

Diabetic & Healthy Heart Menu

Pick your preferred food to create your own custom meal combinations

♥ How to use this menu

Our vegetables, starches, meat and alternatives are packaged separately, so you can create tasty meals catered to your unique needs and preferences.

We've listed the carbohydrate values for each food item to make carb counting easier for you.

Please consult our registered dietitian as diet management differs from person to person.

HF = High fibre LSF = Low saturated fat

Carb = Carbohydrates

A Satisfying	Carb	
<input type="radio"/> Roasted Pork & Garlic	0g	\$5.50
<input type="radio"/> Savoury Chicken	0g	\$5.50
<input type="radio"/> Slow Roasted Beef	0g	\$5.50
<input type="radio"/> Fish Parsley & Lemon	LSF, 1g	\$5.50
<input type="radio"/> Beef & Mushroom Sauce	1g	\$5.50
<input type="radio"/> Chicken Curry	4g	\$5.50
<input type="radio"/> Beef in Italian Tomato Sauce	4g	\$5.50
<input type="radio"/> Sweet & Sour Pork	5g	\$5.50
<input type="radio"/> Crustless Quiche	9g	\$4.75
<input type="radio"/> Lentil Delish	HF, LSF, 29g	\$4.00
<input type="radio"/> Salmon Dill	0g	\$7.00

B Fantastic Veggies	Carb	
<input type="radio"/> Broccoli & Cauliflower	LSF, 5g	\$3.75
<input type="radio"/> Green Beans & Garlic	LSF, 5g	\$3.00
<input type="radio"/> Cauliflower & Cheese	6g	\$3.25
<input type="radio"/> Creamed Spinach	HF, 7g	\$3.75
<input type="radio"/> Herbed Carrots	LSF, 8g	\$3.00
<input type="radio"/> Candied Carrots	LSF, 9g	\$3.00
<input type="radio"/> Peas & Mushrooms	HF, LSF, 10g	\$3.75
<input type="radio"/> Whipped Carrot & Parsnip	LSF, 10g	\$3.00
<input type="radio"/> Braised Red Cabbage	LSF, 10g	\$3.00
<input type="radio"/> Beet & Apple Puree	LSF, 12g	\$3.00
<input type="radio"/> Seasonal Veggie Dish	Varies	\$3.75

C Tasty Carbohydrates	Carb	
<input type="radio"/> Whipped Butternut Squash	LSF, 8g	\$3.00
<input type="radio"/> Whipped Potato & Herbs	LSF, 13g	\$2.20
<input type="radio"/> Mashed Potato & Cheese	14g	\$2.75
<input type="radio"/> Whipped Potato	LSF, 20g	\$2.20
<input type="radio"/> Roasted Potatoes	LSF, 20g	\$2.75
<input type="radio"/> Roasted Yams	HF, LSF, 24g	\$3.75
<input type="radio"/> Whipped Yams	HF, LSF, 27g	\$3.75
<input type="radio"/> Herbed Rice	LSF, 28g	\$2.75
<input type="radio"/> Rice Pilaf	LSF, 34g	\$2.75
<input type="radio"/> Pasta & Italian Herbs	LSF, 38g	\$3.00

D Velvety Sauces	Carb	
<input type="radio"/> Savoury Sauce	LSF, 4g	\$1.00
<input type="radio"/> Mushroom Sauce	4g	\$1.00
<input type="radio"/> Beef Gravy	LSF, 4g	\$1.00
<input type="radio"/> Garlic Sauce	LSF, 5g	\$1.00
<input type="radio"/> Italian Tomato Sauce	LSF, 5g	\$1.00
<input type="radio"/> Cheese Sauce	7g	\$1.00
<input type="radio"/> Coconut Curry Sauce	8g	\$1.00



5 Nutrition Therapies	
<input type="radio"/> Swallowing Difficulty	<input type="radio"/> Diabetes
<input type="radio"/> Chewing Difficulty	<input type="radio"/> Renal
<input type="radio"/> Low Sodium	<input type="radio"/> Healthy Heart
<input type="radio"/> Gluten Free	<input type="radio"/> Taste Changes
<input type="radio"/> Dairy Free	<input type="radio"/> Post Surgery
<input type="radio"/> IBS/IBD Management	<input type="radio"/> Allergies

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Prices and availability are subject to change.