight:	150
Preparation	add 300 ml water
Serving size:	225

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1201 kJ	534 kJ	14%
		287 Cal	128 Cal	
Protein		2.2 g	1.0 g	4%
Fat	-total	6.3 g	2.8 g	9%
	-saturated	3.0 g	1.3 g	13%
Carbohydrate	-total	56.0 g	24.9 g	18%
	-sugars	40.5 g	18.0 g	65%
Dietary Fibre		3.2 g	1.4 g	11%
Sodium		129 mg	57.0 mg	6%
Potassium		228 mg	101.2 mg	11%
Calcium		22 mg	9.6 mg	3%
Iron		1 mg	0.4 mg	11%
Zinc		0 mg	0.2 mg	3%
Vitamin C		17 mg	7.5 mg	42%
Thiamin		0.1 mg	0.0 mg	9%

Fruit Salad Trifle

Madeira cake and selected fruit pieces, smothered in smooth vanilla custard

Ingredients

Sponge cake, [Sponge premix powder (sugar, hi ratio flour, emulsifier (475), skim milk powder, baking powder (450, 500), starch, maltodextrin, salt, vegetable gums (415, 412), flavour, colour (102)), Egg, Water], instant custard [skim milk powder, sugar, modified starch, setting agents (450, 339)], fruit [pineapple, yellow papaya, red papaya and guava]

Allergens

Contains gluten, milk, egg, soy

Manufactured in premises that process gluten, dairy, egg, soy, fish, tree nuts, sesame and sulphite products. An allergen management programme is implemented to store allergen products separately and ensure thorough cleaning between product lines.

No added MSG (mono sodium glutamate E621), but glutamate products may be present from other processed ingredients.

Nutrition information - 2 serve

Fruit salad Trifle

Serves per pack	2
Net weight:	150 g
Preparation	Add 350 ml water
Serving size:	250 g

Nutrition Information

		Per serve	Per 100g	% Rec Daily intake
Energy		1323 kJ	529 kJ	15%
		314 Cal	126 Cal	
Protein		5.2 g	2.1 g	10%
Fat	-total	7.4 g	3.0 g	11%
	-saturated	4.3 g	1.7 g	18%
Carbohydrate	-total	56.7 g	22.7 g	18%
	-sugars	40.9 g	16.3 g	66%
Dietary Fibre		2.2 g	0.9 g	7%
Sodium		510 mg	204 mg	22%
Potassium		217 mg	86.9 mg	11%
Calcium		133 mg	53.1 mg	17%
Iron		1 mg	0.4 mg	13%
Zinc		1 mg	0.3 mg	6%
Vitamin C		2 mg	0.8 mg	5%
Thiamin		0.0 mg	0.0 mg	6%

	Per Serve	Per 100 g	% Rec Daily intake
Energy	1438 kj	685 kj	17%
	328 Cal	156 Cal	
Protein	10.4 g	5.0 g	22%
Fat	10.1 g	4.8 g	15%
	2.2 g	1.2 g	11%
Carbohydrate	49.0 g	27.6 g	17%
	31.2 g	17.6 g	52%
Dietary Fibre	5.4 g	2.6 g	18%
Sodium	317 mg	178 mg	5%
Potassium	474 mg	225.8 mg	24%
Calcium	207 mg	98.7 mg	26%
Iron	3 mg	1.3 mg	40%
Zinc	1 mg	0.4 mg	8%
Vitamin C	7 mg	3.4 mg	18%
Thiamin	0.3 mg	0.2 mg	39%

		Per Serve	Per 100 g	% Rec Daily intake
Energy		1483 kJ	436 kJ	17%
		354 cal	104 cal	
Protein		10.6g	3.1g	21%
Fat	-total	6.5g	1.9g	9%
	-saturated	3.9g	1.2g	16%
Carbohydrate	-total	60.6g	17.8g	20%
	-sugars	26.6g	7.8g	43%
Dietary Fibre		6.3g	1.9g	21%
Sodium		305mg	89 mg	13%
Potassium		552mg	162.4mg	28%
Calcium		216mg	63.5mg	27%
Iron		2mg	0.6mg	27%
Zinc		2mg	0.6mg	16%
Vitamin C		4mg	1.2mg	10%
Thiamin		0.1mg	0.0mg	17%