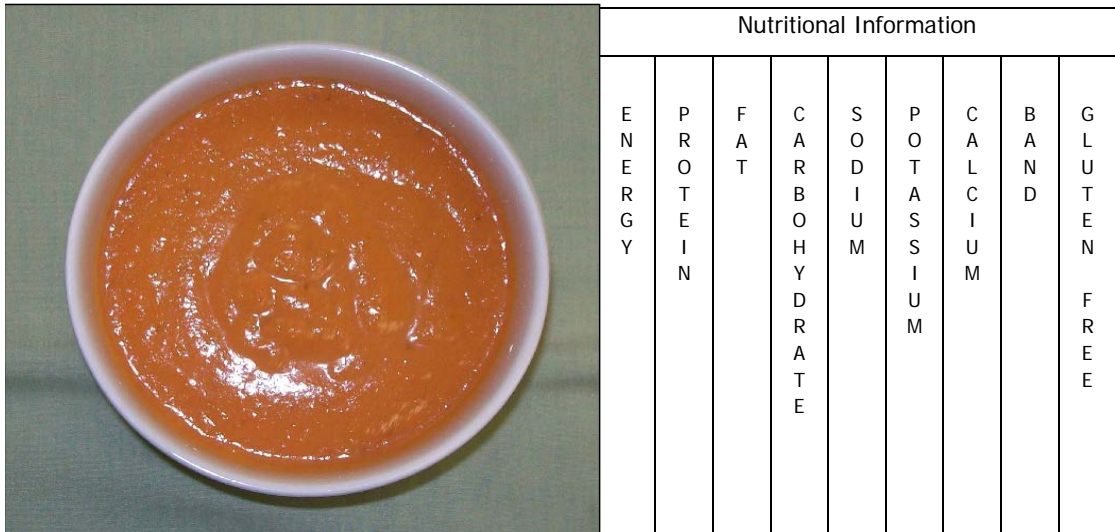


Monash Health CPK Menu

Menu Item: **Tomato Soup**

DAY: **1, 7, 10 & 17**



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
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Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Tomato Soup	11067	180ml	219	2.74	0.99	7.88	370	47.9	5.69	2	
Main Ingredients											
Water											
Onion											
Pepper											
Butter											
Lentil											
Tomato Paste											
Crushed Tomato											
Basil											
Vegetable Booster Advantage											
White Sugar											
			219	2.74	0.99	7.88	370	47.9	5.69	2	

COMMENT

Monash Health CPK Menu

Menu Item: Chicken, Vegetable & Noodle Soup

DAY: 2, 8, 17, 19 & 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		
Chicken, Vegetable & Noodle Soup	11061	180ml	347	7.16	2.79	6.96	491	142	10.9	1	
Main Ingredients											
Water											
Onion											
Chicken											
Sage											
Parsley											
Chicken Booster Advantage											
Maize Corn Flour											
Pepper											
Spaghetti											
Celery											
			347	7.16	2.79	6.96	491	142	10.9	1	

COMMENT

Monash Health CPK Menu

Menu Item: Beef, Vegetable & Barley Broth

DAY: 2, 9, 16, 18, 23 & 25

	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		
Beef, Vegetable & Barley Broth	11073	180ml	324	5.16	2.03	8.84	431	145	14.6	1	
Main Ingredients											
Water											
Beef Booster Advantage											
Pearl Barley											
Carrot											
Onion											
Pepper											
Maize Corn Flour											
Celery											
Leek											
Parsley											
Beef											
			324	5.16	2.03	8.84	431	145	14.6	1	

COMMENT

Monash Health CPK Menu

Menu Item: Cream of Mushroom

DAY: 3 & 28

	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	

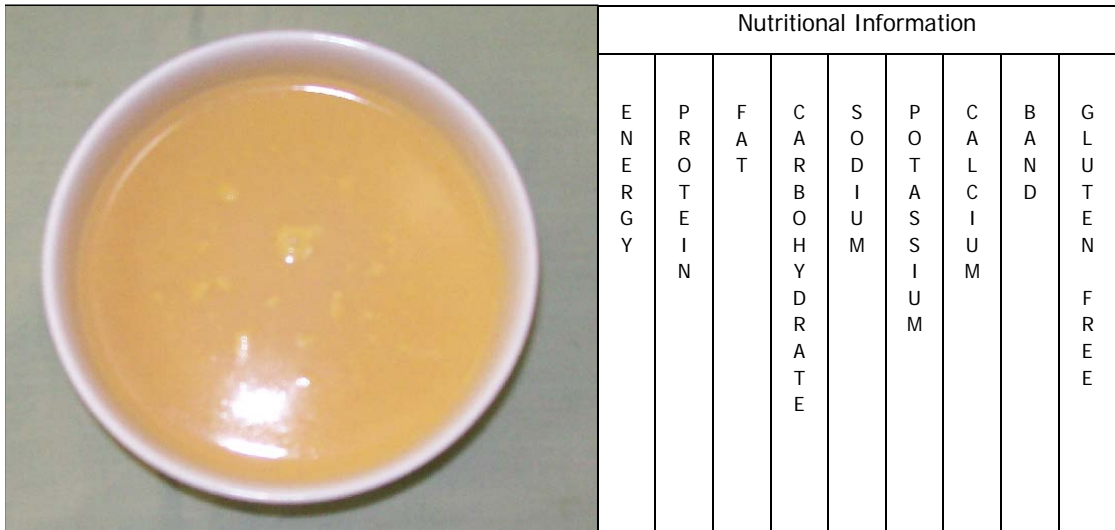
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Cream of Mushroom	11047	180ml	420	2.81	8.09	3.59	386	216	13.7	2	
Main Ingredients											
Water											
Mushroom											
Butter											
Pepper											
Vegetable Booster Advantage											
Maize Corn Flour											
Onion											
Cream											
			420	2.81	8.09	3.59	386	216	13.7	2	

COMMENT

Monash Health CPK Menu

Menu Item: Sweet Potato & Creamed Corn

DAY: 4, 14, 19 & 22




			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		
Sweet Potato & Creamed Corn	11064	180ml	372	2.05	1.95	14.9	569	126	16.4	2	
Main Ingredients											
Water											
Sweet Potato											
Thyme											
Butter											
Vegetable Booster Advantage											
Onion											
Cream											
Pepper											
Maize Corn Flour											
Corn											
			372	2.05	1.95	14.9	569	126	16.4	2	

COMMENT

Monash Health CPK Menu

Menu Item:	Minestrone Soup
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DAY:	4, 8, 15 & 24
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	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		
Minestrone Soup	11024	180g	318	2.77	2.04	10.7	524	99.9	11.2	2	
Main Ingredients											
Water											
Butter											
Onion											
Leek											
Celery											
Cabbage											
Potato											
Tomato Paste											
Parsley											
Chicken Booster Advantage											
Bacon											
Pepper											
Garlic											
Macaroni											
Basil											
Carrot											
Zucchini											
Kidney Beans											
Crushed Tomato											
White Sugar											
			318	2.77	2.04	10.7	524	99.9	11.2	2	

COMMENT