Monash Health CPK Menu

Menu Item:	Shepherds Pie

DAY:	11

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Shepherds Pie	1034	160g	954	23.5	8.19	14.6	345	541	58.7	2	
Main Ingredients											
Lamb											
Potato											
Low Fat Milk											
Worcestershire Sauce											
Crushed Tomato											
Onion											
Celery											
Butter											
Tomato Paste											
Parsley											
Beef Booster Advantage											
Maize Cornflour											
White Pepper											
Mixed Herbs											
			954	23.5	8.19	14.6	345	541	58.7	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Lamb & Vegetable Casserole

DAY:	16

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		
Lamb & Vegetable Casserole	4010	160g	967	29	9.26	7.43	318	535	17.8	2	
Main Ingredients											
Lamb											
White Pepper											
Onion											
Crushed Garlic											
Water											
Worcestershire Sauce											
Carrot											
Potato											
Celery											
Peas											
Maize Cornflour											
Beef Booster Advantage											
			967	29	9.26	7.43	318	535	17.8	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Lamb Curry

DAY:	25

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Sweet Lamb Curry	4002	160g	1208	26.7	17.8	5.65	299	498	20.4	2	
Main Ingredients											
Lamb											
Water											
Crushed Tomatoes											
Onion											
Celery											
Crushed Garlic											
Coriander (fresh and ground)											
Tumeric											
Paprika											
Curry Powder											
Cumin											
Maize Cornflour											
Bay Leaf											
Tandoori Paste											
Beef Booster Advantage											
			1208	26.7	17.8	5.65	299	498	20.4	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Lamb & Yoghurt Casserole

DAY:	22

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Lamb & Yoghurt Casserole	4022	160 g	1172	26.8	17.8	3.14	272	468	31	2	
Main Ingredients											
Lamb											
Onion											
Crushed Garlic											
Lemon Juice											
Capsicum (red & green)											
Water											
Parsley											
White Pepper											
Crushed Tomato											
Oregano											
Natural Yoghurt											
Beef Booster Advantage											
			1172	26.8	17.8	3.14	272	468	31	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Lamb Tagine

DAY:	1

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		
Lamb Tagine	4012	160g	1038	29	9.56	11.5	337	514	16.2	2	
Main Ingredients											
Lamb											
Onion											
Gonger											
Crushed garlic											
Water											
Coriander											
Cumin											
Maize Cornflour											
Beef Booster Advantage											
Parsley											
Prunes											
Honey											
Cinnamon											
Tumeric											
			1038	29	9.56	11.5	337	514	16.2	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Roast Lamb

DAY:	4, 18

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		
Roast Lamb	4009	100g	855	27.4	10.5		60	N/A	N/A	1	
Main Ingredients											
Roast Lamb											
			855	27.4	10.5		60			1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Lamb Goulash

DAY:	8

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		
Lamb Goulash	4029	160g	996	29	9.34	9.02	350	542	15.1	2	
Main Ingredients											
Lamb											
Onion											
Crushed Garlic											
Water											
Paprika											
White Pepper											
Tomato Paste											
Bay Leaf											
Maize Cornflour											
Celery											
Potato											
Parsley											
Beef Booster Advantage											
			996	29	9.34	9.02	350	542	15.1	2	

COMMENT
Refer Attachment