



Ingredients and Nutritional Information – SHANKS

Lamb Shank

Red Wine & Rosemary

Ingredients

Lamb (bone in 80%), Sauce (20%), Thickeners (1442, 1422, 1450), Maltodextrin, Red Wine Powder [Red Wine (1%), contains **Wheat and Sulphites**], Sugar, Tomato Powder [contains Anti-caking Agent (551)], Flavours [contains **Milk Solids**], Salt, Vegetable Powder [Onion], Herbs and Spice [Rosemary (2%), **Soy** Sauce Powder [from **Soybean, Wheat**], Natural Colours [Malted Barley Extract Powder [contains **Gluten**], Paprika (160c)], Herb Extract, Vegetable Gums (412, 417).

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1 AVERAGE QUANTITY:	SERVING SIZE: 1 SHANK WITH SAUCE PER SERVE	PER 100g
ENERGY	2604kJ	651kJ
PROTEIN	71.2g	17.8g
FAT - Total	29.2g	7.3g
- Saturated	11.6g	2.9g
CARBOHYDRATE	16.8g	4.2g
- Sugars	5.2g	1.3g
SODIUM	1040mg	260mg

Lamb Shank

Traditional Mint Gravy

Ingredients

Lamb (bone in 78%), Sauce (22%), Maltodextrin, Thickeners (1442, 1422, 1450), Sugar, Onion Powder, Flavour, Salt, Herbs & Spices (Mint 1.5%), Soy Sauce Powder (contains **Soy, Wheat**), Wheat Fibre, Food Acid (330), Vegetable Gums (412, 417), Natural Colour (Malted Barley, Contains **Gluten**).

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1 AVERAGE QUANTITY:	SERVING SIZE: 1 SHANK WITH SAUCE PER SERVE	PER 100g
ENERGY	3000kJ	750kJ
PROTEIN	72.0g	18.0g
FAT - Total	29.2g	7.3g
- Saturated	11.6g	2.9g
CARBOHYDRATE	12.8g	3.2g
- Sugars	3.2g	0.8g
SODIUM	960mg	240mg

Aussie Lamb Drums

in Nanna's Gravy

Ingredients

Lamb Shank (bone in 76%), Water, Thickener (1422), Maltodextrin, Red Wine Flavours, Wheat Flour, Vegetable Powders, Salt, Food Acid (262, 330), Herbs (including Rosemary), Yeast Extracts, Vegetable Gums (415, 412), Colour (150d), Sugar, Spice, Emulsifier (322)

Contains Gluten.

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1 SERVING SIZE: 2 Lamb Drums with sauce	Quantity per serve	% Daily Intake* per serve	Quantity per 100g
ENERGY	2885kJ	33%	577kJ
PROTEIN	86g	172%	17.2g
FAT - Total	31.5g	45%	6.3g
- Saturated	14.0g	58%	2.8g
CARBOHYDRATE	15.5g	5%	3.1g
- Sugars	4.0g	4%	0.8g
SODIUM	1300mg	57%	260mg

* Percentage daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Veal Shank

Creamy Mushroom & Pink Peppercorn sauce

Ingredients

Veal (bone in 80%), Sauce (20%), Thickeners (1442, 1422, 1450), Cream Powder [**Cream, Milk Solids**], Sugar, Natural & Nature Identical Flavours [contains **Milk Solids, Soy**], Spices [Mustard (4%), Pink Peppercorns (3%)], Salt, Maltodextrin, Dehydrated Mushroom (3.5%), Vegetable Powder, Food Acids (262, 330), Vegetable Gums (412, 417).

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1 AVERAGE QUANTITY:	SERVING SIZE: 1 SHANK WITH SAUCE PER SERVE	PER 100g
ENERGY	1794kJ	460kJ
PROTEIN	69.4g	17.8g
FAT - Total	10.5g	2.7g
- Saturated	5.1g	1.3g
CARBOHYDRATE	13.3g	3.4g
- Sugars	5.1g	1.3g
SODIUM	1092mg	280mg



Ingredients and Nutritional Information – Beef & Chicken

Beefy Meatballs

Tomato and Basil

Ingredients

Meatballs (65%), Beef Mince, Onion, Egg, Breadcrumbs [Wheat Flour, Yeast, Salt, Vegetable Oils, Emulsifiers (472-e)], Salt, Oregano, Parsley, Pepper. Sauce (35%) Thickeners (1442, 1422, 1450), Sugar, Tomato Powder (20%), [Tomato, Anti-caking Agent (551)], Salt, Wheat Fibre [Gluten Free], Maltodextrin, Vegetable Powder, Herb and Spice [Basil (1.5%)], Emulsifier (322, from Soy), Food Acid (330), Natural Colour (160c), Vegetable Gums (412, 417), Herb extract.

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1	SERVING SIZE: 300g	
AVERAGE QUANTITY:	PER SERVE	PER 100g
ENERGY	2112kJ	704kJ
PROTEIN	39.0g	13.0g
FAT - Total	31.2g	10.4g
- Saturated	14.4g	4.8g
CARBOHYDRATE	15.9g	5.3g
- Sugars	7.2g	2.4g
SODIUM	1410mg	470mg

Cattlemen's Beef Stew

with potato & carrot

Ingredients

Beef (32%), Water, Carrot (10%), Potato (9%), Onion, Maltodextrin, Thickener (1422), Flavourings, Salt, Vegetable Powders, Wheat Flour, Food Acids (262, 330), Herbs, Yeast Extracts, Colour (150d), Vegetable Gums (415, 412), Sugar, Spice, Emulsifier (322).

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1	Quantity per serve	% Daily Intake* per serve	Quantity per 100g
SERVING SIZE: 300g			
ENERGY	1287kJ	15%	429kJ
PROTEIN	34.5g	69%	11.5g
FAT - Total	7.2g	10%	2.4g
- Saturated	3.3g	14%	1.1g
CARBOHYDRATE	25.5g	8%	8.5g
- Sugars	8.7g	10%	2.9g
SODIUM	960mg	42%	320mg

Drover's Beef 'n' Bean

with a hint of spice!

Ingredients

Tomato (Diced Tomato, Tomato Juice, Acidity Regulator (330)), Beans 18% (Red Kidney, White Kidney, Great Northern), Beef (16%), Water, Tomato Paste (Concentrated Tomato, Salt), Onion, Sugar, Salt, Vegetable Oil, Garlic Powder, Spice (Chilli, Cumin, Pepper).

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1	Quantity per serve	% Daily Intake* per serve	Quantity per 100g
SERVING SIZE: 300g			
ENERGY	1410kJ	16%	470kJ
PROTEIN	24.3g	49%	8.1g
FAT - Total	10.5g	15%	3.5g
- Saturated	3.9g	16%	1.3g
CARBOHYDRATE	35.7g	11%	11.9g
- Sugars	11.7g	13%	3.9g
SODIUM	840mg	36%	280mg

Chunky Chicken Casserole

Ingredients

Chicken (40%), Potatoes, Water, Carrots, Onion, Thickener (1422), Sugar, Vegetable Powders, Salt, Natural Flavours, Herb & Spices, Burnt Sugar, Soy Sauce Powder, Vegetable Gum (415), Yeast Extract, Dehydrated Vegetable, Natural Colour (160c)

Product contains soy products

This product is Gluten Free

NUTRITIONAL INFORMATION

SERVING PER PACKAGE: 1	Quantity per serve	% Daily Intake* per serve	Quantity per 100g
SERVING SIZE: 300g			
ENERGY	1131kJ		377kJ
PROTEIN	25.5g		8.5g
FAT - Total	7.2g		2.4g
- Saturated	1.8g		0.6g
CARBOHYDRATE	24.6g		8.2g
- Sugars	6.9g		2.3g
DIETARY FIBRE	3.0g		1.0g
SODIUM	837mg		279mg



Ingredients and Nutritional Information

Apple & Cinnamon Damper Premix

Ingredients

Wheat Flour, Sugar, Diced Dried Apple, Aerator (339, 341,450,500), Canola Oil, Milk Powder, Spice (Includes Cinnamon), Salt, Flavour.

NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: Approximately 3 to 4

PER DRY PACKET MIX	Av. Qty per 400g	Av. Qty per 100g
ENERGY	6240kJ	1560kJ
PROTEIN	46.4g	11.6g
FAT - Total	14.8g	3.7g
- Saturated	2g	0.5g
CARBOHYDRATE	289.2g	72.3g
- Sugars	110.8g	27.7g
SODIUM	4400mg	1100mg

Bushman's Corn Cob Damper Premix

Ingredients

Wheat Flour, Maize Polenta, Canola Oil, Milk Powder, Aerator (339, 341, 450, 500), Sugar, Salt, Herbs.

NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: Approximately 3 to 4

PER DRY PACKET MIX	Av. Qty per 400g	Av. Qty per 100g
ENERGY	6120kJ	1530kJ
PROTEIN	36g	9.8g
FAT - Total	20g	5.0g
- Saturated	0.16g	0.4g
CARBOHYDRATE	270g	67.5g
- Sugars	14g	3.5g
SODIUM	4680mg	1170mg