


Monash Health CPK Menu

Menu Item: Lamb Curry

DAY: 25

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|---|----------------------------|---------------------------------|-------------|--|----------------------------|---|---------------------------------|------------------|--|--|
|  | Nutritional Information | | | | | | | | | |
| | E N E R G Y | P R O T E I N | F A T | C A R B O H Y D R A T E | S O D I U M | P O T A S S I U M | C A L C I U M | B A N D | G L U T E N F R E E | |

| Item | Production Code | Portion Size | kJ | g | g | g | mg | mg | mg | | |
|--------------------------------|-----------------|--------------|------|------|------|------|-----|-----|------|---|--|
| Sweet Lamb Curry | 4002 | 160g | 1208 | 26.7 | 17.8 | 5.65 | 299 | 498 | 20.4 | 2 | |
| <i>Main Ingredients</i> | | | | | | | | | | | |
| Lamb | | | | | | | | | | | |
| Water | | | | | | | | | | | |
| Crushed Tomatoes | | | | | | | | | | | |
| Onion | | | | | | | | | | | |
| Celery | | | | | | | | | | | |
| Crushed Garlic | | | | | | | | | | | |
| Coriander (fresh and ground) | | | | | | | | | | | |
| Tumeric | | | | | | | | | | | |
| Paprika | | | | | | | | | | | |
| Curry Powder | | | | | | | | | | | |
| Cumin | | | | | | | | | | | |
| Maize Cornflour | | | | | | | | | | | |
| Bay Leaf | | | | | | | | | | | |
| Tandoori Paste | | | | | | | | | | | |
| Beef Booster Advantage | | | | | | | | | | | |
| | | | 1208 | 26.7 | 17.8 | 5.65 | 299 | 498 | 20.4 | 2 | |

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| COMMENT |
| Refer Attachment |
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