

## BBQ Topside

Ingredients: Topside, Sugar, Salt, Maltodextrin, Flavour Enhancer (621), Colour [(150d), contains Sulphites], Vegetable Powders, Canola Oil [contains Antioxidant (306)], Vegetable Gum (466), Flavour (contains Wheat), Spice, Food Acid (262), Smoke Flavour [contains Food Acid (260)], Anti-caking Agent (551). Salt, dried glucose syrup, E 262 sodium

### NUTRITION INFORMATION

Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	545kJ	545kJ
Protein	17.5g	17.5g
Fat, total	3.5g	3.5g
- saturated	1.6g	1.6g
Carbohydrate	7.4g	7.4g
-sugars	5.1g	5.1g
Sodium	590 mg	590 mg

## Porterhouse Steak

Ingredients: Porterhouse, water, Salt, dried glucose syrup, E 262 sodium acetate, E 331 sodium citrate, aroma , anti-caking agent E500

### NUTRITION INFORMATION

Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	518kJ	518kJ
Protein	18.4g	18.4g
Fat, total	5.6g	5.6g
- saturated	2.4g	2.4g
Carbohydrate	0.1g	0.1g
-sugars	0.1g	0.1g
Sodium	93 mg	93mg

<b>Scotch Fillet</b>		
Ingredients: Scotch Fillet water, Salt, dried glucose syrup, E 262 sodium acetate, E 331 sodium citrate, aroma , anti-caking agent E500		
<b>NUTRITION INFORMATION</b>		
Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	518kJ	518kJ
Protein	18.4g	18.4g
Fat, total	5.6g	5.6g
- saturated	2.4g	2.4g
Carbohydrate	0.1g	0.1g
-sugars	0.1g	0.1g
Sodium	93 mg	93mg

<b>BBQ Thin Sausages</b>		
Ingredients: 75cl Minced meat, Water, Wheat flour, rice flour, salt, mineral salts(451,450),preservative(223), flavours, fermented rice, paprika, oleoresin(160c),spice extracts, anti caking(551), Tomato Puree, sugar, salt, food acid(acetic), spice		
<b>NUTRITION INFORMATION</b>		
Servings per package:	As per pack size	
Serving size.	70g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	535kJ	764kJ
Protein	8.8g	12.6g
Fat, total	9.9g	14.2g
- saturated	4.5g	6.5g
Carbohydrate	1.0g	1.5g
-sugars	0.1g	0.2g
Sodium	177mg	253mg

# Beef Schnitzel

Ingredients: BEEF STEAK, BLADE, ROUND, TOPSIDE OR SILVERSIDE, RAW, FAT TRIMMED Water, mineral salts

421,452 Salt, dried glucose syrup, E 262 sodium acetate, E 331 sodium citrate, aroma , anti-caking agent E500, Breadcrumbs [Wheat Flour, Water, Mixed Grains (Rye, Barley, Oats), Bakers Yeast, Vegetable Fibre, Gluten, Salt, Canola Oil, Sesame Seeds, Soy Flour, Semolina, Vinegar, Vegetable Gum (412), Sugar, Emulsifiers (481, 472e, 471), Preservatives (282, 200), Molasses, Acidity Regulators (341, 262), Milk Solids, Flavour, Fish Oil, Vitamins (Folic Acid, Thiamin)], Wheat Starch, Thickener (1403), Salt, Flavour Enhancer (621),

## NUTRITION INFORMATION

Servings per package:	10	
Serving size.	250g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1760kJ	705kJ
Protein	38.8g	15.5g
Fat, total	8.6g	3.4g
- saturated	3.2g	1.3g
Carbohydrate	44.8g	17.9g
-sugars	4.3g	1.7g
Sodium	898 mg	359 mg

## Chicken Breast Schnitzel

Ingredients: Chicken Breast Raw without skin, Water Cereal and cereal flours, yeast, salt, vegetable oil, soy flour, emulsifiers (471, 481, 472e), preservative (282), vegetable gum (412), vitamin (thiamin) Mineral salts 421,452,Salt, Breadcrumbs [Wheat Flour, Water, Mixed Grains (Rye, Barley, Oats), Bakers Yeast, Vegetable Fibre, Gluten, Salt, Canola Oil, Sesame Seeds, Soy Flour, Semolina, Vinegar, Vegetable Gum (412), Sugar, Emulsifiers (481, 472e, 471), Preservatives (282, 200), Molasses, Acidity Regulators (341, 262), Milk Solids, Flavour, Fish Oil, Vitamins (Folic Acid, Thiamin)], Wheat Starch, Thickener (1403), Salt, Flavour Enhancer (621), Canola Oil. dried glucose syrup, E 262 sodium acetate, E 331 sodium

## NUTRITION INFORMATION

Servings per package:	10	
Serving size.	250g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2040kJ	814kJ
Protein	15.4g	6.2g
Fat, total	5.5g	2.2g
- saturated	1.2g	0.5g
Carbohydrate	89.1g	35.6g
-sugars	8.0g	3.2g
Sodium	1960 mg	782 mg

## BBQ Rissoles

Ingredients: 75cl Minced Meat Water Cereal and cereal flours, yeast, salt, vegetable oil, soy flour, emulsifiers (471, 481, 472e), preservative (282), vegetable gum (412), vitamin (thiamin) Dehydrated Vegetable Wheat flour, rice flour, salt, mineral salts(451,450),preservative(223), Flavours, fermented rice, paprika oleoresin(160c),spice extracts, anti caking(551)

### NUTRITION INFORMATION

Servings per package:	10	
Serving size.	60g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	477 kJ	769kJ
Protein	7.7 g	12.8g
Fat, total	8.6 g	14.2g
- saturated	3.9 g	6.5g
Carbohydrate	1.7 g	2.9g
-sugars	0.2g	0.4g
Sodium	160mg	267 mg

## Chicken Drumettes – Honey Soy

Ingredients: Chicken meat Sugar, Water Salt, Maltodextrin, Flavour Enhancer (621), Colour [(150d), contains Sulphites], Vegetable Powders, Canola Oil [contains Antioxidant (306)], Vegetable Gum (466), Flavour (contains Wheat), Spice, Food Acid (262), Smoke Flavour [contains Food Acid (260)],

### NUTRITION INFORMATION

Servings per package:	As per package	
Serving size.	35 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	275kJ	787kJ
Protein	5.0g	14.1g
Fat, total	4.0g	11.3g
- saturated	1.2g	3.6g
Carbohydrate	2.6g	7.4g
-sugars	2.0g	5.8g
Sodium	163 mg	467 mg

## Chicken Tenderloin Schnitzel

Ingredients: Chicken Breast Raw without skin, Water Cereal and cereal flours, yeast, salt, vegetable oil, soy flour, emulsifiers (471, 481, 472e), preservative (282), vegetable gum (412), vitamin (thiamin) Mineral salts 421,452,Salt, Breadcrumbs [Wheat Flour, Water, Mixed Grains (Rye, Barley, Oats), Bakers Yeast, Vegetable Fibre, Gluten, Salt, Canola Oil, Sesame Seeds, Soy Flour, Semolina, Vinegar, Vegetable Gum (412), Sugar, Emulsifiers (481, 472e, 471), Preservatives (282, 200), Molasses, Acidity Regulators (341, 262), Milk Solids, Flavour, Fish Oil, Vitamins (Folic Acid, Thiamin)], Wheat Starch, Thickener (1403), Salt, Flavour Enhancer (621),

### NUTRITION INFORMATION

Servings per package:	20	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	663 kJ	663 kJ
Protein	15.5g	15.5g
Fat, total	4.2g	4.2g
- saturated	1.3g	1.3g
Carbohydrate	13.8g	13.8g
-sugars	0.3g	0.3g
Sodium	340 mg	340 mg

## Chicken Kebab – Malay Satay

Ingredients: Chicken thigh, Sugar, Spices (Wheat), Salt, Vegetable Powder, Spice Extract, Paprika Oleoresin (160c). Salt, dried glucose syrup, E 262 sodium acetate, E 331 sodium

### NUTRITION INFORMATION

Servings per package:	125	
Serving size.	80 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	491kJ	614kJ
Protein	12.1g	15.1g
Fat, total	4.5g	5.6g
- saturated	1.4g	1.7g
Carbohydrate	7.1g	8.9g
-sugars	6.6g	8.3g
Sodium	346 mg	432 mg

<b>Malay Satay Chicken Thigh Steaks</b>		
Ingredients: Chicken Thigh, Sugar, Spices (Wheat), Salt, Vegetable Powder, Spice Extract, Paprika Oleoresin (160c). Salt, dried glucose syrup, E 262 sodium acetate, E 331 sodium		
<b>NUTRITION INFORMATION</b>		
Servings per package:	As per package	
Serving size.	75 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	460kJ	614kJ
Protein	11.3g	15.1g
Fat, total	4.2g	5.6g
- saturated	1.3g	1.7g
Carbohydrate	6.7g	8.9g
-sugars	6.2g	8.3g
Sodium	324 mg	432 mg

<b>Chicken Yiros</b>		
Ingredients: Chicken thigh no skin, Herbs & Spices, Salt, Sugar, Flavour Enhancer (621), Flavours [Salt, Maltodextrin, Hydrolyzed Salt, dried glucose syrup, E 262 sodium acetate, E 331 sodium citrate, aroma, anti-caking agent E500 Vegetable, Protein, Yeast Extracts, Colour (150d), Flavouring (Milk Solids), Vegetable Oil, Anti-Caking Agent (551), Barley], Vegetable Powders, Dehydrated Vegetable, Canola Oil, Yeast Extracts, Rice Flour, Colour [(150d) Sulphites], Paprika Oleoresin (160c), Food Acid (330), Anti-Caking Agent (551). 100%soy bean oil		
<b>NUTRITION INFORMATION</b>		
Servings per package:	100	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	760kJ	760kJ
Protein	15.0g	15.0g
Fat, total	12.8g	12.8g
- saturated	2.6g	2.6g
Carbohydrate	215g	215g
-sugars	1.2g	1.2g
Sodium	619 mg	619 mg

<b>Drunken Chicken</b>		
Ingredients: Whole Chicken, Herbs & Spices, Salt, Sugar, Flavour Enhancer (621), Flavours [Salt, Maltodextrin, Hydrolysed Vegetable, Protein, Yeast Extracts, Colour (150d), Flavouring (Milk Solids), Vegetable Oil, Anti-Caking Agent (551), Barley], Vegetable Powders, Dehydrated Vegetable, Canola Oil, Yeast Extracts, Rice Flour, Colour [(150d) Sulphites], Paprika Oleoresin (160c), Food Acid (330), Anti-Caking Agent (551). 100%soy bean oil with antioxidant (e307)		
<b>NUTRITION INFORMATION</b>		
Servings per package:	100	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	974kJ	974kJ
Protein	16.1g	16.1g
Fat, total	18.1g	18.1g
- saturated	4.6g	4.6g
Carbohydrate	215g	215g
-sugars	1.1g	1.1g
Sodium	569 mg	569 mg

<b>Drunken Lamb</b>		
Ingredients: Lamb leg, Herbs & Spices, Salt, Sugar, Flavour Enhancer (621), Flavours [Salt, Maltodextrin, Hydrolysed Vegetable, Protein, Yeast Extracts, Colour (150d), Flavouring (Milk Solids), Vegetable Oil, Anti-Caking Agent (551), Barley], Vegetable Powders, Dehydrated Vegetable, Canola Oil, Yeast Extracts, Rice Flour, Colour [(150d) Sulphites], Paprika Oleoresin (160c), Food Acid (330), Anti-Caking Agent (551).		
<b>NUTRITION INFORMATION</b>		
Servings per package:	15	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	799kJ	kJ
Protein	19.4g	g
Fat, total	11.7g	g
- saturated	3.4g	g
Carbohydrate	2.3g	g
-sugars	0.9g	g
Sodium	573 mg	mg

## Lamb Yiros

Ingredients: Lamb, Herbs & Spices, Salt, Sugar, Flavour Enhancer (621), Flavours [Salt, Maltodextrin, Hydrolysed Vegetable, Protein, Yeast Extracts, Colour (150d), Flavouring (Milk Solids), Vegetable Oil, Anti-Caking Agent (551), Barley], Vegetable Powders, Dehydrated Vegetable, Canola Oil, Yeast Extracts, Rice Flour, Colour [(150d) Sulphites], Paprika Oleoresin (160c), Food Acid (330), Anti-Caking Agent (551).

### NUTRITION INFORMATION

Servings per package:	100	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	823kJ	823kJ
Protein	19.2g	19.2g
Fat, total	12.6g	12.6g
- saturated	3.4g	3.4g
Carbohydrate	215g	215g
-sugars	1.2g	1.2g
Sodium	564 mg	564 mg

## Chicken Rissoles

Ingredients: Chicken thigh, breast and skin, Rice flour, , Soy Protein, Mineral Salts (450, 452), Vegetable Powder Salt Breadcrumbs [Wheat Flour, Water, Wholemeal Wheat Flour, Baker's Yeast, Salt, Gluten, Canola Oil, Vegetable Fibre (Soy, Wheat, Oat), Soy Flour, Vinegar, Emulsifiers (481, 472e, 471), Milk Solids, Preservative (282), Sugar, Vegetable Gum (412), Tuna Oil, Sesame Seeds, Vitamin (Thiamin)], Dehydrated Vegetable [Onion (9%)], Salt, Herbs [Sage (1.0%)] and Spices, Vegetable Powder, Hydrolysed Vegetable Protein [Modified Starch (1400, 1450)], Maltodextrin, Chicken Powder, Sugar, Cream Powder

### NUTRITION INFORMATION

Servings per package:	50	
Serving size.	60g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	434kJ	723kJ
Protein	8.2g	13.6g
Fat, total	5.9g	9.9g
- saturated	1.9g	3.1g
Carbohydrate	4.4g	7.3g
-sugars	0.2g	0.3g
Sodium	437 mg	729 mg

<b>Marinated BBQ Pork Spare Ribs</b>		
Ingredients: Pork (92%), water, salt, food acids (262,331), Maltodextrin, mineral salts (451,450,500), antioxidant (316), vegetable oil. Sugar, Salt, Maltodextrin, Flavour Enhancer (621), Colour [(150d), contains Sulphites], Vegetable Powders, Canola Oil [contains Antioxidant (306)], Vegetable Gum (466), Flavour (contains Wheat), Spice, Food Acid (262), Smoke		
<b>NUTRITION INFORMATION</b>		
Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	823kJ	823kJ
Protein	164g	164g
Fat, total	12.7g	12.7g
- saturated	4.4g	4.4g
Carbohydrate	4.6g	4.6g
-sugars	3.5g	3.5g
Sodium	653 mg	653 mg

<b>Diced Chicken</b>		
Ingredients: Chicken Thigh, water, dried glucose syrup, E 262 sodium acetate, E 331 sodium citrate, aroma , Salt anti-caking agent E500		
<b>NUTRITION INFORMATION</b>		
Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	274kJ	274kJ
Protein	10.1g	10.1g
Fat, total	2.7g	2.7g
- saturated	0.9g	0.9g
Carbohydrate	0.3g	0.3g
-sugars	0.3g	0.3g
Sodium	275mg	275mg

## Chicken Breast Fillets

Ingredients: Chicken Breast, water, dried glucose syrup, E 262 sodium acetate, E 331 sodium citrate, aroma , Salt anti-caking agent E500

### NUTRITION INFORMATION

Servings per package:	10	
Serving size.	150g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	767kJ	511kJ
Protein	28.9g	19.3g
Fat, total	7.4g	5.0g
- saturated	2.3g	1.5g
Carbohydrate	0.1g	0.1g
-sugars	0.1g	0.1g
Sodium	150 mg	100 mg

## Lamb Loin Chops

Ingredients: LAMB, LOIN CHOP OR CUTLET, RAW, LEAN AND FAT

### NUTRITION INFORMATION

Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	1490kJ	1490kJ
Protein	15.9g	15.9g
Fat, total	33.0g	33.0g
- saturated	15.4g	15.4g
Carbohydrate	0.0g	0.0g
-sugars	0.0g	0.0g
Sodium	60mg	60mg

<b>Beef Blade</b>		
Ingredients: BEEF, STEAK, BLADE, ROUND, TOPSIDE OR SILVERSIDE, RAW, LEAN AND FAT		
<b>NUTRITION INFORMATION</b>		
Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	563kJ	563kJ
Protein	20.8g	20.8g
Fat, total	5.7g	5.7g
- saturated	2.5g	2.5g
Carbohydrate	0.0g	0.0g
-sugars	0.0g	0.0g
Sodium	56mg	56mg

<b>Diced Beef</b>		
Ingredients: BEEF, STEAK, BLADE, ROUND, TOPSIDE OR SILVERSIDE, RAW, FAT TRIMMED		
<b>NUTRITION INFORMATION</b>		
Servings per package:	10	
Serving size.	100g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	507kJ	507kJ
Protein	21.2g	21.2g
Fat, total	4.0g	4.0g
- saturated	1.8g	1.8g
Carbohydrate	0.0g	0.0g
-sugars	0.0g	0.0g
Sodium	57mg	57mg