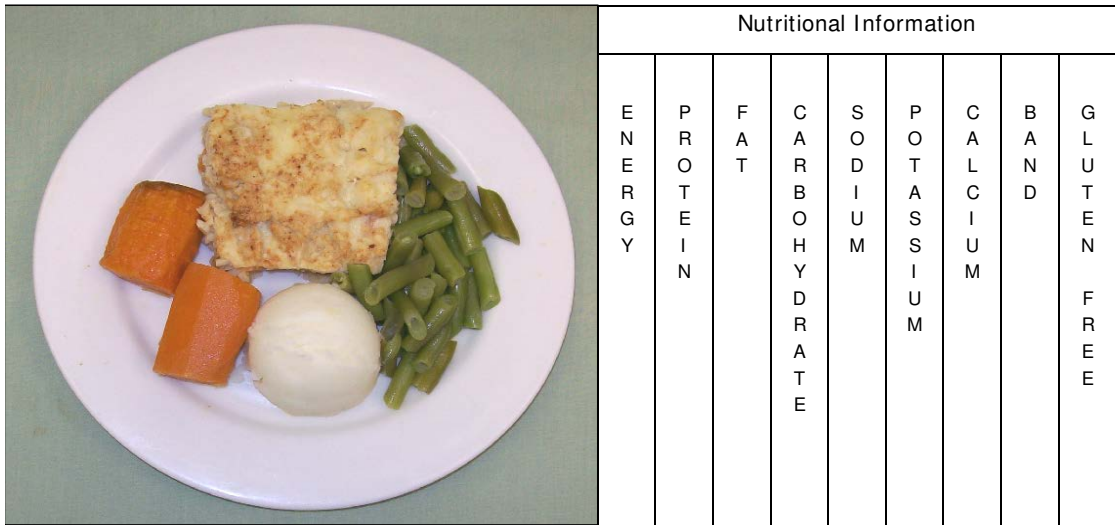


Monash Health CPK Menu

Menu Item: Spaghetti Cheese Casserole

DAY: 8



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

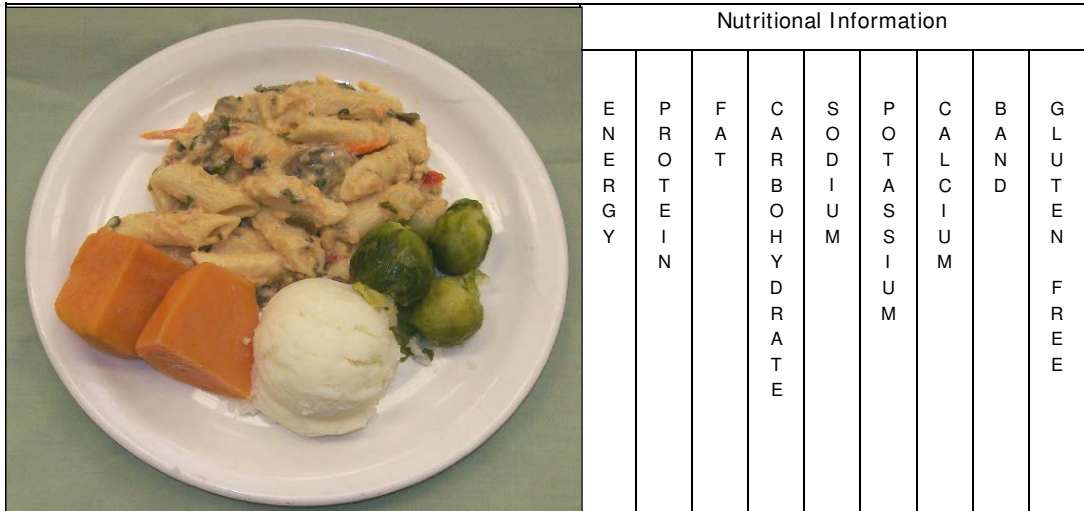
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Spaghetti Cheese Casserole	8077	160g	1315	17.3	10.3	37.9	423	66.5	354	1	
Main Ingredients											
Pasta											
Water											
Cheddar Cheese											
Worcestershire Sauce											
White Pepper											
Paprika											
Maize Cornflour											
Parmesan Cheese											
Parsley											
Carrot											
Celery											
Onion											
Red Capsicum											
Peas											
Vegetable Booster Advantage											
Butter											
Mixed Herbs											
Crushed Garlic											
Low Fat Milk											
			1315	17.3	10.3	37.9	423	66.5	354	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item: Creamy Mushroom Pasta

DAY: 17



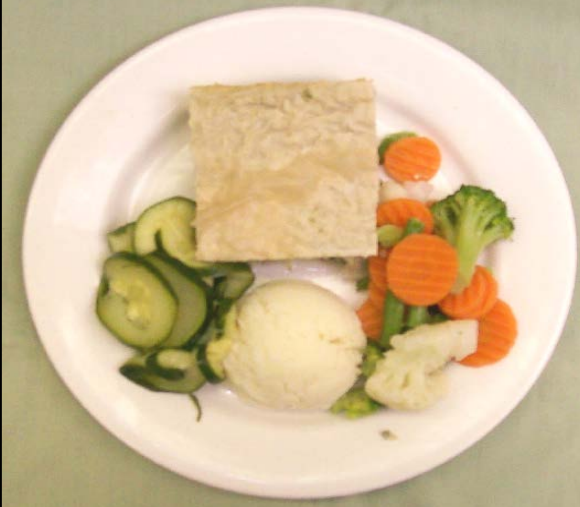
			Nutritional Information								
			E N E R G Y	P R O T E I N	F A T	C A R B O H Y D R A T E	S O D I U M	P O T A S S I U M	C A L C I U M	B A N D	G L U T E N F R E E
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Creamy Mushroom Pasta	8013	160g	935	12	5.71	30.1	416	171	265	2	
<i>Main Ingredients</i>											
Pasta											
Butter											
Onion											
Celery											
Mushroom											
Carrot											
Red Capsicum											
Vegetable Booster Advantage											
Maize Cornflour											
Parmesan Cheese											
Cheddar Cheese											
Low Fat Milk											
Parsley											
Lemon Juice											
Paprika											
White Pepper											
Thyme											
Crushed Garlic											
Water											
			935	12	5.71	30.1	416	171	265	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item: Cheese & Silverbeet Pie

DAY: 6

	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	

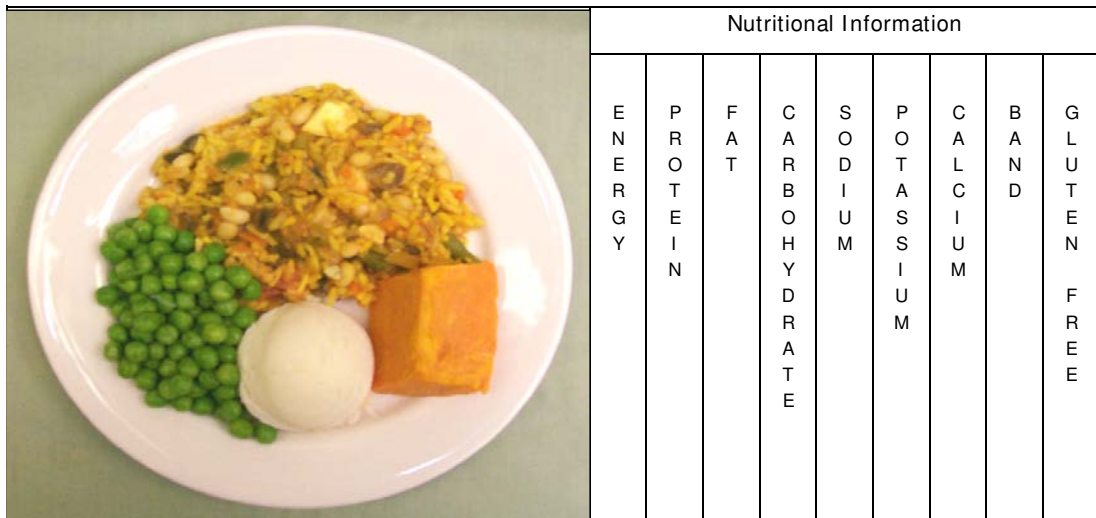
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg	1
Cheese & Silverbeet Pie	8093	160g	1177	19.1	18.7	8.09	538	128	332	1
Main Ingredients										
Onion										
Ricotta Cheese										
Egg										
Low Fat Milk										
Nutmeg										
Butter										
Cheddar Cheese										
Puff Pastry										
White Pepper										
Silverbeet										
Vegetable Booster Advantage										
			1177	19.1	18.7	8.09	538	128	332	1

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item: Vegetable Paella

DAY: 12



			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		
Vegetable Paella	8058	160g	452	5.88	2.54	14.5	410	106	11	2	
<i>Main Ingredients</i>											
Onion											
Carrot											
Crushed Garlic											
Crushed Tomato											
Capsicum (red & green)											
White Pepper											
Mushroom											
Butter											
Rice											
Saffron Powder											
Basil (fresh and ground)											
Paprika											
Haricot Beans											
Vegetable Booster Advantage											
Water											
Peas											
Kidney Beans											
Egg (cooked)											
			452	5.88	2.54	14.5	410	106	11	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item: Mixed Bean Goulash

DAY:	2
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PLACE PHOTO HERE			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		
Mixed Bean Goulash	8059	160g	509	7.24	1.08	18.4	480	122	3.38	2	
<i>Main Ingredients</i>											
Onion											
Crushed Garlic											
Crushed Tomato											
Green Capsicum											
White Pepper											
Basil (fresh & ground)											
Paprika											
Haricot Beans											
Water											
Vegetable Booster Advantage											
Kidney Beans											
Cannellini Beans											
Caraway Seeds											
Potato											
Vegetable Oil											
Tomato Paste											
Baked Beans											
			509	7.24	1.08	18.4	480	122	3.38	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item: Pumpkin & Potato Bake

DAY: 7

	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	

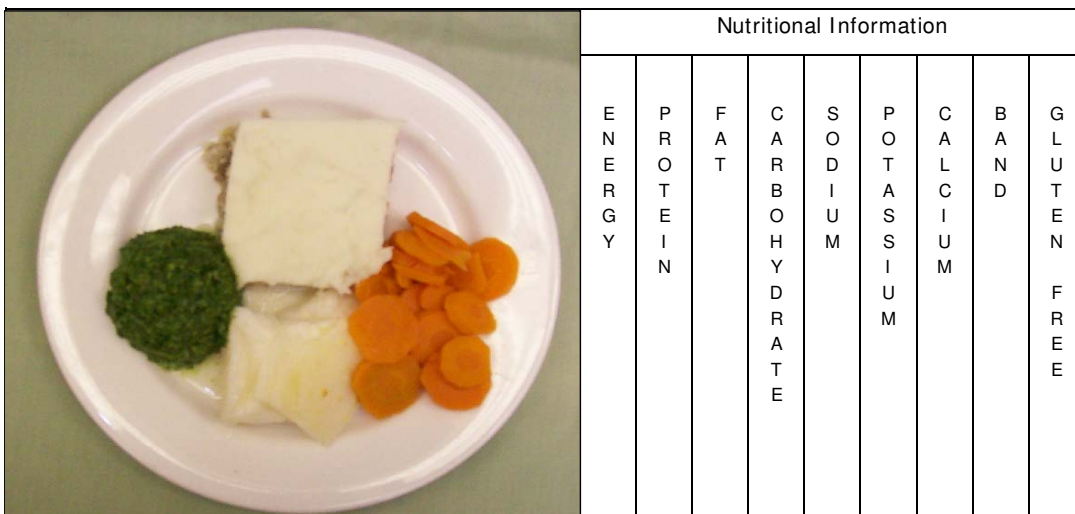
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg	2
Pumpkin & Potato Bake	8101	160 g	791	11.7	6.29	20	471	525	231	2
<i>Main Ingredients</i>										
Onion										
Cheddar Cheese										
vegetable Booster Advantage										
Pumpkin										
Potato										
Maize Cornflour										
Spring Onion										
Nutmeg										
Parsley										
Low Fat Milk										
Parmesan Cheese										
White Pepper										
Butter										
			791	11.7	6.29	20	471	525	231	2

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item: Potato & Mushroom Pie

DAY: 14



Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Potato & Mushroom Pie	8049	160g	1092	18.3	12	18.6	447	565	454	1	
<i>Main Ingredients</i>											
Potato											
Butter											
Vegetable Booster Advantage											
Celery											
Onion											
Carrot											
Mushroom											
Crushed Garlic											
Low Fat Milk											
Parsley											
Thyme											
Cheddar Cheese											
Lemon Juice											
Cayenne Pepper											
Maize Cornflour											
			1092	18.3	12	18.6	447	565	454	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Pasta Ratatouille
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DAY:	27
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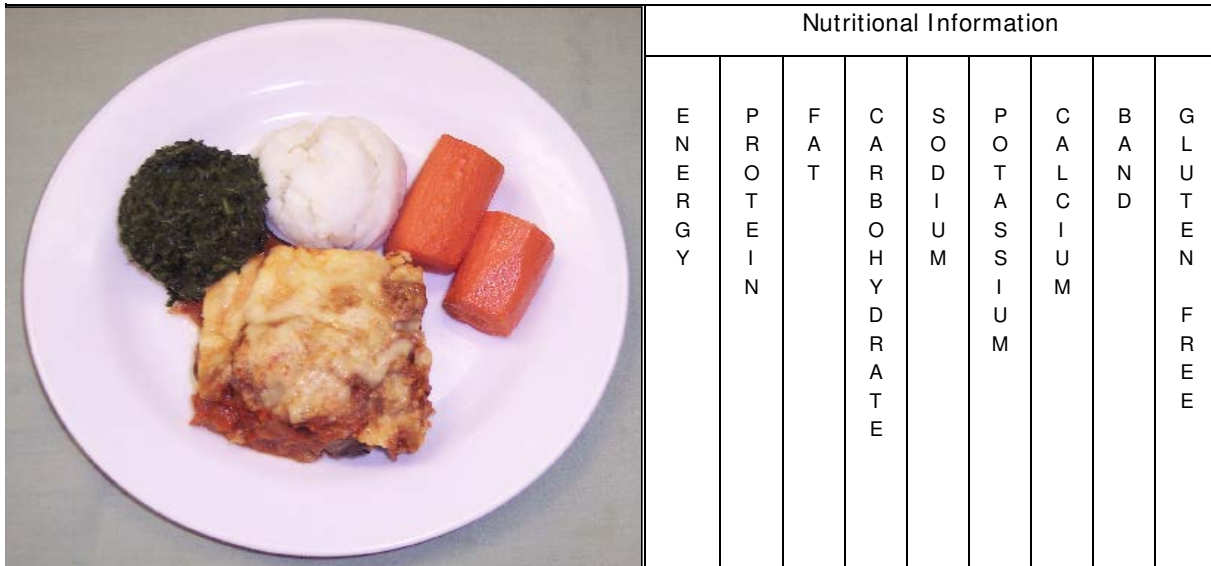
			Nutritional Information								
			E N E R G Y	P R O T E I N	F A T	C A R B O H Y D R A T E	S O D I U M	P O T A S S I U M	C A L C I U M	B A N D	G L U T E N F R E E
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Pasta Ratatouille	8009	160g	746	8.76	4.32	25.1	419	126	50.1	2	
<i>Main Ingredients</i>											
Pasta											
Onion											
Capsicum (red & green)											
Parsley											
White Pepper											
Crushed Garlic											
Basil											
Vegetable Oil											
Parmesan Cheese											
Water											
Zucchini											
Eggplant											
Crushed Tomato											
Cheddar Cheese											
Vegetable Booster Advantage											
Tomato Paste											
White Sugar											
			746	8.76	4.32	25.1	419	126	50.1	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Eggplant Parmagiana
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DAY:	13
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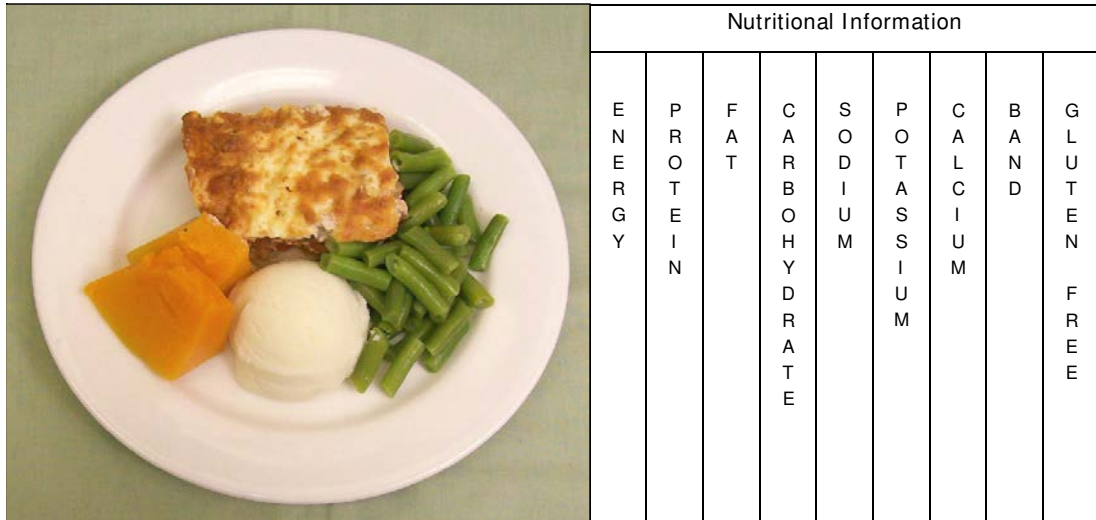
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg	2	
Eggplant Parmagiana	8097	160g	1015	12.2	10.5	23.2	411	209	142	2	
<i>Main Ingredients</i>											
Eggplant											
Plain Flour											
Crushed Garlic											
White Pepper											
Cheddar Cheese											
Vegetable Oil											
Parmesan Cheese											
Egg											
Breadcrumbs											
Onion											
Celery											
Green Capsicum											
Basil											
Vegetable Booster Advantage											
White Sugar											
Crushed Tomato											
Tomato Paste											
Oregano											
		0	1015	12.2	10.5	23.2	411	209	142	2	0

COMMENT	
Refer Attachment	

Monash Health CPK Menu

Menu Item: Vegetable Moussaka

DAY: 26



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		
Vegetable Moussaka	8008	160g	680	8.73	6.77	15.6	371	489	194	2	
Main Ingredients											
Potato											
Crushed Tomato											
Onion											
Tomato Paste											
Crushed Garlic											
Eggplant											
Zucchini											
Green Capsicum											
Milk											
Maize Cornflour											
Vegetable Oil											
Water											
White Pepper											
Parsley											
Cheddar Cheese											
Vegetable Booster Advantage											
Egg											
			680	8.73	6.77	15.6	371	489	194	2	

COMMENT
Refer Attachment

