Southern Health CPK Menu

Menu Item:	Blueberry & Apple Crumble

DAY:	6

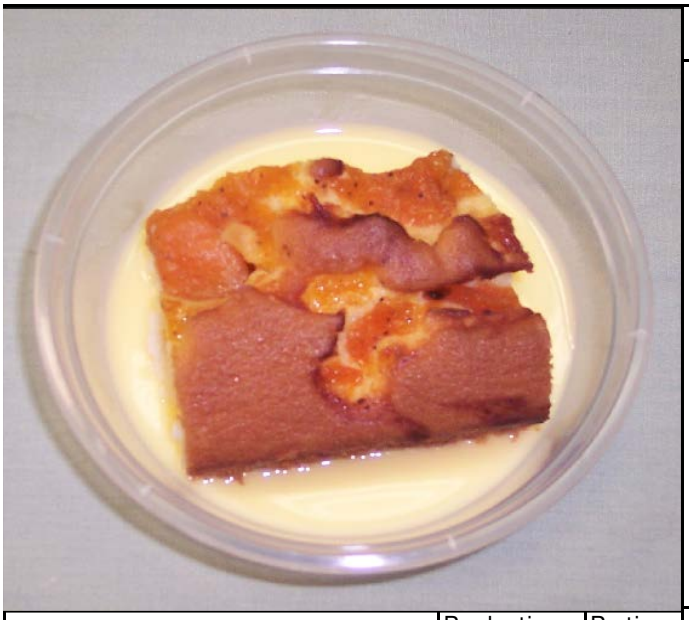
PLACE PHOTO HERE			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Blueberry & Apple Crumble	17115	120g	1055	1.54	9.2	40.8	58.2	53.1		3	
Main Ingredients											
Apple											
Water											
Instant Cleargel											
Butter											
Flour											
Coconut											
White Sugar											
Blueberries											
		0	1055	1.54	9.2	40.8	58.2	53.1	0	3	0

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Apricot Sponge

DAY:	17



Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Apricot Sponge	17168	105g	721	4.77	4.63	27.7	298			2	
Main Ingredients											
Cake Mix											
Water											
Apricot											
Egg											
Nutmeg											
		0	721	4.77	4.63	27.7	298	0	0		0

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Strawberry Cheesecake

DAY:	28

PLACE PHOTO HERE			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Strawberry Cheesecake	17120		1564	5.48	22	38	201			2	
Main Ingredients											
Butter											
Water											
Jelly											
Cheesecake Mix											
Biscuit Crumbs											
			1564	5.48	22	38	201			2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Peach Crumble

DAY:	20

Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Peach Crumble	17068	120g	738	1.45	6.97	26.7	47.7	11.9		3	
Main Ingredients											
Peach											
White Sugar											
Instant Cleargel											
Water											
Butter											
Flour											
Coconut											
Apple											
Yolkine Colour											
			738	1.45	6.97	26.7	47.7	11.9		3	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Jam Pudding

DAY:	5

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Jam Pudding	17008	90g	835	4.13	4.21	35.6	293	24		2	
Main Ingredients											
Cake Mix											
Strawberry Jam											
Water											
Egg											
			835	4.13	4.21	35.6	293	24		2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Baked Sultana Custard

DAY:	4

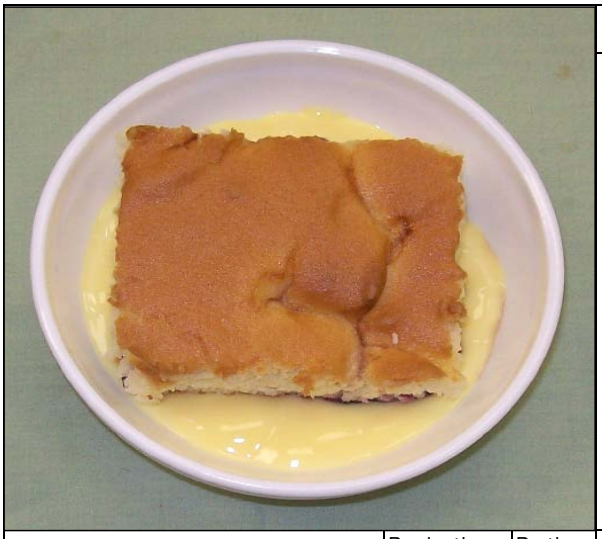
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Baked Mildura Custard	17105	120g	609	5.07	4.77	20.1	61.6	130		1	
Main Ingredients											
Water											
Egg											
Sultana											
Milk Powder											
White Sugar											
Instant Cleargel											
Cream											
			609	5.07	4.77	20.1	61.6	130		1	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Cherry Sponge

DAY:	3



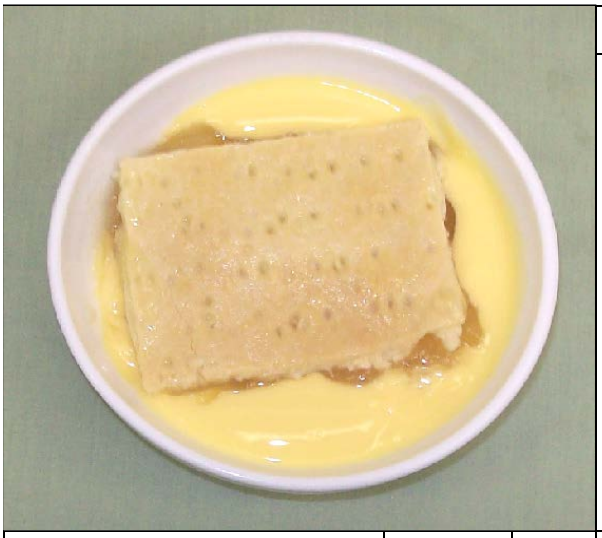
Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Cherry Sponge	17169	105g	785	4.83	4.93	30.9	299	56.9		2	
Main Ingredients											
Cake Mix											
Cherries											
Water											
Egg											
			785	4.83	4.93	30.9	299	56.9		2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Baked Apple Slice

DAY:	16



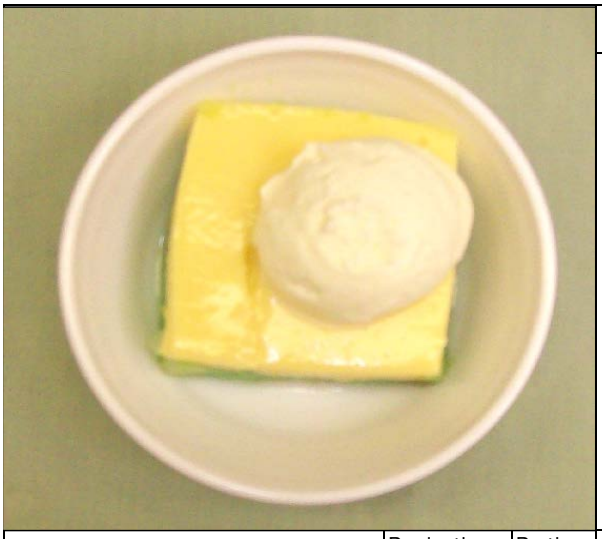
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Baked Apple Slice	17003	120g	739	1.93	5.08	31	119	89.1		3	
Main Ingredients											
Apple											
Water											
Shortcrust Pastry											
White Sugar											
Instant Cleargel											
			739	1.93	5.08	31	119	89.1		3	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Fruit Trifle

DAY:	2



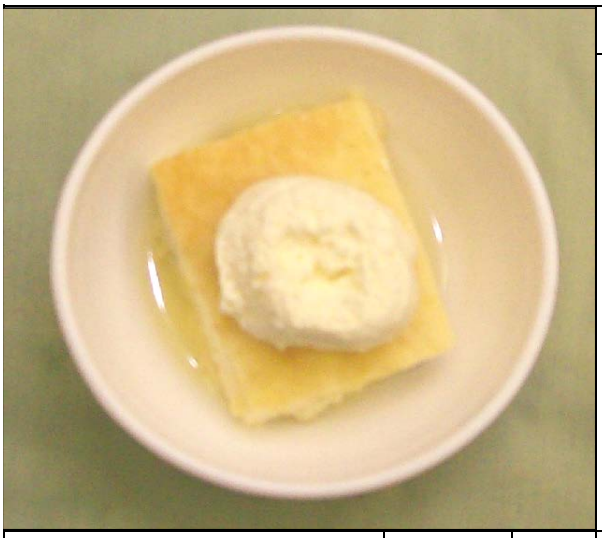
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Fruit Trifle	17196	100g	542	4.82	2.38	21.9	185		138	1	
Main Ingredients											
Custard Powder											
Water											
Jelly											
Two Fruits											
Cake											
White Sugar											
Low Fat Milk											
			542	4.82	2.38	21.9	185		138	1	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Bread & Butter Pudding

DAY:	8



Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Bread & Butter Pudding	17027	120g	691	4.63	8.21	17.8	110	93.9		2	
Main Ingredients											
Sultanas											
White Bread											
Butter											
Water											
Milk Powder											
Egg											
Cream											
Nutmeg											
Vanilla Essence											
Instant Cleargel											
White Sugar											
			691	4.63	8.21	17.8	110	93.9		2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Baked Peach Slice

DAY:	9

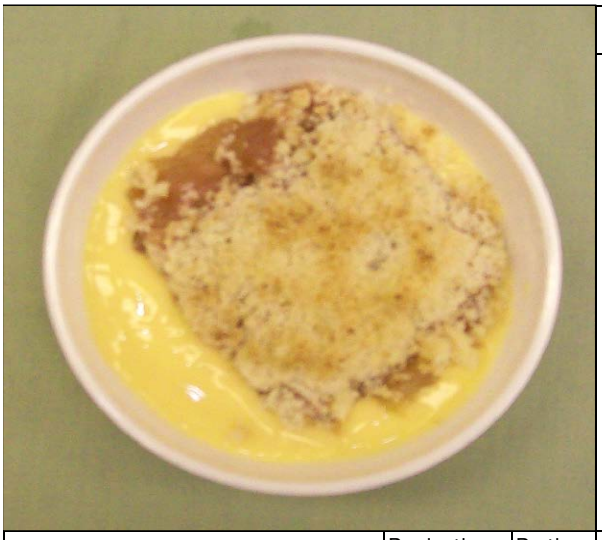
Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Baked Peach Slice	17016	120g	675	2.11	4.99	26.8	120	17.9		3	
Main Ingredients											
Peaches											
White Sugar											
Water											
Instant Cleargel											
Shortcrust Pastry											
Apple											
			675	2.11	4.99	26.8	120	17.9		3	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Rhubarb & Apple Crumble

DAY:	12



Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Rhubarb & Apple Crumble	17116	120g	778	1.68	7.08	29.8	23.8	78.6	3.93	3	
Main Ingredients											
Rhubarb											
Water											
Apple											
Instant Cleargel											
Butter											
Flour											
Coconut											
White Sugar											
			778	1.68	7.08	29.8	23.8	78.6	3.93	3	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Jellied Berry Pudding

DAY:	22

PLACE PHOTO HERE

Item	Production Code	Portion Size	Nutritional Information: ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
Jellied Berry Pudding	17170	110g	179	1.38	0.34	7.69	55.6	36.5	13.5	3	
Main Ingredients											
Bread											
Raspberries											
Water											
Jelly											
Mousse											
Blackberries											
Boysenberries											
Low Fat Milk											
			179	1.38	0.34	7.69	55.6	36.5	13.5	3	

COMMENT

Southern Health CPK Menu

Menu Item:	Lemon Sago Pudding

DAY:	11

Item	Production Code	Portion Size	Nutritional Information: ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
Lemon Sago Pudding	17223	140g	758	0.37	5.65	31.8	9.28	3.31		3	
Main Ingredients											
Water											
Sugar											
Tapioca											
Cream											
Lemon Juice											
Butter											
Lemon Essence											
Yolkine Colour											
		0	758	0.37	5.65	31.8	9.28	3.31	0	3	0

COMMENT

Southern Health CPK Menu

Menu Item:	Golden Syrup Pudding

DAY:	1

Item	Production Code	Portion Size	Nutritional Information: ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
Golden Syrup Pudding	17007	90g	1045	3.71	4.8	46.9	380	81.7		2	
Main Ingredients											
Cake Mix											
Water											
Golden Syrup											
Egg											
			1045	3.71	4.8	46.9	380	81.7		2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Apple & Cinnamon Cake

DAY:	13

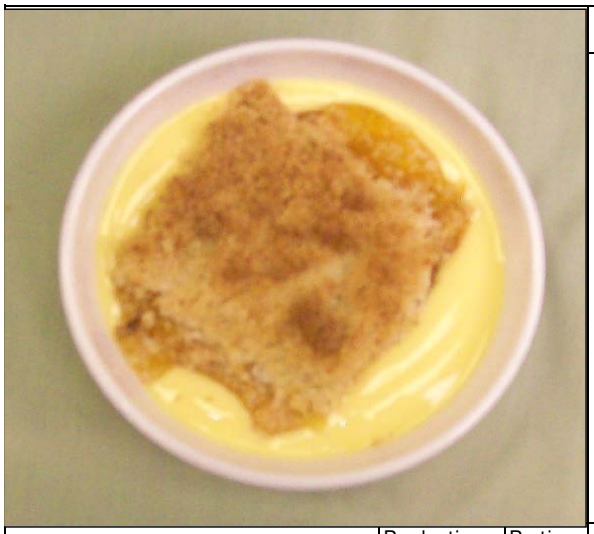
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Apple & Cinnamon Cake	17221	105g	829	4.55	4.69	34.1	298	32.8		2	
Main Ingredients											
Cake Mix											
Egg											
Water											
Apple											
Cinnamon											
Mixed Spice											
White Sugar											
			829	4.55	4.69	34.1	298	32.8		2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Peach & Apple in a Coconut Crust

DAY:	14



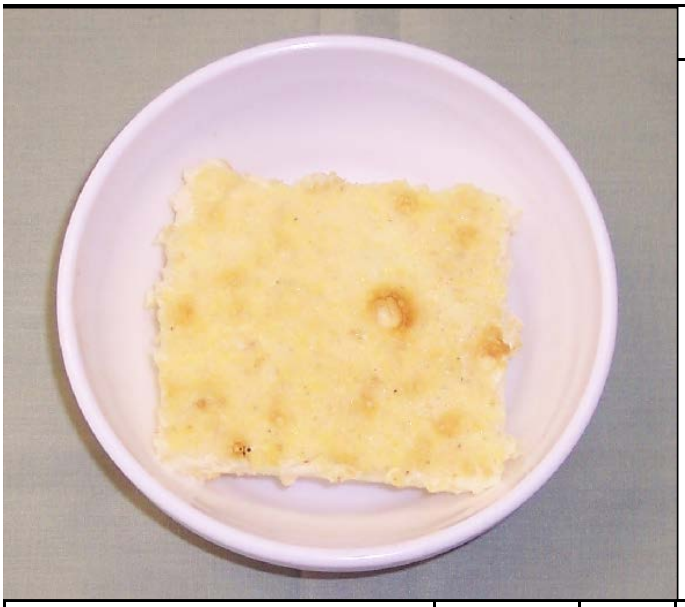
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Peach & Apple in a Coconut Crust	17070	120g	725	1.53	6.91	26.3	36.8	29.8	9.76	3	
Main Ingredients											
Peaches											
White Sugar											
Water											
Instant Cleargel											
Butter											
Flour											
Coconut											
Brown Sugar											
Apple											
			725	1.53	6.91	26.3	36.8	29.8	9.76	3	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Rice Pudding

DAY:	15



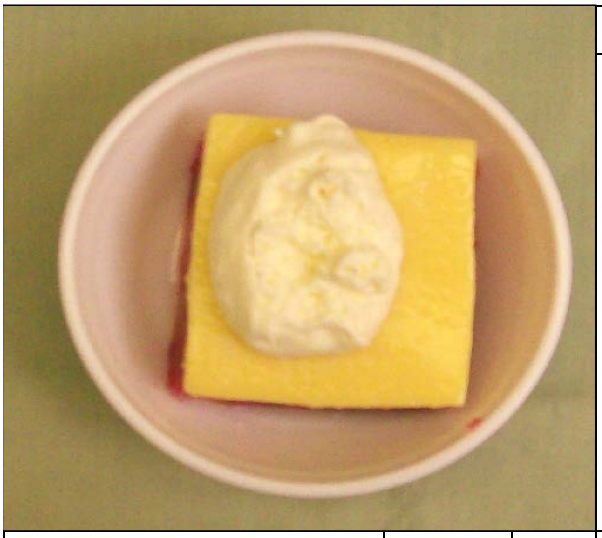
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Rice Pudding	17046	130g	410	3.75	5.11	8.82	44.7			3	
Main Ingredients											
Milk Powder											
Water											
Egg											
Cream											
Nutmeg											
Vanilla Essence											
Instant Cleargel											
White Sugar											
Rice											
		0	410	3.75	5.11	8.82	44.7	0	0	3	0

COMMENT

Southern Health CPK Menu

Menu Item:	Sherry Cake Royale

DAY:	7



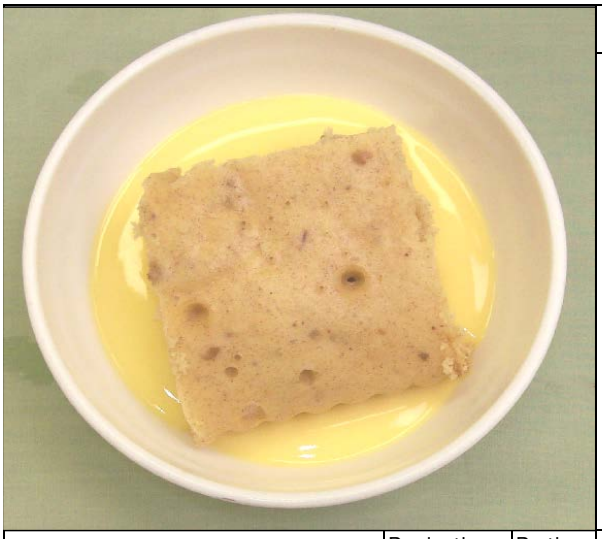
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Sherry Cake Royale	17212	130g	536	4.77	2.33	21	175	105	138	1	
Main Ingredients											
Cake											
Water											
Low Fat Milk											
Custard Powder											
White Sugar											
Jelly											
Two Fruits											
Sherry											
			536	4.77	2.33	21	175	105	138	1	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Steamed Date Pudding

DAY:	19



Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Steamed Date Pudding	17006	80g	767	4.34	4.28	31.1	295	78.7	5.2	2	
Main Ingredients											
Cake Mix											
Water											
Dates											
Egg											
			767	4.34	4.28	31.1	295	78.7	5.2	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Apple in Cinnamon Oat Crust

DAY:	26

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Apple in Cinnamon Oat Crust	17013	120g	680	2.52	0.93	36.1	7.6	88.3	13.2	3	
Main Ingredients											
Apple											
White Sugar											
Instant Cleargel											
Water											
Butter											
Flour											
Cinnamon											
Oats											
Brown Sugar											
			680	2.52	0.93	36.1	7.6	88.3	13.2	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chocolate Pudding

DAY:	21

Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Chocolate Pudding	17041	110g	1083	4.24	7.39	42.6	16.5			2	
Main Ingredients											
Water											
Chocolate Cake Mix											
Egg											
White Sugar											
Cocoa Powder											
			1083	4.24	7.39	42.6	16.5			2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Port Wine Trifle

DAY:	18

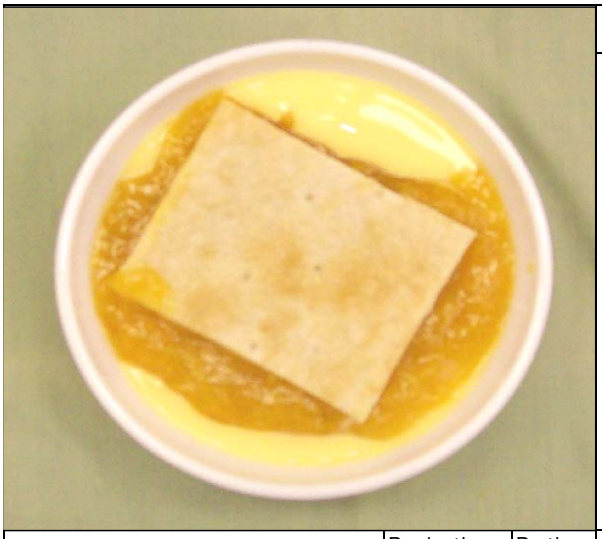
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Port Wine Trifle	17184	130g	533	4.86	2.58	17.5	165		138	1	
Main Ingredients											
Cake											
Water											
Jelly											
Low Fat Milk											
Custard Powder											
White Sugar											
Vanilla Essence											
			533	4.86	2.58	17.5	165		138	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Baked Apricot Slice

DAY:	23



Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Baked Apricot Slice	17012	120g	720	2.47	4.98	29.8	119			3	
Main Ingredients											
Apricots											
Water											
Shortcrust Pastry											
White Sugar											
Instant Clearjel											
			720	2.47	4.98	29.8	119			3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Apple Berry Sponge

DAY:	24

Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Apple Berry Sponge	17104	105g	942	4.03	5.03	40.3	354	37.7		2	
Main Ingredients											
Cake Mix											
Water											
Egg											
Apple											
Raspberries											
			942	4.03	5.03	40.3	354	37.7		2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Custard Rice Cream

DAY:	25

Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Custard Rice Cream	17056	120g	625	3.68	1.58	25.3	64.1		117	1	
Main Ingredients											
Cream											
Water											
Vanilla Essence											
Rice											
Butter											
Low Fat Milk											
Custard Powder											
White Sugar											
		0	625	3.68	1.58	25.3	64.1	0	117	1	0

COMMENT

Monash Health CPK Menu

Menu Item:	Tropical Fruit Trifle

DAY:	10

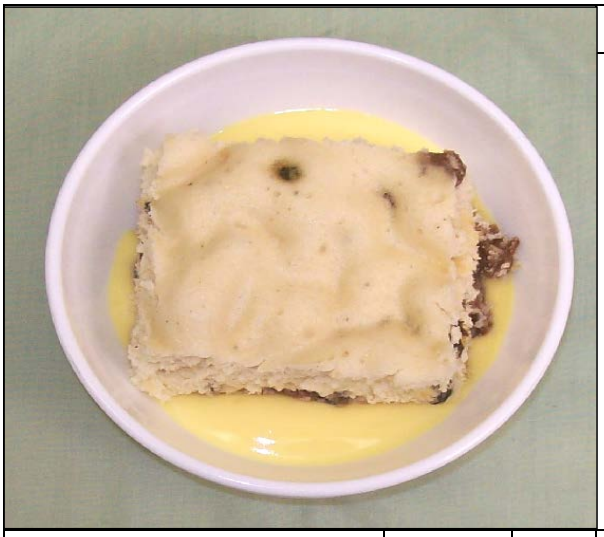
Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Tropical Fruit Trifle	17217	130g	579	5.04	2.5	20.2	163		138	1	
Main Ingredients											
Custard Powder											
Tropical Fruit Salad											
Water											
Cake											
Jelly											
Low Fat Milk											
White Sugar											
			579	5.04	2.5	20.2	163		138	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Steamed Fruit Pudding

DAY:	27



Item	Production Code	Portion Size	Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Steamed Fruit Pudding	17175	90g	1015	3.71	4.3	46.4	332	152	12.7	2	
Main Ingredients											
Cake Mix											
Water											
Sultanas											
Currants											
Egg											
			1015	3.71	4.3	46.4	332	152	12.7	2	

COMMENT
Refer Attachment