



KEY						KILOJOULES	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		
<b>SOUPS 200-250g</b>						Av per serve	
Chicken and Vegetable	S	LF		GF	DF	230	1.6
Pea & Ham	S	LF				660	1.8
Pumpkin	S	LF		GF		340	4.4
Chinese Chicken & Corn	S	LF		GF		320	1.4
Hearty Beef & Vegetable	S	LF		GF	DF	380	2.8
Cream of Mushroom	S					695	3.5
Potato & Leek	S	LF		GF		521	2.5

<b>FLAGSTAFF MINIS 200gm</b>						Av per serve	
Curried Chicken w rice	S	LF		GF		719	2.8
Grilled Sausages & gravy				GF		1120	2.5
Roast Lamb			LS	GF		909	3.1
Roast Pork			LS	GF		1060	3.2

<b>MYCHEF MINIS 300gm</b>						Av per serve	
Pork & Apple Casserole	S	LF	LS	GF	DF	836	5.8
Beef & Red Wine Casserole	S					1240	4.2
Sweet & Sour Pork with Steamed Rice		LF	LS	GF	DF		
Creamy Chicken & Mushroom Casserole	S					1360	4.4
Beef Curry with Steamed Rice	S	LF		GF	DF	1200	4.2
Tuna Mornay w mash	S	LF				1020	4.0
Shepherd's Pie	S			GF		1246	5.1
Apricot Chicken	S	LF	LS			1140	10.5
Curried Prawns		LF			DF	1040	5.3

<b>GOOD MEAL MINIS 300g</b>						Av per serve	
Honey Mustard Chicken	S					1305	8.7
Roast Beef				GF		1194	5.4
Slow Cooked Beef Bourguignon	S			GF		1287	5.7
Butter Chicken				GF		1770	6.6
Penne with Meatballs in Napolitana Sauce							

<b>VEGETARIAN MINI MEALS 200g-300g</b>						Av per serve	
Spinach & Fetta Omelette	S			GF		1160	7.1
Macaroni and Cheese	S					1280	2.7
Vegetable & Lentil Cottage Pie	S			GF		1224	6.6
Spring Vegetable Risotto	S	LF		GF		1065	4.2
Pasta & Vegetable Bake				GF		1554	4.8



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<b>GOOD MEAL MAINS 400g</b>						Av per serve	
Honey Mustard Chicken	S					1740	11.6
Roast Beef				GF		1348	7.2
Slow Cooked Beef Bourguignon with Mash	S			GF			
<b>FLAGSTAFF MAIN MEALS 360g-370g</b>						Av per serve	
Roast Pork & gravy			LS	GF		1720	6.0
Rissoles w onion gravy		LF				1110	5.4
Crumbed Fish & Chips	S	LF			DF	1560	7.5
Sausages & gravy						1720	5.2
Honey Soy Chicken					DF	1920	18.7
Curried Sausages				GF		1390	9.1
Crumbed Lamb Patties						2100	5.9
Roast Lamb & gravy			LS	GF		1490	5.9

<b>MYCHEF MAINS 400gm</b>						Av per serve	
Baked Fish Fillet, parsley lemon butter	S		LS	GF		1630	4.3
Sweet & Sour Pork, steamed rice		LF	LS	GF	DF	1947	18.5
Apricot Chicken w mash potato	S	LF	LS			1318	13.2
French Chicken Casserole	S		LS	GF		2180	5.2
Beef & Red Lentil Curry	S			GF	DF	1710	8.8
Roast Chicken with Potato & Gravy				GF	DF	1930	3.8
Shepherd's Pie & veg	S			GF		1397	6.8
Spaghetti Bolognese	S	LF				1661	8.4
Beef Lasagne						1790	6.7
Curried Prawns w steamed rice		LF			DF	1020	8.1
King Prawns & garlic sauce		LF				1880	7.2
Grilled Atlantic Salmon w lemon & dill sauce	S		LS			1700	7.3

<b>VEGETARIAN MAIN MEALS 360g</b>						Av per serve	
Pasta Bake	S	LF				1280	9.9
Macaroni and Cheese	S					1500	6.5
Vegetarian Cottage Pie	S			GF		1490	13.3

<b>DESSERTS 100g-160g</b>						Av per serve	
Lemon Cheesecake						1800	19.1
Lemon Pudding							

Apple Pie and Cream						1150	17.6
Tropical Pavlova	S			GF		871	31.5
Apple Rhubarb Crumble	S		LS			1030	22.4
Sticky Date Pudding	S					1750	61.4
Apricot Pie						1090	13.8
Vanilla Slice	S		LS			886	9.4