



## Nutrition Information Panels

	Portion Size	Energy	Protein	Fat		Carbohydrate		Sodium
				Total	Saturated	Total	Sugars	
Meals								
Beef Bolognese	120g	818kJ	21.5g	9g	2.9g	5.1g	4g	343mg
Beef Bourguignon	120g	667 kJ	21.6g	5.1g	1.4g	4.8g	3.7g	337mg
Chicken Caccitore	120g	676 kJ	14.8g	8.8g	2.3g	4g	4g	388mg
Chicken & Barley Stew	120g	609 kJ	11.2g	6.6g	1.7g	8.2g	3.2g	262mg
Chilli Con Carne	120g	711 kJ	15.7g	8.5g	2.6g	7.7g	4.2g	345mg
Lamb Shank Casserole	120g	708 kJ	17.8g	7.5g	2.5g	5.3g	4.7g	368mg
Lamb Tagine	120g	749 kJ	13.9g	10.1g	3.7g	7.2g	6.1g	379mg
Sweet & Sour Pork	120g	655 kJ	13g	4.6g	1g	16.6g	11.3g	512mg
Ranch Style Baked Beans	120g	585 kJ	7g	9.2g	2.4g	11.2g	6.4g	609mg
Minestrone Soup	120g	300 kJ	3.2g	4.5g	0.9g	7.7g	4.2g	381mg
Pumpkin Coconut Curry	120g	393 kJ	2.7g	6.5g	3.9g	7.2g	4.5g	271mg
Vegetables								
Mushy Peas	90g	280 kJ	5.6g	0.3g	0.1g	6.9g	2.7g	3mg
Pumpkin Mash	90g	245 kJ	2.6g	0.7g	0.1g	8.6g	6.5g	1mg
Carrot Puree	90g	140 kJ	0.8g	0.1g	0g	5.1g	5.1g	41mg
Sweet Corn	90g	444 kJ	3.4g	1g	0.1g	18.9g	3.4g	6mg
Polenta	90g	616 kJ	2.9g	7.3g	4.4g	16g	2.9g	66mg
Potato Puree	90g	688 kJ	2.3g	12.9g	2.9g	8.9g	1.4g	305mg
Potato Mash	90g	451 kJ	2.2g	7.4g	3.7g	9.1g	0.9g	218mg
Zesty Sweet Potato	90g	600 kJ	2g	8.3g	5.4g	14.1g	5.6g	11mg
Roast Balsamic Beetroot	90g	325 kJ	2.8g	1.4g	0.8	10.8g	10.8g	72mg
Fruit								
Pear	120g	295 kJ	0.5g	0.2g	0g	15.3g	15.3g	3mg
Apple	120g	252 kJ	0.4g	0g	0g	12.9g	12.7g	2mg