



HOT MEALS - MEAT

| | Ingredients | Energy (kJ) | Energy (kcal) | Protein (g) | Carbohydrate (g) | Added sugar (g) | Total fat (g) | Saturated fat (g) | Fibre (g) | Sodium (mg) |
|---|---|-------------|---------------|-------------|------------------|-----------------|---------------|-------------------|-----------|-------------|
| Beef Enchiladas | Wraps (wheat, gluten), avocado, lean mince, brinjal, onion, mozzarella cheese (milk), baby marrow, tomato, yoghurt (milk), chickpeas, apricots, red pepper, honey, olive oil, harissa paste, garlic, coriander, cumin | 2807 | 668 | 30.8 | 67.5 | 6.4 | 26.3 | 8.5 | 9.7 | 610 |
| Beef Lasagne | Beef mince, tomato, lasagne sheets (wheat, gluten), low fat milk (milk), onion, mushroom, cheddar cheese (milk), butter (milk), flour (wheat, gluten), tomato paste, olive oil, garlic, salt, pepper | 2297 | 549.5 | 44.2 | 40.3 | 0 | 21.3 | 10.8 | 3.9 | 539 |
| Beef Moussaka (Gluten-free) | Aubergine, low fat milk (milk), potato, tomato, beef mince, egg, onion, ricotta cheese (milk), cornflour, parmesan cheese (milk), tomato paste, butter (milk), olive oil, oregano, cayenne pepper, salt, pepper, garlic | 2194 | 524.9 | 31.9 | 37.8 | 0 | 25 | 11.54 | 5.4 | 658 |
| Mexican Baked Potato | Potato, beef mince, tomato, red beans, black beans, cheddar cheese (milk), avocado, low fat yoghurt (milk), onion, Mexican spices, olive oil, coriander, salt pepper | 2748 | 657.4 | 38.9 | 66.6 | 0 | 19.4 | 8.56 | 12.8 | 522 |
| Moroccan Meatballs with Tagliatelli | Tomato, pasta (wheat, gluten), onion, lean beef mince, coriander, mint, olive oil, chili, cumin, cinnamon, salt, saffron | 2108 | 502.0 | 31 | 48 | 0 | 17.9 | 7.3 | 6.2 | 610 |
| Bobotie | Beef mince, low fat milk (milk), onion, egg (egg), raisins, bread, lemon, honey, olive oil, curry spices, fresh ginger, cumin, coriander, garlic, bay leaves | 2193 | 524.6 | 46.3 | 31.3 | 3.1 | 22.6 | 9.46 | 2.3 | 245 |
| Bobotie - Yellow rice (with bobotie) | Rice, raisins, turmeric | 921 | 220.3 | 4 | 47.7 | 0 | 0.5 | 0.15 | 1.3 | 9 |
| Bobotie - Tomato sambal (with bobotie) | Tomato, onion, salt, pepper | 56 | 13.4 | 0.4 | 2.1 | 0 | 0.1 | 0.01 | 0.6 | 124 |