
























# Monash Health CPK Menu

Menu Item: Chicken & Mushroom Casserole

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		
Chicken & Mushroom Casserole	2039	160g	870	24.1	8.87	6.89	280	523	16.4	2	
<b><i>Main Ingredients</i></b>											
Chicken											
Mushroom											
Onion											
White Wine											
Garlic											
Tomato Paste											
White Pepper											
Maize Cornflour											
Mixed Herbs											
Crushed Tomato											
Chicken Booster Advantage											
Parsley											
Water											
			870	24.1	8.87	6.89	280	523	16.4	2	

COMMENT
Refer Attachment















# Monash Health CPK Menu

Menu Item: Chicken Teriyaki

DAY: 14

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		
Chicken Teriyaki	2019	160g	936	25.5	10.3	6.91	390	511	17.1	3	
<b><i>Main Ingredients</i></b>											
Chicken											
Water											
Onion											
Garlic											
Teriyaki Sauce											
Ginger											
Spring Onion											
Carrot											
Sweet Chili Sauce											
Sesame Seed Oil											
Chicken Booster Advantage											
			936	25.5	10.3	6.91	390	511	17.1	3	

COMMENT  
Refer Attachment





# Monash Health CPK Menu

Menu Item: Chicken Paella

DAY: 2

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	2	2
Chicken Paella	2012	160g	938	26	10.5	6.76	270	495	13.9	2	
<b><i>Main Ingredients</i></b>											
Chicken											
Garlic											
Red & Green Capsicum											
White Pepper											
Butter											
Rice											
Saffron Powder											
Basil											
Sweet Paprika											
Chicken Booster Advantage											
Peas											
Tomato Paste											
Onion											
Water											
			938	26	10.5	6.76	270	495	13.9	2	

COMMENT

# Monash Health CPK Menu

Menu Item:	Chicken Pie
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DAY:	17
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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		
Chicken Pie	2021	160g	1412	25.3	18.8	16.6	298	522	30.9	3	
<b><i>Main Ingredients</i></b>											
Chicken											
Water											
Chicken Booster Advantage											
Onion											
Maize Cornflour											
Garlic											
Parsley											
White Pepper											
Cream											
Butter											
Peas											
Celery											
Carrot											
Puff Pastry											
			1412	25.3	18.8	16.6	298	522	30.9	3	

COMMENT
Refer Attachment





