

				per serve								per 100g						
Product Code	Product	IDDSI Class.	serve size	energy (kJ)	protein (g)	total fat (g)	sat. fats (g)	total carbs (g)	total sugar (g)	sodium (mg)	energy (kJ)	protein (g)	total fat (g)	sat. fats (g)	total carbs (g)	total sugar (g)	sodium (mg)	
	6978	Beef Steak	PU4	100.0	970.2	27.2	12.5	5.3	3.5	0.4	304.0	970.2	27.2	12.5	5.3	3.5	0.4	304.0
	7350	Chicken Fillet	PU4	100.0	882.1	23.5	12.5	3.6	1.9	0.2	302.7	882.1	23.5	12.5	3.6	1.9	0.2	302.7
	6971	Fish Fillet	PU4	100.0	696.9	26.9	5.2	1.7	3.3	0.9	151.0	696.9	26.9	5.2	1.7	3.3	0.9	151.0
	6976	Lamb Steak	PU4	100.0	943.1	24.6	13.1	6.7	3.1	0.3	291.6	943.1	24.6	13.1	6.7	3.1	0.3	291.6
	6980	Pork Steak	PU4	100.0	876.6	25.2	11.2	4.0	2.9	0.2	288.5	876.6	25.2	11.2	4.0	2.9	0.2	288.5
	6977	Pork Sausages	PU4	100.0	901.3	25.3	11.2	4.1	4.2	1.2	336.1	901.3	25.3	11.2	4.1	4.2	1.2	336.1
	7589	Prawns (3 pcs)	PU4	120.0	646.4	23.7	4.8	2.5	4.3	2.3	712.2	538.7	19.7	4.0	2.1	3.6	1.9	593.5
	7055	Turkey Fillet	PU4	100.0	682.6	29.5	4.1	0.9	2.2	0.2	422.2	682.6	29.5	4.1	0.9	2.2	0.2	422.2
	7384	Beetroot	PU4	60.0	137.2	0.7	0.2	0.0	6.9	5.0	208.2	228.6	1.1	0.3	0.1	11.5	8.4	347.0
	6951	Broccoli	PU4	60.0	136.3	2.9	1.8	0.6	1.5	0.3	119.4	227.2	4.8	2.9	1.0	2.5	0.5	199.0

				per serve								per 100g						
Product Code	Product	IDDSI Class.	serve size	energy (kJ)	protein (g)	total fat (g)	sat. fats (g)	total carbs (g)	total sugar (g)	sodium (mg)	energy (kJ)	protein (g)	total fat (g)	sat. fats (g)	total carbs (g)	total sugar (g)	sodium (mg)	
	6952	Carrots	PU4	60.0	167.5	0.7	1.1	0.5	7.3	5.5	141.2	279.2	1.1	1.9	0.8	12.1	9.1	235.4
	6961	Cauliflower	PU4	60.0	169.5	1.6	2.0	0.8	4.2	1.5	165.7	282.5	2.7	3.3	1.4	7.0	2.5	276.1
	6970	Green Beans	PU4	60.0	140.6	0.9	1.7	0.6	2.5	1.0	133.9	234.4	1.5	2.8	1.0	4.2	1.7	223.1
	6969	Peas	PU4	60.0	221.1	2.8	0.8	0.2	8.9	2.7	143.3	368.5	4.7	1.3	0.3	14.9	4.5	238.8
	6960	Pumpkin	PU4	60.0	184.5	1.5	0.4	0.3	8.8	4.5	178.0	307.6	2.5	0.7	0.5	14.7	7.5	296.7
	6975	Red Cabbage	PU4	60.0	165.3	1.5	0.4	0.1	8.0	4.7	188.1	275.4	2.4	0.7	0.2	13.4	7.8	313.4
	6968	Sweet Potato	PU4	60.0	264.9	1.2	2.5	1.1	9.4	3.4	110.8	441.5	1.9	4.1	1.9	15.6	5.7	184.7
	7762	Mango Panna Cotta	PU4	85.0	844.8	9.2	13.9	9.1	17.8	17.2	43.7	993.9	10.8	16.3	10.7	20.9	20.2	51.4
	6996	Lamington Swirl (2 pcs)	PU4	80.0	974.4	3.3	12.4	10.1	27.2	18.4	131.7	1218.0	4.0	15.5	12.6	33.9	23.0	164.6
	7745	Jelly Cheesecake	PU4	85.0	452.1	2.5	5.1	3.0	13.2	9.0	83.5	531.9	3.0	5.9	3.5	15.5	10.5	98.2