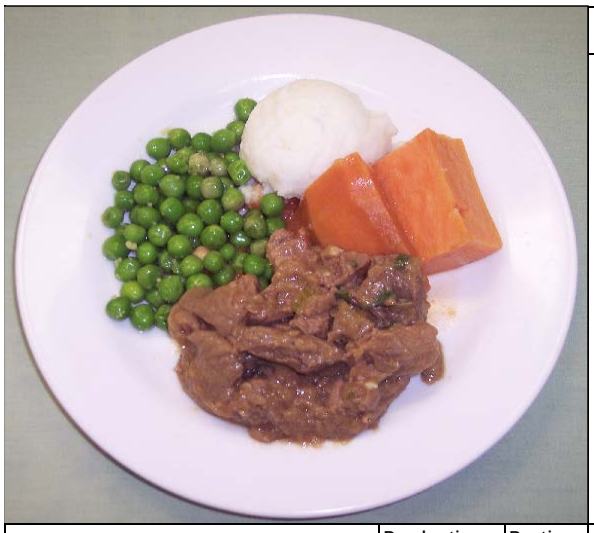
Monash Health CPK Menu

Menu Item:	Pork & Hoisin Sauce

DAY:	3



			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Braised Pork & Hoisin Sauce	6021	160 g	935	30.2	4.99	14.1	535	605	26.3	3	
Main Ingredients											
Pork											
Onion											
Garlic											
Water											
Maize Cornflour											
White Pepper											
Spring Onion											
Celery											
Coriander											
Hoisin Sauce											
Soy Sauce											
Chinese Five Spice											
Ginger											
			935	30.2	4.99	14.1	535	605	26.3	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Sweet & Sour Pork

DAY:	15

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Sweet & Sour Pork	6004	160g	1235	40.9	5.25	19.5	375	680	19	3	
Main Ingredients											
Pork											
Crushed Garlic											
Ginger											
Onion											
Carrot											
Celery											
Red & Green Capsicum											
Pineapple Pieces											
Brown Sugar											
Tomato Sauce											
Honey											
White Vinegar											
Maize Cornflour											
Tomato Paste											
Soy Sauce											
Pineapple Juice											
			1235	40.9	5.25	19.5	375	680	19	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Sweet Chilli Pork Stir Fry

DAY:	20

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Sweet Chilli Pork Stir Fry	6001	160g	818	29.2	5.51	6.76	348	620	26.4	2	
Main Ingredients											
Pork											
Water											
Onion											
Crushed Garlic											
Celery											
Soy Sauce											
Ginger											
Spring Onion											
Maize Cornflour											
Sweet Chilli Sauce											
Capsicum (Red & Green)											
Chicken Booster Advantage											
Sesame Seed Oil											
			818	29.2	5.51	6.76	348	620	26.4	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Pork & Plum Sauce

DAY:	23

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Pork & Plum Sauce	6026	160g	1266	44.1	6.13	17.1	117	434	16.1	1	
Main Ingredients											
Pork											
Water											
Crushed Garlic											
Onion											
Ginger											
Plum Sauce											
Spring Onion											
Maize Cornflour											
Green Capsicum											
Plum Jam											
			1266	44.1	6.13	17.1	117	434	16.1	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Roast Pork

DAY:	6, 13

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 Pork	6007	100g	582	26.2	2.33	2.99	516	N/A	N/A	3	
Main Ingredients											
Roast Pork lean											
			582	26.2	2.33	2.99	516			3	

COMMENT

Monash Health CPK Menu

Menu Item:	Burmese Pork Curry

DAY:	10

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		
Burmese Pork Curry	6012	160g	1155	44.5	6.23	10.2	363	493	16.3	2	
Main Ingredients											
Pork											
Onion											
Crushed Garlic											
Water											
Maize Cornflour											
White Pepper											
Spring Onion											
Coriander (fresh & ground)											
Ginger											
Tamarind Paste											
Thai Green Curry Paste											
Fish Sauce											
Brown Sugar											
Tumeric											
Potato											
			1155	44.5	6.23	10.2	363	493	16.3	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Pork Medallion with Citrus Sauce

DAY:	17

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		
Pork Medallion with Citrus Sauce	6011	140g	729	26.4	3.38	9.81	529	14.6	7.93	3	
Main Ingredients											
Pork											
Ginger											
Water											
Brown Sugar											
Chicken Gravy											
Orange Juice											
Cream											
Parsley											
Marmalade											
			729	26.4	3.38	9.81	529	14.6	7.93	3	

COMMENT