



## Beef Ravioli in Bolognese sauce – 350gm

AVERAGE			PER SERVE		PER 100G
ENERGY:			1540kJ		440kJ
			308 Cal		88 Cal
PROTEIN:			14.7g		4.2g
FAT, TOTAL			8,4g		2.4g
FAT, SATURATED			3,8g		1.1g
CARBOHYDRATE			36.7g		10.5g
SUGAR			3.8g		1.1g
FIBRE			3.2g		.9mg
SODIUM			742mg		212mg

### Ingredients.

Pasta: Durham Flour, Water, Breadcrumbs (Wheat Flour, Water, Yeast), Beef (5%), Vegetables, Pasteurised Free Range Eggs, Vegetable Oil, Parmesan Cheese (Pasteurised Milk, Tapioca Starch, Salt, Starter Culture, Enzymes, Preservative (200)), Salt, Herbs and Spices.

Sauce: Water, Beef Stock, Beef (10%), Vegetables (Tomato, Onions, Capsicums), Wheat Flour, Starch (1442), Salt, Vegetable Oil, Herbs and Spices.

**Made from 100% Australian beef.**

**Made in Australia from at least 95% Australian ingredients.**



## Classic Chilli Con Carne – 350gm

AVERAGE			PER SERVE		PER 100G
ENERGY:			2142kJ		612kJ
			427cal		122cal
PROTEIN:			20.6g		5.9g
FAT, TOTAL			38.8g		11.1g
FAT, SATURATED			15.1g		4.3g
CARBOHYDRATE			14.0g		4.0g
SUGAR			9.4g		2.7g
FIBRE			10.5g		3.0g
SODIUM			861mg		246mg

### Ingredients.

Beef (10%), minced, 75cl, tomatoes, red capsicum, green capsicum (33%), beef stock, red kidney beans, onions, canola oil, tomato paste, novation starch, water, crushed garlic, salt, pepper, chilli flakes

No Artificial Colours or Flavours

*Gluten Free*

**Made in Australia from at least 75% Australia ingredients.**



## Chunky Meatballs in Herbed Tomato Sauce – 350gm

AVERAGE			PER SERVE		PER 100G
			350gm		
ENERGY:			1494kJ		427kJ
			297cal		85cal
PROTEIN:			18.5g		5.3g
FAT, TOTAL			15.1g		4.3g
FAT, SATURATED			8.4g		2.4g
CARBOHYDRATE			15.7g		4.5g
SUGAR			13.0g		3.7g
FIBRE			10.5g		3.0g
SODIUM			1015mg		290mg

### Ingredients.

Meatballs (30%), water, tomato (24%), tomato paste, green capsicum, onions, garlic, novation starch, canola oil, salt, oregano, thyme, basil, pepper,

*Gluten Free*

**Made in Australia from at least 75% Australia ingredients.**



## Luscious Chicken & Leek Casserole – 350gm

AVERAGE		PER SERVE	PER 100G
KILOJOULES		306kJ	1054kj
CALORIES		72Cal	252 cal
PROTEIN:		6.1g	8.8g
FAT, TOTAL		1.8g	6.3g
FAT, SATURATED		.3gm	1.1g
CARBOHYDRATE		4.9g	17.2g
SUGAR		3.1g	10.9g
FIBRE		282mg	987mg
SODIUM		3.2g	11.2g

from cream

### Ingredients.

Chicken Stock (25%), leek (20%), potato, chicken (12%), carrots, cream, bacon, onions, canola oil, novation starch, salt, pepper, inulin powder

*Gluten Free.*

**No Artificial Colours or Flavours. Made from 100% Australian chicken.**

*Allergens : Dairy*

**Made in Australia from at least 92% Australian Ingredients.**



## Moroccan Chicken – 350gm

AVERAGE			PER SERVE		PER 100G
KILOJOULES			896kJ		256kJ
CALORIES			178cal		51cal
PROTEIN:			10.8g		3.1g
FAT, TOTAL			10.1g		2.9g
FAT, SATURATED			3.5g		1.0g
CARBOHYDRATE			28.0g		8.0g
SUGAR			5.9g		1.7g
FIBRE			2.2g		.63g
SODIUM			418mg		116mg

### Ingredients.

Chicken Stock, Chicken (18%), Vegetables (Carrots, Pumpkin, Celery, Spinach, Onions), Water, Garlic, Starch (1442), Tomato Paste, Moroccan Spices, Canola Oil, Salt, Spices.

**Made from 100% Australian chicken**

*No Artificial Colours or Flavours*

**Made in Australia from at least 92% Australian Ingredients.**



## Pumpkin Ravioli – 350gm

AVERAGE			PER SERVE		PER 100G
ENERGY:			973kJ		278kJ
			193 Cal		55 Cal
PROTEIN:			8.7g		2.5g
FAT, TOTAL			3.5g		1.0g
FAT, SATURATED			1.1g		0.3g
CARBOHYDRATE			38.5g		11.0g
SUGAR			0.7g		0.2g
FIBRE			3.1g		.88g
SODIUM			801mg		229mg

### Ingredients.

Pasta: Durham Flour, Water, Breadcrumbs (Wheat Flour, Water, Yeast), Pumpkin Puree (3%), Pasteurised Free Range Eggs, Potato, Parmesan Cheese (Pasteurised Milk, Tapioca Starch, Salt, Starter Culture, Enzymes, Preservative (200)), Ricotta Cheese (Whey, Milk, Salt, Food Acid (260)), Pumpkin Powder, Salt, Vegetable Oil, Herbs and Spices.

Sauce: Roast Pumpkin (37%), Water, Carrots, Celery, Starch (1442), Vegetable Oil, Salt, Hydrolysed Vegetable Protein, Sage (0.02%), Spices.

### No Artificial Colours or Flavours

*Allergens : Gluten, dairy, eggs*

**Made in Australia from at least 95% Australian Ingredients.**



## Pumpkin, Spinach and Ricotta Risotto – 350gm

AVERAGE			PER SERVE		PER 100G
KILOJOULES			896kJ		256kJ
CALORIES			178cal		51cal
PROTEIN:			10.8g		3.1g
FAT, TOTAL			10.1g		2.9g
FAT, SATURATED			3.5g		1.0g
CARBOHYDRATE			28.0g		8.0g
SUGAR			5.9g		1.7g
FIBRE			5.3g		1.5g
SODIUM			418mg		116mg

### Ingredients.

Water, Pumpkin (23%), Chicken Stock, Spinach (8%), Arborio Rice, Fetta Cheese (6%), Skim Milk, Pecorino Cheese, Lemon Juice, Corn Starch, Herbs, Spices.

### **Gluten Free**

No Artificial Colours or Flavours

*Allergens : Dairy*

**Made in Australia from at least 92% Australian Ingredients.**

## Slow Cooked Bean & Veggie Tagine



AVERAGE			PER SERVE		PER 100G
KILOJOULES			1230kj		420kJ
CALORIES			294 cal		84 cal
PROTEIN:			3.8g		1.1g
FAT, TOTAL			3.5g		1.0g
FAT, SATURATED			0.3g		0.1g
CARBOHYDRATE			10.2g		2.9g
SUGAR			4.6g		1.3g
FIBRE			21g		6.1g
SODIUM			427mg		122mg

Ingredients.

Canolini beans, borlotti beans, tomatoes, vegetable stock, carrots, potato, tomato paste, celery, onion, crushed garlic, novation starch, water, basil, salt, pepper, oregano, thyme, inulin powder

Gluten free

**Made in Australia from at least 75% Australia ingredients.**





## Succulent Beef & Veggie Hot Pot

AVERAGE			PER SERVE		PER 100G
KILOJOULES			878kj		302kj
CALORIES			210 cal		60 cal
PROTEIN:			26.2g		7.5g
FAT, TOTAL			9.4g		2.7g
FAT, SATURATED			2.4g		0.7g
CARBOHYDRATE			13.3g		3.8g
SUGAR			7.0g		2.7g
FIBRE			5.3g		1.5g
SODIUM			759mg		217mg

### Ingredients.

Beef, potatoes, tomatoes, carrots, celery, onion, canola oil, tomato paste, beef stock  
novation starch, water, salt, oregano, parsley, inulin powder

Made using 100% Australian beef

*Gluten Free*

*No Artificial Colours or Flavours*

**Made in Australia from at least 85% Australian Ingredients.**

