

Gourmet Meals Nutritional Info:

Large Meals

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
054	Spaghetti Meatballs	380	600	2507	25.0	29.5	11.8	57.5	12.2	1276	4.8
055	Chicken Parmagiana	350	481	2013	29.7	19.4	7.2	65.8	10.2	1270	6.8
056	BBQ Chicken	340	513	2145	32.0	25.8	7.0	39.4	12.0	834	7.8
057	Salmon Chive Sauce	330	381	1594	32.9	18.3	9.1	27.1	2.8	841	3.0
059	Barramundi Lemon Dill	360	436	1822	29.8	15.1	6.8	43.2	4.2	569	2.9
061	Mexican Beef & Beans	380	518	2166	32.7	18.6	6.9	50.2	6.7	973	3.9
062	Lamb Keema Curry	360	416	1738	25.2	11.5	4.4	57.6	4.1	690	5.9
063	BBQ Beef Brisket	380	456	1907	33.7	34.2	15.8	49.6	12.0	577	2.2
065	Prawn & Chorizo Pasta	360	532	2225	30.5	21.0	9.5	53.0	12.0	1170	4.2

Regular Meals

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
217	Butter Chicken	300	483	2021	25.3	20.2	10.7	43.8	11.1	928	3.3
220	Barramundi	285	296	1236	25.4	12.9	6.0	23.4	4.1	530	5.0
225	Spaghetti Bolognese	300	325	1358	25.0	12.2	5.1	26.8	5.9	596	4.0
230	Chicken Carbonara	300	389	1627	26.1	15.3	8.5	33.8	3.1	671	1.4
232	Korean Chicken	300	354	1481	25.0	19.6	4.9	16.1	12.8	1109	0.6
234	Sweet & Sour Chicken	300	354	1480	25.3	5.5	0.8	45.2	15.5	524	2.2
235	Beef Stroganoff	300	378	1579	25.6	12.4	5.3	37.2	6.6	597	2.0
238	Cottage Pie	300	358	1497	25.3	13.5	4.1	31.4	7.5	623	5.7
241	Slow Cooked Beef	290	293	1225	25.4	12	2	32	7	1309	3
242	Lamb Roast	285	362	1513	25.2	19.5	7.3	24.0	6.0	788	5.2
243	Pork Roast	290	324	1356	25.1	15.7	5.5	32.0	7.4	904	5.6
245	Roast Chicken	300	288	1205	25.1	9.3	3.8	29.3	4.2	929	4.0
250	Garlic Prawns	300	326	1364	20.6	9.5	4.5	35.7	3.1	886	3.0
253	Beef Rissoles	300	481	2009	20.2	28.5	12.0	39.6	9.5	1076	5.0
254	Corned Beef	300	361	1510	25.0	16.5	6.4	27.8	4.7	1111	3.7
256	Mince & Potato bake	300	368	1536	25.6	15.0	7.4	36.9	7.2	638	6.0

260	Honey Soy Chicken	300	381	1592	25.2	10.4	2.8	43.4	9.0	875	2.2
266	Curry Prawns	300	360	1506	20.9	9.6	4.4	42.3	8.3	747	2.8
270	Lamb Moussaka	280	366	1531	25.0	22.7	10.1	27.8	8.6	1022	4.6
436	Vegetable Mornay	285	288	1203	10.1	17.0	8.8	26.2	7.0	575	6.2

Soups

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
091	Pumpkin Soup	180	89	371	4.4	1.5	0.9	14.7	5.3	147	5.2
092	Vegetable Soup	180	91	381	4.7	1.5	0.8	16.0	3.9	276	4.8
093	Ham & Pea Soup	180	138	578	8.2	3.1	0.3	20.7	3.4	238	8.0
094	Potato & Leek Soup	200	123	512	4.3	4.5	1.3	18.8	5.5	252	3.7

Desserts

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
170	Bread & Butter Pudding	170	438	1829	8.2	26.9	15.1	40.5	30.9	132	3.2
171	Strawberry Cheesecake	140	490	2050	5.9	29.3	18.9	51.8	40.6	200	0.3
172	Tiramisu	140	432.5	1808	7.3	28.2	18.3	37.8	33.4	180.9	0.1
173	Apple Crumble	170	339.9	1421	2.3	13.9	7.0	51.9	36.0	11.3	4.4
181	Stick Date & Custard	160	357.2	1493	4.0	14.4	8.1	53.4	41.1	328.6	1.4
186	Fruit Pavlova	130	276	1152	2.6	13.4	8.6	35.2	32.7	24	3.1
174	Banana-Misu	140	405	1694	5.5	20.6	11.9	51.5	35.5	100	1.7

Vegetarian/Vegan

#	Name	Weight	Cal	Kj	Protein	Fat	Sat	Carb	Sug	Sodium	Fibre
581	Brown Rice Vege Patties	350	399	1669	11.3	16.3	1.6	53.4	11.3	1018	7.0
582	Penne with Pesto	350	677	2828	20	41	16	57	12	747	5
583	Spinach & Ricotta Tortellini	380	505	2112	20	18	8	65	15	1124	6
585	Mushroom Casserole	360	297	1242	8.5	13.1	3.9	38.2	6.4	621	8.3
586	Spaghetti Veganaise	375	394	1648	20.3	9.2	2.0	52.8	13.0	1102	8.7
587	Coconut Dahl	370	590	2467	20.0	13.7	5.7	105.0	26.5	721	17.7