



Menu

43 Products

Minimum order of \$100 (on retail price)

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Nutrition Per Serving

CAL - CALORIES **P** - PROTEIN **C** - CARBS **F** - FAT

What Our Icons Mean

 - VEGETARIAN

 - VEGAN

 - GLUTEN FREE

 - SEA FOOD

 - DAIRY FREE

 - NO ADDED SUGAR

 - LOW FAT

 - HIGH PROTEIN

 - LOW CALORIES



Code	Name	Nutrition Per Serving	What You Pay
E1	 Baked Fish   	332 CAL 41 P 18 C 9 F	\$3.53
E2	 Bangers & Mash 	588 CAL 26 P 28 C 41 F	\$3.26
E3	 Beef Lasagne 	667 CAL 48 P 62 C 23 F	\$3.26
E4	 Beef Stroganoff 	492 CAL 54 P 61 C 9 F	\$3.53
E5	 Black Bean Stir Fry 	478 CAL 42 P 46 C 13 F	\$3.53
E6	 Black Pepper Beef 	507 CAL 43 P 52 C 13 F	\$3.53
E7	 Bulgogi Korean Beef 	501 CAL 40 P 56 C 11 F	\$3.53

Code	Name	Nutrition Per Serving	What You Pay
E8	 Burger Mac & Cheese 	580 CAL 36 P 59 C 21 F	\$3.26
E9	 Butter Chicken 	461 CAL 41 P 47 C 11 F	\$3.26
E10	 Cashew Chicken 	511 CAL 48 P 52 C 10 F	\$3.26
E11	 Chicken Burrito Bowl 	650 CAL 34 P 65 C 25 F	\$3.26
E12	 Chicken Katsu 	531 CAL 30 P 49 C 23 F	\$3.26
E13	 Chicken Macaroni 	691 CAL 53 P 45 C 32 F	\$3.26
E14	 Chicken Parma 	473 CAL 28 P 24 C 28 F	\$3.26
E15	 Chicken Pilaf 	736 CAL 46 P 47 C 39 F	\$3.53
E16	 Chicken Schnitzel & Gravy 	428 CAL 25 P 25 C 24 F	\$3.26
E17	 Creamy Garlic Prawns  	354 CAL 37 P 16 C 11 F	\$3.53
E18	 Herb Butter Salmon 	612 CAL 29 P 19 C 46 F	\$3.53

Code	Name	Nutrition Per Serving	What You Pay
E19	 Kentucky Chicken 	476 CAL 43 P 40 C 14 F	\$3.26
E20	 Lamb Curry 	528 CAL 34 P 44 C 23 F	\$3.53
E21	 Lamb Souvlaki 	564 CAL 40 P 58 C 17 F	\$3.53
E22	 Lemon Herb Barramundi 	523 CAL 29 P 36 C 28 F	\$3.53
E23	 Massaman Beef 	586 CAL 36 P 51 C 25 F	\$3.26
E24	 Meatballs & Mash  	366 CAL 34 P 19 C 15 F	\$3.26
E25	 Mexican Chicken Fajitas 	514 CAL 38 P 44 C 19 F	\$3.26
E26	 Mi Goreng Chicken 	609 CAL 52 P 71 C 13 F	\$3.26
E27	 Penne Bolognese 	516 CAL 39 P 55 C 13 F	\$3.26
E28	 Pomodoro Chicken 	562 CAL 47 P 51 C 17 F	\$3.26
E29	 Pulled Beef Taco Bowl 	686 CAL 39 P 66 C 28 F	\$3.26

Code	Name	Nutrition Per Serving	What You Pay
E30	 Pumpkin Sage Ravioli  	715 CAL 24 P 58 C 42 F	\$3.26
E31	 Roast Beef  	397 CAL 44 P 22 C 13 F	\$3.26
E32	 Roast Chicken  	385 CAL 40 P 22 C 14 F	\$3.26
E33	 Roast Lamb 	435 CAL 39 P 22 C 19 F	\$3.26
E34	 Rump Steak 	447 CAL 45 P 56 C 9 F	\$3.53
E35	 Satay Chicken 	461 CAL 49 P 44 C 11 F	\$3.26
E36	 Singapore Noodles  	435 CAL 47 P 37 C 10 F	\$3.53
E37	 Spaghetti Meatballs 	504 CAL 39 P 53 C 13 F	\$3.26
E38	 Spinach & Ricotta Cannelloni  	375 CAL 19 P 45 C 12 F	\$3.26
E39	 Sweet & Sour Chicken 	557 CAL 29 P 80 C 12 F	\$3.26
E40	 Teriyaki Chicken 	488 CAL 45 P 61 C 5 F	\$3.26

Code	Name	Nutrition Per Serving	What You Pay
E41	 Teriyaki Salmon  	404 CAL 25 P 44 C 13 F	\$3.53
E42	 Tuna Mornay  	504 CAL 43 P 41 C 17 F	\$3.26
E43	 Turkish Lamb Pasta 	516 CAL 6 P 50 C 17 F	\$3.53



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