

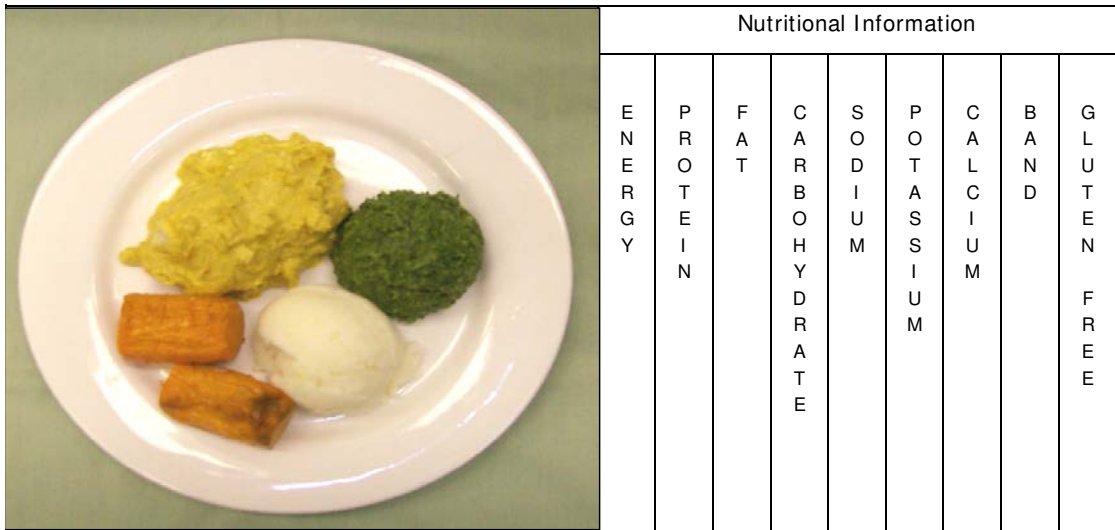




# Monash Health CPK Menu

Menu Item: Fish Rendang

DAY: 22



Item	Production Code	Portion Size	Nutritional Information								
			kJ	g	g	g	mg	mg	mg		
Fish Rendang	3003	140g	642	20.8	4.96	6.52	476	37.7	7.14	3	
<b>Main Ingredients</b>											
Fish											
Onion											
Water											
Coconut Milk Powder											
Lemon Juice											
Brown Sugar											
Crushed Garlic											
Ginger (fresh and ground)											
Cumin											
Coriander (fresh and ground)											
Fish Sauce											
Cinnamon											
Tumeric											
Paprika											
Chilli											
			642	20.8	4.96	6.52	476	37.7	7.14	3	

COMMENT

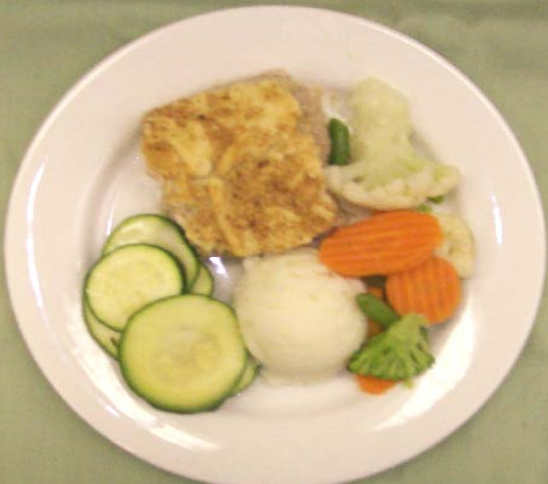
Refer Attachment



# Monash Health CPK Menu

Menu Item:      Tuna Rice Bake

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		
Tuna Rice Bake	3006	160g	874	26.5	5.88	13	540	32.2	214	3	
<b><i>Main Ingredients</i></b>											
Tuna											
Low Fat Milk											
Rice											
Onion											
Cheese											
Carrot											
Corn											
Mushroom											
Maize Cornflour											
Green Capsicum											
Butter											
Lemon Juice											
Vegetable Booster Advantage											
Dill											
White Pepper											
			874	26.5	5.88	13	540	32.2	214	3	

COMMENT









