



KEY						KILOJOULES	CARBOHYDRATE	SUGARS gm
Soft	S							
Low Fat (less than 3gm per 100gm)		LF						
Low Salt (less than 120mg per 100 gm)			LS					
Gluten Free				GF				
Dairy Free					DF			
SOUPS 200gm						Av per serve		
Pea & Ham	S	LF				660	24.6	1.8
Pumpkin	S	LF			GF	340	14.4	4.4
Chicken and Vegetable	S	LF			GF DF	230	8.0	1.6
Minestrone	S	LF				386	12.6	3.4
Beef & Vegetable	S	LF			GF	248	9.8	2.0
FLAGSTAFF MINIS 200gm						Av per serve		
Curried Chicken w rice	S	LF			GF	719	21.4	2.8
Grilled Sausages & gravy					GF	1120	13.9	2.5
Spinach & Fetta Omelette	S				GF	1160	10.9	7.1
Macaroni and Cheese	S					1280	38.8	2.7
Cottage Pie	S	LF			GF	722	14.6	4.6
Roast Lamb				LS	GF	909	10.5	3.1
Steak & Kidney Pie	S					1000	19.4	2.7
Crumbed Fish and Chips	S					1070	32.8	3.8
Roast Pork				LS	GF	1060	11.6	3.2
Beef & Bacon Casserole	S	LF			GF	894	14.3	3.4
Spaghetti Bolognese	S					1050	26.3	4.6
Corned Silverside & parsley sauce			LF		GF	786	13.4	2.8
Chicken Scallopini	S				GF	805	14.4	2.8
Chicken & Asparagus Mornay	S			LS		894	11.6	2.9
Beef Stroganoff	S				GF	872	21.2	3.0
MYCHEF PETITE MEAL 300gm						Av per serve		
Pork & Apple Casserole		LF	LS	GF	DF	836	20.6	5.8
Chicken Mornay with Pasta						561	10.6	2.3
Sweet & Sour Pork w steamed rice		LF	LS	GF	DF	1230	48.8	14.4
Steak & Kidney w mash		LF				1140	21.6	4.2
Tuna Mornay w mash	S	LF				1020	26.3	4.0
BREAKFAST w UHT milk & fruit snack pack						Av per serve		
Corn Flakes <i>cereal only</i>	S	LF			DF	390	20.7	2.0
Weet Bix <i>cereal only</i>	S	LF			DF	447	20.1	1.0
Full Cream Milk UHT 150mls	S		LS	GF		404	7.7	7.7
Fruit Pack 140gm	S	LF	LS	GF	DF	348	17.9	15.0
Fruit Juice and Fruit Tubs						Av per serve		
Apple, Orange, Apple and Black Currant, Tropical poppers 100% Juice 250mL	S	LF	LS	GF	DF	459	27.1	26.0
Diced Fruit in Natural Juice 120g	S	LF	LS	GF	DF	293	16.2	12.8

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Dairy Free					DF			
MYCHEF MAINS 375 - 420gm						Av per serve		
Lambs Fry & Bacon w onion gravy	S					1830	21.4	4.8
Baked Fish Fillet, parsley lemon butter	S		LS	GF		1630	19.4	4.3
Braised Lamb, fruit chutney	S	LF	LS	GF	DF	1220	25.5	12.6
Sweet & Sour Pork, steamed rice		LF	LS	GF	DF	1947	66.5	18.5
Shepherd's Pie & veg	S			GF		1397	23.6	6.8
Apricot Chicken w mash potato	S	LF	LS			1318	33.1	13.2
Irish Lamb Stew w steamed potato		LF	LS			1400	25.1	4.9
Curried Prawns w steamed rice		LF			DF	1020	37.2	8.1
Spaghetti Bolognese	S	LF				1661	43.3	8.4
Quiche w bacon, spinach & cheese						2030	16.3	4.5
Beef Lasagne						1790	32.2	6.7
King Prawns & garlic sauce		LF				1880	52.1	7.2
Grilled Atlantic Salmon w lemon & dill sauce	S		LS			1700	25.0	7.3

FLAGSTAFF MAIN MEALS 360gm Av weight						Av per serve		
Roast Chicken & gravy		LF	LS	GF		1400	20.8	5.2
Roast Pork & gravy			LS	GF		1720	22.7	6.0
Steak & Kidney Pie						1550	30.4	6.0
Rissoles w onion gravy		LF				1110	29.0	5.4
Crumbed Fish & Chips	S	LF			DF	1560	48.2	7.5
Thai Green Chicken Curry	S	LF		GF		1370	34.0	7.8
Sausages & gravy						1720	24.6	5.2
Honey Soy Chicken					DF	1920	35.4	18.7
Roast Lamb & gravy			LS	GF		1490	20.8	5.9
Chicken Schnitzel w gravy & chips						1450	35.5	5.1

DESSERTS						Av per serve		
Strawberry Swirl Cheesecake	S					1430	28.2	18.8
Tropical Pavlova	S			GF		871	34.0	31.5
Sticky Date Pudding	S					1750	84.3	61.4
Lemon Cheesecake						1800	28.3	19.1
Bread & Butter Pudding	S					895	29.2	19.8
Chocolate Bavarian Pie						1441	28.0	15.5
Apple Pie and Cream						1150	37.8	17.6
Apple Rhubarb Crumble	S		LS			1030	37.6	22.4
Mango Flavoured Mousse	S			GF		80	2.7	2.4
Apricot Pie						1090	34.6	13.8
Chocolate Mousse	S	LF	LS	GF		231	4.6	3.8
Baked Vanilla Rice Pudding	S			GF		781	20.2	13.6