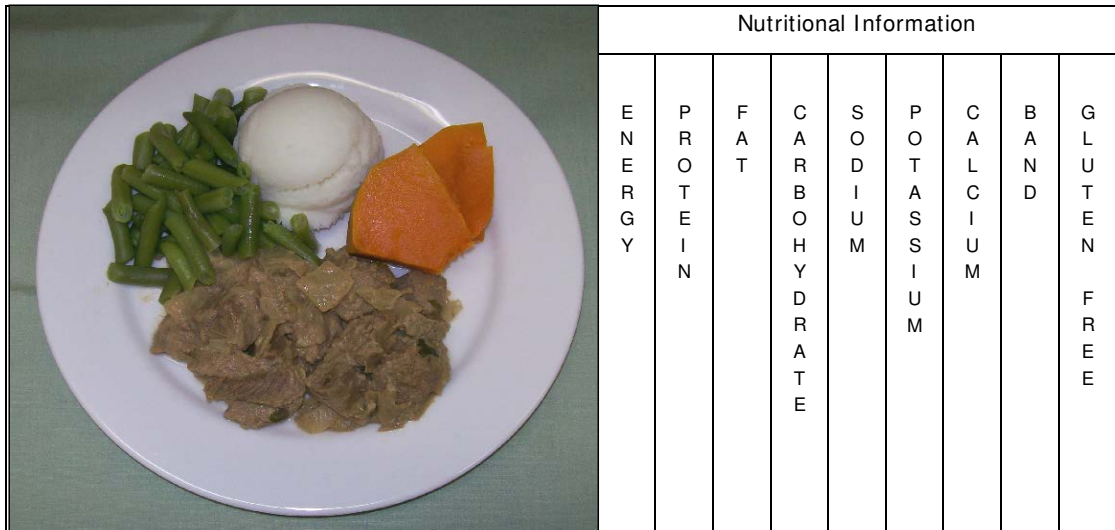


# Monash Health CPK Menu

Menu Item: Beef Rendang

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		
Beef Rendang	1008	160g	1254	32.7	15.1	8.4	306	571	20.9	2	
<b>Main Ingredients</b>											
Beef											
Onion											
Water											
Coconut Milk Powder											
Beef Booster Advantage											
Lemon Juice											
Brown Sugar											
Vegetable Oil											
Coriander (fresh and ground)											
Cumin											
Ginger											
Cinnamon											
Chilli Powder											
Tumeric											
			1254	32.7	15.1	8.4	306	571	20.9	2	

COMMENT  
Refer Attachment





































# Monash Health CPK Menu

Menu Item: Tomato & Chilli Beef

DAY: 24



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	1012	160g	927	29.8	7.89	7.22	401	475	11.3	3	
<b><i>Main Ingredients</i></b>											
Beef											
Onion											
Crushed Garlic											
Water											
Tomato Paste											
Parsley											
Maize Cornflour											
Beef Booster Advantage											
Cumin											
Crushed Tomato											
Oregano											
Chilli Powder											
Cinnamon											
Ginger											
Kidney Beans											
			927	29.8	7.89	7.22	401	475	11.3	3	

COMMENT  
Refer Attachment









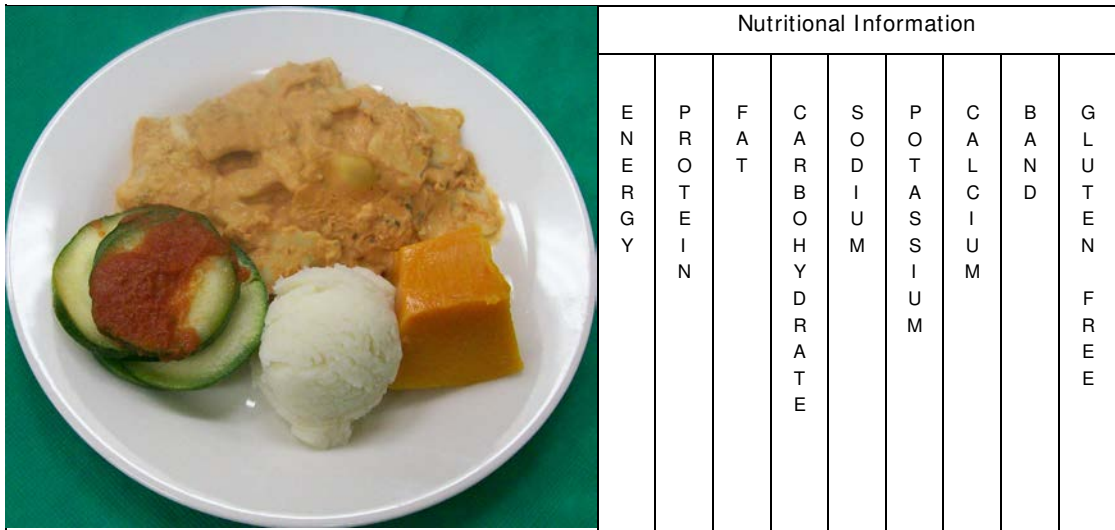




# Monash Health CPK Menu

Menu Item: Beef Ravioli

DAY: 4



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	
Beef Ravioli	1021	160 g	1361	8.19	17	33.8	553	33.7	19.9	3
<b><i>Main Ingredients</i></b>										
Beef Ravioli										
Pasta Sauce (Tomato)										
Water										
Parmesan Cheese										
Beef Booster Advantage										
Parsley										
White Pepper										
White Sugar										
Cream										
Crushed Garlic										
Mixed Herbs										
Butter										
			1361	8.19	17	33.8	553	33.7	19.9	3

COMMENT  
Refer Attachment


# Monash Health CPK Menu

Menu Item: Cajun Beef

DAY: 1



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	

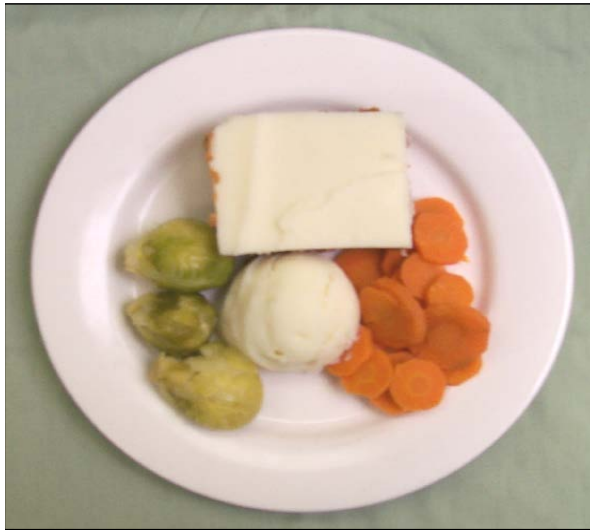
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Cajun Beef	1003	160 g	902	29.3	7.86	6.57	387	500	14.5	3	
<b><i>Main Ingredients</i></b>											
Beef											
Water											
Onion											
Crushed Tomato											
Tomato Paste											
Maize Cornflour											
Beef Booster Advantage											
Garlic											
Parsley											
Cumin											
Oregano											
Chilli Powder											
Cajun Seasoning											
			902	29.3	7.86	6.57	387	500	14.5	3	

COMMENT  
Refer Attachment


# Monash Health CPK Menu

Menu Item: Cottage Pie

DAY: 27



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		
Cottage Pie	1011	160g	964	16.7	9.38	19	244	508	62.1	3	
<b><i>Main Ingredients</i></b>											
Beef											
Potatoes											
Crushed Tomatoes											
Low Fat Milk											
Maize Cornflour											
Tomato Paste											
Onion											
Celery											
Butter											
Worcestershire Sauce											
Mixed Herbs											
Beef Booster Advantage											
Paprika											
Parsley											
Carrot											
			964	16.7	9.38	19	244	508	62.1	3	

COMMENT  
Refer Attachment