

SL03 Chicken Lasagne (GF)***Nutrition Information**

Servings per package: 14

Serving size: 177.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1240kj 703kj

Protein 16.0g 9.0g

Fat, total 14.7g 8.3g

- saturated 7.6g 4.3g

Carbohydrate 23.6g 13.3g

- sugars 4.7g 2.7g

Sodium 749mg 423mg

*Please note all products may contain traces of nuts & gluten

Best Before 5 Days Store Below 4°GF flour, chicken, onion, carrot, celery, garlic, leek, mustard,
cream, milk, water, salt, pepper, butter, cheese and tomato**SL02 Beef Lasagne (GF)*****Nutrition Information**

Servings per package: 14

Serving size: 200.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1340kj 669kj

Protein 13.8g 6.9g

Fat, total 12.6g 6.3g

- saturated 6.1g 3.0g

Carbohydrate 35.8g 17.9g

- sugars 7.0g 3.5g

Sodium 1010mg 504mg

*Please note all products may contain traces of nuts & gluten

Best Before 4 Days Store Below 4°beef mince, garlic, onion, carrot, salt, paprika, thyme,
tomato, water, sugar, celery, cheese, butter, flour, milk**SL01 Vegetarian Lasagne (V/GF)*****Nutrition Information**

Servings per package: 14

Serving size: 155.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1020kj 656kj

Protein 9.5g 6.2g

Fat, total 9.0g 5.8g

- saturated 4.9g 3.1g

Carbohydrate 29.1g 18.8g

- sugars 6.2g 4.0g

Sodium 556mg 359mg

*Please note all products may contain traces of nuts & gluten

Best Before 5 Days Store Below 4°Onion, salt, garlic, sugar, oil, tomato, pumpkin, eggplant,
cheese, spinach, egg, butter, milk, flour**SL05 Salmon Quiche Large****Nutrition Information**

Servings per package: 14

Serving size: 125.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1180kj 944kj

Protein 11.7g 9.4g

Fat, total 17.9g 14.3g

- saturated 9.7g 7.8g

Carbohydrate 18.2g 14.6g

- sugars 1.5g 1.2g

Sodium 412mg 330mg

Best Before 5 Days Store Below 4°

Cheese, salmon, spinach and tomato

SL04 Quiche Lorraine Large**Nutrition Information**

Servings per package: 14

Serving size: 134.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1280kj 953kj

Protein 13.9g 10.4g

Fat, total 19.3g 14.4g

- saturated 9.5g 7.1g

Carbohydrate 18.7g 13.9g

- sugars 2.0g 1.5g

Sodium 682mg 509mg

Best Before 5 Days Store Below 4°

Bacon, tomato, cheese and parsley

SL07 Quiche Pumpkin Pine Nut Feta Large**Nutrition Information**

Servings per package: 14

Serving size: 155.00g

	Average Quantity per Serving	Average Quantity per 100 g
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Energy 1520kj 979kj

Protein 11.4g 7.3g

Fat, total 23.8g 15.4g

- saturated 13.2g 8.5g

Carbohydrate 25.4g 16.4g

- sugars 2.2g 1.4g

Sodium 199mg 128mg

Best Before 5 Days Store Below 4°

Tomato, spinach, pumpkin and cheese

SC08 Pumpkin Fetta & Pinenut Frittata (GF)***Nutrition Information**

Servings per package: 6

Serving size: 170.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1400kj	827kj
Protein	13.6g	8.0g
Fat, total	28.0g	16.5g
- saturated	13.8g	8.1g
Carbohydrate	7.1g	4.2g
- sugars	6.9g	4.0g
Sodium	234mg	137mg

*Please note all products may contain traces of nuts & gluten

Best Before 5 Days Store Below 4°Water, butter, egg, flour, sugar, milk, cream, chocolate
and oil**SC09 breakfast Frittata (GF)*****Nutrition Information**

Servings per package: 6

Serving size: 180.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1360kj	754kj
Protein	18.7g	10.4g
Fat, total	24.1g	13.4g
- saturated	11.5g	6.4g
Carbohydrate	7.6g	4.2g
- sugars	7.3g	4.1g
Sodium	320mg	178mg

*Please note all products may contain traces of nuts & gluten

Best Before 4 Days Store Below 4°

Cream, egg, milk, bacon, rocket, mushroom, tomato

SC20 Cheese & Spinach Filo Nutrition Information		
Servings per package:	8	
Serving size:	200.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1730kj	867kj
Protein	19.1g	9.5g
Fat, total	28.1g	14.0g
- saturated	17.2g	8.6g
Carbohydrate	19.6g	9.8g
- sugars	2.4g	1.2g
Sodium	774mg	387mg
Best Before 6 Days Store Below 4°		
Spinach, chickpeas, onion, garlic, cheese, butter		

SC21 Chicken & Asparagus Filo Nutrition Information		
Servings per package:	8	
Serving size:	200.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1700kj	850kj
Protein	33.0g	16.5g
Fat, total	21.4g	10.7g
- saturated	11.8g	5.9g
Carbohydrate	19.3g	9.6g
- sugars	1.8g	0.9g
Sodium	233mg	116mg
Best Before 6 Days Store Below 4°		
Chicken, asparagus, milk, flour, cheese, butter. Sesame seeds & poppy seeds		

SC25 Filo Chicken & Mushroom Nutrition Information		
Servings per package:	6	
Serving size:	192.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1440kj	748kj
Protein	27.2g	14.2g
Fat, total	21.8g	11.3g
- saturated	13.3g	6.9g
Carbohydrate	9.4g	4.9g
- sugars	1.7g	0.9g
Sodium	84mg	44mg
Best Before 5 Days Store Below 4°		
Chicken, milk flour , butter and cheese		

SC23 Filo Chicken & Mango Nutrition Information		
Servings per package:	6	
Serving size:	192.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1090kj	568kj
Protein	25.0g	13.0g
Fat, total	12.6g	6.6g
- saturated	7.6g	3.9g
Carbohydrate	10.6g	5.5g
- sugars	8.9g	4.6g
Sodium	142mg	74mg
Best Before 5 Days Store Below 4°		
Cheese, mango, flour, chicken and butter		

SC19 Filo Triangle Spanakopita (V) Nutrition Information		
Servings per package:	6	
Serving size:	170.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1280kj	756kj
Protein	10.3g	6.0g
Fat, total	21.9g	12.9g
- saturated	13.8g	8.1g
Carbohydrate	16.3g	9.6g
- sugars	2.3g	1.4g
Sodium	610mg	359mg
Best Before 5 Days Store Below 4°		
Cheese, onion, salt, pepper, egg, herbs, silverbeet and rice		

SC14 Butter Chicken Pie Nutrition Information		
Servings per package:	6	
Serving size:	238.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1980kj	830kj
Protein	19.2g	8.1g
Fat, total	22.1g	9.3g
- saturated	9.1g	3.8g
Carbohydrate	46.6g	19.6g
- sugars	3.4g	1.4g
Sodium	1300mg	549mg
Best Before 5 Days Store Below 4°		
Chicken, onion, carrots, celery, garlic, ginger, curry butter powder, cream, tomato, water, salt, pepper		

SC16 Beef & Vegetable Pie Nutrition Information		
Servings per package:	6	
Serving size:	255.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2220kj	869kj
Protein	20.8g	8.2g
Fat, total	25.2g	9.9g
- saturated	10.9g	4.3g
Carbohydrate	53.0g	20.8g
- sugars	2.6g	1.0g
Sodium	901mg	353mg
Best Before 5 Days Store Below 4°		
Beef, onion, carrot, celery, oil, tomato paste, vegetable stock, salt, garlic, soy sauce, corn flour, water, butter		

SC17 Chicken Leek Pie Nutrition Information		
Servings per package:	6	
Serving size:	210.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2540kj	1210kj
Protein	19.5g	9.3g
Fat, total	38.4g	18.3g
- saturated	19.6g	9.4g
Carbohydrate	45.7g	21.8g
- sugars	1.8g	0.8g
Sodium	847mg	404mg
Best Before 5 Days Store Below 4°		
Vegetable oil, leek, chicken, mustard, cream, water, flour, salt, pepper, butter		

SC18 Pepper Steak Mushroom Pie Nutrition Information		
Servings per package:	6	
Serving size:	200.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1700kj	851kj
Protein	25.4g	12.7g
Fat, total	20.8g	10.4g
- saturated	9.0g	4.5g
Carbohydrate	28.2g	14.1g
- sugars	4.2g	2.1g
Sodium	319mg	159mg
Best Before 5 Days Store Below 4°		
Beef, onion, mushroom, pepper, carrot and celery		

SC22 Farmhouse Pies Nutrition Information		
Servings per package:	6	
Serving size:	260.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	128kj	49kj
Protein	1.6g	0.6g
Fat, total	1.6g	0.6g
- saturated	0.7g	0.3g
Carbohydrate	2.4g	0.9g
- sugars	0.1g	0.1g
Sodium	58mg	22mg
Best Before 5 Days Store Below 4°		
Tomato relish, bacon, egg, cheese, pasley, beef and vegetable		

SC26 Beef & Mushy Pea Pie Nutrition Information		
Servings per package:	6	
Serving size:	250.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2570kj	1030kj
Protein	21.4g	8.6g
Fat, total	31.1g	12.4g
- saturated	14.3g	5.7g
Carbohydrate	58.8g	23.5g
- sugars	2.6g	1.0g
Sodium	914mg	366mg
Best Before 5 Days Store Below 4°		
Beef, onion, carrot, celery, oil, tomato paste, vegetable stock, salt, garlic, soy sauce, corn flour, water, butter & pea puree		

**SC06 Quiche Lorraine
Nutrition Information**

Servings per package: 6
Serving size: 200.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2120g	1060kj
Protein	17.5g	8.8g
Fat, total	33.4g	16.7g
- saturated	17.0g	8.5g
Carbohydrate	33.6g	16.8g
- sugars	2.6g	1.3g
Sodium	433mg	216mg

Best Before 5 Days Store Below 4°

Cream, egg, milk, flour, butter, bacon, tomato, cheese

**SC07 Quiche Pumpkin Fetta Pine Nut
Nutrition Information**

Servings per package: 6
Serving size: 195.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1840kj	944kj
Protein	16.4g	8.4g
Fat, total	25.4g	13.0g
- saturated	12.0g	6.1g
Carbohydrate	35.7g	18.3g
- sugars	3.3g	1.7g
Sodium	704mg	361mg

Best Before 5 Days Store Below 4°

Tomato, spinach, pumpkin, feta cheese

**SC10 Quiche Salmon Spinach Fetta
Nutrition Information**

Servings per package: 6
Serving size: 1170.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	11300kj	964kj
Protein	113.0g	9.6g
Fat, total	157.0g	13.4g
- saturated	73.5g	6.3g
Carbohydrate	205.0g	17.5g
- sugars	13.9g	1.2g
Sodium	5110mg	437mg

Best Before 6 Days Store Below 4°

Cheese, salmon, spinach and tomato

**SC11 Quiche Spinach Ricotta
Nutrition Information**

Servings per package: 6
Serving size: 200.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2000kj	1000kj
Protein	15.7g	7.8g
Fat, total	27.6g	13.8g
- saturated	13.6g	6.8g
Carbohydrate	40.9g	20.5g
- sugars	2.6g	1.3g
Sodium	693mg	346mg

Best Before 5 Days Store Below 4°

Cheese, spinach and tomato

**SC15 Moroccan Gourmet Roll
Nutrition Information**

Servings per package:	8	
Serving size:	180.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2090kj	1160kj
Protein	19.6g	10.9g
Fat, total	27.2g	15.1g
- saturated	9.8g	5.4g
Carbohydrate	41.1g	22.8g
- sugars	3.0g	1.6g
Sodium	856mg	476mg

Best Before 5 Days Store Below 4°

Chicken, breadcrumb, garlic, herb, cheese , oil, salt,
pepper, mixed spice

**SC12 Hummus Spinach Rolls
Nutrition Information**

Servings per package:	8	
Serving size:	200.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1950kj	973kj
Protein	18.4g	9.2g
Fat, total	29.1g	14.6g
- saturated	15.8g	7.9g
Carbohydrate	29.6g	14.8g
- sugars	2.7g	1.3g
Sodium	876mg	438mg

Best Before 5 Days Store Below 4°

Spinach, cheese and sesame seeds

**SC02 Thai Fish Cake (GF)*
Nutrition Information**

Servings per package:	6	
Serving size:	175.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	600kj	343kj
Protein	21.3g	12.2g
Fat, total	2.9g	1.7g
- saturated	0.9g	0.5g
Carbohydrate	7.4g	4.2g
- sugars	4.7g	2.7g
Sodium	966mg	552mg

*Please note all products may contain traces of nuts & gluten

Best Before 5 Days Store Below 4°

Fish, sugar, fish sauce, noodles, red curry paste, garlic,
ginger, salt and red & green peppers

**SC27 Pork & Fennel Roll
Nutrition Information**

Servings per package:	8	
Serving size:	200.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2050kj	1030kj
Protein	24.4g	12.2g
Fat, total	25.2g	12.6g
- saturated	13.7g	6.8g
Carbohydrate	40.0g	20.0g
- sugars	5.3g	2.6g
Sodium	732mg	366mg

Best Before 5 Days Store Below 4°

Onions, garlic, salt, pork mince, pepper, breadcrumbs, beef
mince, cheese, carrot, thyme, parsley & fennel seeds

**SC01 Chickpea Fritters (V/GF/DF)*
Nutrition Information**

Servings per package:	1	
Serving size:	180.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1070kj	595kj
Protein	8.0g	4.4g
Fat, total	6.6g	3.7g
- saturated	2.3g	1.3g
Carbohydrate	37.7g	20.9g
- sugars	10.5g	5.8g
Sodium	46mg	26mg

*Please note all products may contain traces of nuts & gluten

Best Before 5 Days Store Below 4°

Sweet Potato, sugar, garlic, ginger, eggplant, cornmeal,
chickpeas, cream, egg, milk

**SC04 Salmon Dill Potato Cake
Nutrition Information**

Servings per package:	9	
Serving size:	180.00g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	988kj	549kj
Protein	11.2g	6.2g
Fat, total	10.5g	5.8g
- saturated	5.8g	3.2g
Carbohydrate	22.7g	12.6g
- sugars	1.7g	1.0g
Sodium	287mg	159mg

Best Before 5 Days Store Below 4°

Potato, capers, salmon, cream, egg, milk, breadcrumbs,
butter, lemon juice, butter

SC05 Mushroom Blue Cheese Arancini

Nutrition Information

Servings per package: 9

Serving size: 180.00g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1530kj	852kj
Protein	9.1g	5.0g
Fat, total	12.4g	6.9g
- saturated	5.6g	3.1g
Carbohydrate	53.2g	29.5g
- sugars	2.0g	1.1g
Sodium	945mg	525mg

Best Before 5 Days Store Below 4°

Onion, vegetable oil, mushroom, garlic, salt, cheese, rice,
water, cream, breadcrumbs