Monash Health CPK Menu

Menu Item:	Potato & Cheese Bake

DAY:	19

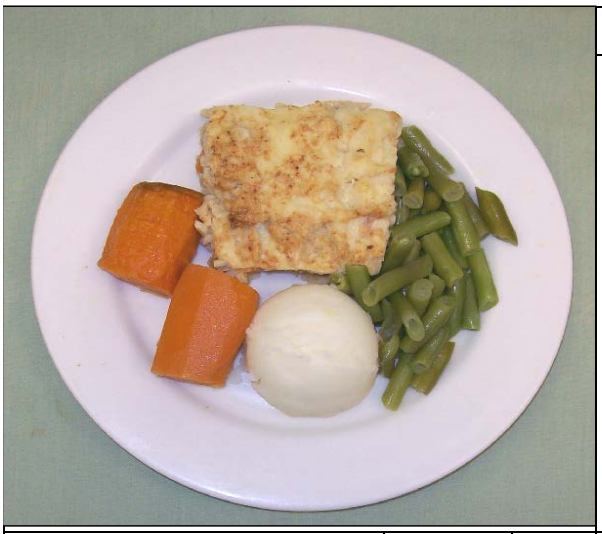
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Potato & Cheese Bake	8092	160g	1209	16.2	14.8	21.5	473	524	317	1	
Main Ingredients											
Potato											
Onion											
Cream											
Cheddar Cheese											
Vegetable Booster Advantage											
Sweet Potato											
Egg											
Natural Youghurt											
Maize Cornflour											
Mustard Seed											
			1209	16.2	14.8	21.5	473	524	317	1	

COMMENT

Monash Health CPK Menu

Menu Item:	Spaghetti Cheese Casserole

DAY:	8



			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Spaghetti Cheese Casserole	8077	160g	1315	17.3	10.3	37.9	423	66.5	354	1	
Main Ingredients											
Pasta											
Water											
Cheddar Cheese											
Worcestershire Sauce											
White Pepper											
Paprika											
Maize Cornflour											
Parmesan Cheese											
Parsley											
Carrot											
Celery											
Onion											
Red Capsicum											
Peas											
Vegetable Booster Advantage											
Butter											
Mixed Herbs											
Crushed Farlic											
Low Fat Milk											
			1315	17.3	10.3	37.9	423	66.5	354	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Spinach & Ricotta Ravioli

DAY:	10

PLACE PHOTO HERE

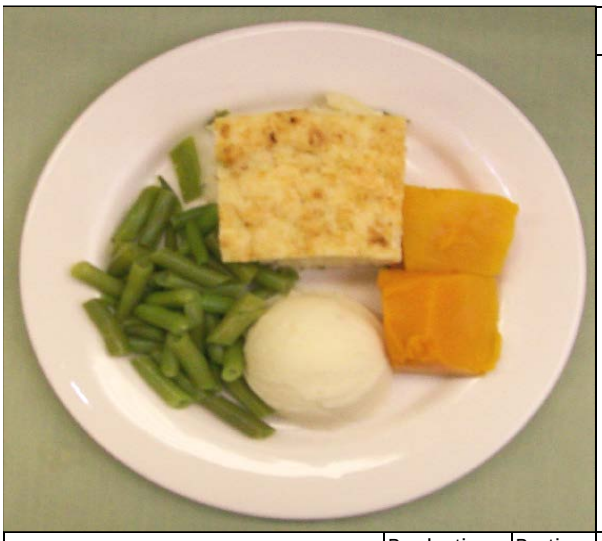
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Spinach & Ricotta Ravioli	8007	160g	1178	8.78	15.3	26.8	237	5.94	83.6	2	
Main Ingredients											
Baby Spinach											
White Pepper											
Cream											
Spinach & Ricotta Ravioli (cooked)											
Parmesan Cheese											
Milk											
Bechamel Sauce											
			1178	8.78	15.3	26.8	237	5.94	83.6	2	

COMMENT

Monash Health CPK Menu

Menu Item:	Macaroni Cheese

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		
Macaroni Cheese	8016	160g	1195	17.6	10.2	30.4	523	9.76	321	1	
Main Ingredients											
Butter											
Pasta											
Cheddar Cheese											
Paprika											
Water											
Parmesan Cheese											
Parsley											
Vegetable Booster Advantage											
Egg											
Onion											
Low Fat Milk											
Maize Cornflour											
			1195	17.6	10.2	30.4	523	9.76	321	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Creamy Mushroom Pasta

DAY:	17

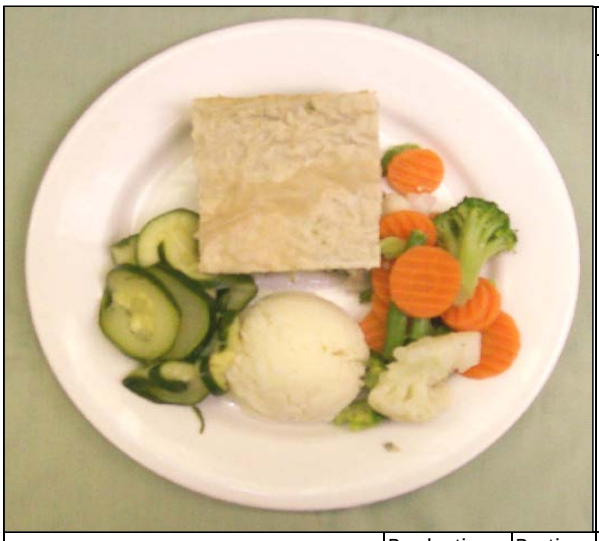
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Creamy Mushroom Pasta	8013	160g	935	12	5.71	30.1	416	171	265	2	
Main Ingredients											
Pasta											
Butter											
Onion											
Celery											
Mushroom											
Carrot											
Red Capsicum											
Vegetable Booster Advantage											
Maize Cornflour											
Parmesan Cheese											
Cheddar Cheese											
Low Fat Milk											
Parsley											
Lemon Juice											
Paprika											
White Pepper											
Thyme											
Crushed Garlic											
Water											
			935	12	5.71	30.1	416	171	265	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Cheese & Silverbeet Pie

DAY:	6



			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Cheese & Silverbeet Pie	8093	160g	1177	19.1	18.7	8.09	538	128	332	1	
Main Ingredients											
Onion											
Ricotta Cheese											
Egg											
Low Fat Milk											
Nutmeg											
Butter											
Cheddar Cheese											
Puff Pastry											
White Pepper											
Silverbeet											
Vegetable Booster Advantage											
			1177	19.1	18.7	8.09	538	128	332	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Vegetable Paella

DAY:	12

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Vegetable Paella	8058	160g	452	5.88	2.54	14.5	410	106	11	2	
Main Ingredients											
Onion											
Carrot											
Crushed Garlic											
Crushed Tomato											
Capsicum (red & green)											
White Pepper											
Mushroom											
Butter											
Rice											
Saffron Powder											
Basil (fresh and ground)											
Paprika											
Haricot Beans											
Vegetable Booster Advantage											
Water											
Peas											
Kidney Beans											
Egg (cooked)											
			452	5.88	2.54	14.5	410	106	11	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Nasi Goreng

DAY:	4

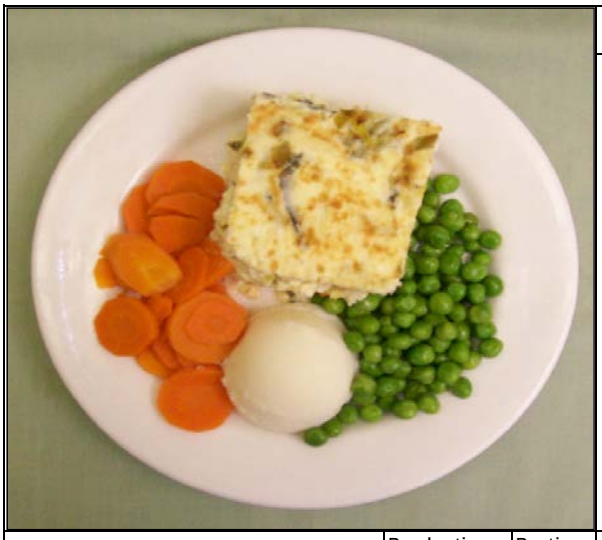
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Nasi Goreng	8099	160g	497	6.51	2.79	15.6	524	232	99.6	2	
Main Ingredients											
Red Capsicum											
Sweet Chilli Sauce											
Onion											
Crushed Garlic											
Soy Sauce											
Spring Onion											
Celery											
Broccoli											
Carrot											
Rice											
Tofu											
Water											
Chick Peas											
Vegetable Booster Advantage											
Sesame Seed Oil											
Tumeric											
Ginger											
Brown Sugar											
Curry Powder											
Egg (cooked)											
			497	6.51	2.79	15.6	524	232	99.6	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Leek & Fetta Tart

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		
Leek & Fetta Tart	8075	160g	1336	15.9	22.1	13.3	432	223	28.5	1	
Main Ingredients											
Butter											
Crushed Garlic											
Water											
Cayenne Pepper											
Egg											
Fetta Cheese											
Puff Pastry											
Leek											
Parmesan Cheese											
Cream											
			1336	15.9	22.1	13.3	432	223	28.5	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Mixed Bean Goulash

DAY:	2

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		
Mixed Bean Goulash	8059	160g	509	7.24	1.08	18.4	480	122	3.38	2	
Main Ingredients											
Onion											
Crushed Garlic											
Crushed Tomato											
Green Capsicum											
White Pepper											
Basil (fresh & ground)											
Paprika											
Haricot Beans											
Water											
Vegetable Booster Advantage											
Kidney Beans											
Cannellini Beans											
Carraway Seeds											
Potato											
Vegetable Oil											
Tomato Paste											
Baked Beans											
			509	7.24	1.08	18.4	480	122	3.38	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Lentil & Tofu Curry

DAY:	5

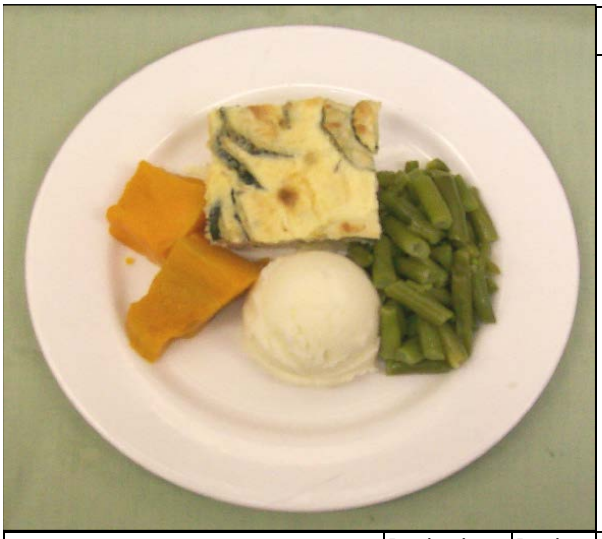
Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Lentil & Tofu Curry	8006	160g	546	10.3	1.7	16.7	461	144	171	2	
Main Ingredients											
Tofu											
Lentils											
Water											
Onion											
Crushed Garlic											
Spring Onion											
Vegetable Oil											
Crushed Tomato											
Coriander											
Cinnamon											
Cumin											
Ginger											
Curry Powder											
Vegetable Booster Advantage											
Carrot											
			546	10.3	1.7	16.7	461	144	171	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Zucchini & Cheese Bake

DAY:	28



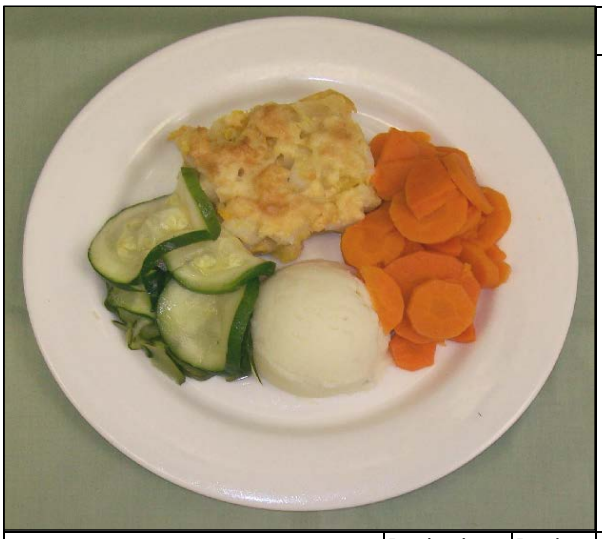
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Zucchini & Cheese Bake	8102	160g	901	15.4	12.9	8.55	476	140	257	1	
Main Ingredients											
Zucchini											
Butter											
Egg											
Onion											
Cheddar Cheese											
White Pepper											
Crushed Garlic											
Low Fat Milk											
Maize Cornflour											
Parmesan Cheese											
Vegetable Booster Advantage											
			901	15.4	12.9	8.55	476	140	257	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Pumpkin & Potato Bake

DAY:	7



Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Pumpkin & Potato Bake	8101	160 g	791	11.7	6.29	20	471	525	231	2	
Main Ingredients											
Onion											
Cheddar Cheese											
vegetable Booster Advantage											
Pumpkin											
Potato											
Maize Cornflour											
Spring Onion											
Nutmeg											
Parsley											
Low Fat Milk											
Parmesan Cheese											
White Pepper											
Butter											
			791	11.7	6.29	20	471	525	231	2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item:	Potato & Mushroom Pie

DAY:	14

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Potato & Mushroom Pie	8049	160g	1092	18.3	12	18.6	447	565	454	1	
Main Ingredients											
Potato											
Butter											
Vegetable Booster Advantage											
Celery											
Onion											
Carrot											
Mushroom											
Crushed Garlic											
Low Fat Milk											
Parsley											
Thyme											
Cheddar Cheese											
Lemon Juice											
Cayenne Pepper											
Maize Cornflour											
			1092	18.3	12	18.6	447	565	454	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Spinach Bake

DAY:	1

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Spinach Bake	8057	160g	2140	21.9	21.2	50.9	915	10.3	105	1	
Main Ingredients											
Spinach											
Onion											
Ricotta Cheese											
Egg											
Nutmeg											
Cheese Crackers											
Water Crackers											
Cheddar Cheese											
Milk											
White Pepper											
Cream											
Butter											
Vegetable Booster Advantage											
			2140	21.9	21.2	50.9	915	10.3	105	1	

COMMENT
High sodium

Monash Health CPK Menu

Menu Item:	Mediterranean Vegetable Stew

DAY:	18

PLACE PHOTO HERE

Item	Production Code	Portion Size	ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			Nutritional Information								
			kJ	g	g	g	mg	mg	mg		
Mediterranean Vegetable Stew	8062	160g	629	6	2.86	23.3	515	227	33.8	2	
Main Ingredients											
Onion											
Paprika											
White Pepper											
Parsley											
Potato											
Zucchini											
Maize Cornflour											
Carrot											
Eggplant											
Pumpkin											
Vegetable Booster Advantage											
Crushed Garlic											
Cumin											
Tumeric											
Cinnamon											
Water											
Crushed Tomato											
White Sugar											
Quinoa			629	6	2.86	23.3	515	227	33.8	2	
Tomato Paste											
Olive Oil											
Chick Peas											
Cheddar Cheese											
Kidney Beans											

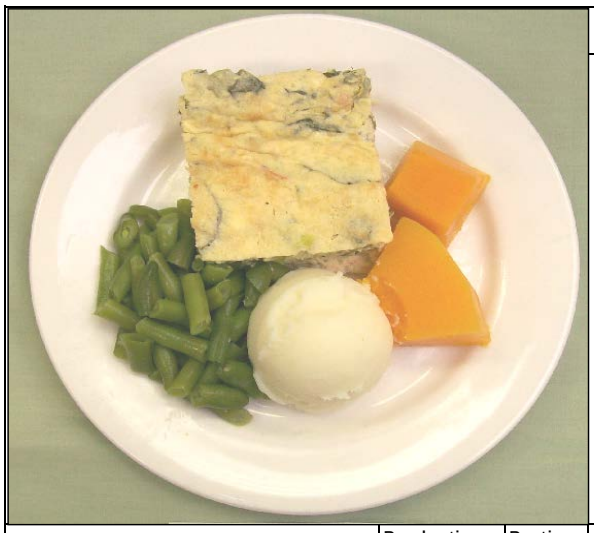
COMMENT
Refer Attachment

Review Date: 29/4/11

Monash Health CPK Menu

Menu Item:	Vegetable Flan

DAY:	16



			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Vegetable Flan	8045	160g	1400	15.1	22.9	15.3	288	105	107	1	
Main Ingredients											
Zucchini											
Basil											
Butter											
Egg											
Ricotta Cheese											
Parmesan Cheese											
Low Fat Milk											
Puff Pastry											
Spring Onion											
Cream											
Carrot											
Red Capsicum											
Baby Spinach											
White Pepper											
			1400	15.1	22.9	15.3	288	105	107	1	

COMMENT

Monash Health CPK Menu

Menu Item:	Pasta with Tomato/Basil & Beans

DAY:	20

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Pasta with Tomato/Basil & Beans	8019	160g	505	5.29	1.29	20.5	323	40	7.32	2	
Main Ingredients											
Pasta											
Water											
Onion											
Crushed Garlic											
Olive Oil											
Basil (ground & fresh)											
Haricot Beans											
Parsley											
Black Pepper											
Baby Spinach											
White Sugar											
Crushed Tomato											
Vegetable Booster Advantage											
Mixed Herbs											
Oregano			505	5.29	1.29	20.5	323	40	7.32	2	
Tomato Paste											

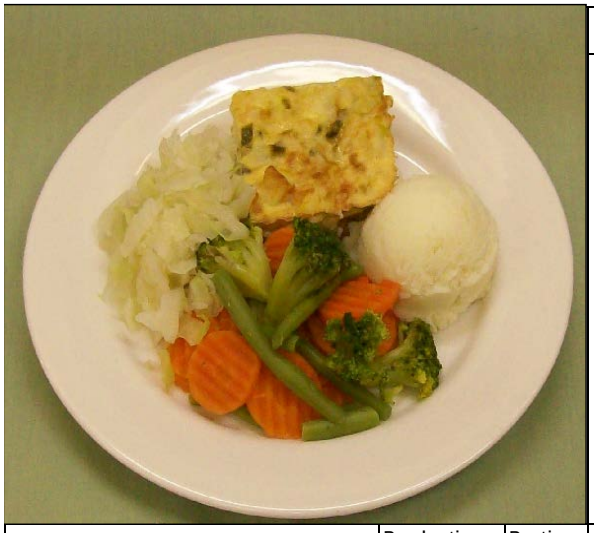
COMMENT

Refer Attachment

Monash Health CPK Menu

Menu Item:	Leek & Potato Flan

DAY:	21



			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Leek & Potato Flan	8034	160g	1413	19.6	19.9	18.6	515	279	246	1	
Main Ingredients											
Egg											
Leek											
Potato											
Cheddar Cheese											
Shortcrust Pastry											
Sour Cream											
Low Fat Milk											
Water											
Butter											
Crushed Garlic											
Cayenne Pepper											
Vegetable Booster Advantage											
			1413	19.6	19.9	18.6	515	279	246	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Pasta Ratatouille

DAY:	27

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Pasta Ratatouille	8009	160g	746	8.76	4.32	25.1	419	126	50.1	2	
Main Ingredients											
Pasta											
Onion											
Capsicum (red & green)											
Parsley											
White Pepper											
Crushed Garlic											
Basil											
Vegetable Oil											
Parmesan Cheese											
Water											
Zucchini											
Eggplant											
Crushed Tomato											
Cheddar Cheese											
Vegetable Booster Advantage											
Tomato Paste											
White Sugar											
			746	8.76	4.32	25.1	419	126	50.1	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Eggplant Parmagiana

DAY:	13

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Eggplant Parmagiana	8097	160g	1015	12.2	10.5	23.2	411	209	142	2	
Main Ingredients											
Eggplant											
Plain Flour											
Crushed Garlic											
White Pepper											
Cheddar Cheese											
Vegetable Oil											
Parmesan Cheese											
Egg											
Breadcrumbs											
Onion											
Celery											
Green Capsicum											
Basil											
Vegetable Booster Advantage											
White Sugar											
Crushed Tomato											
Tomato Paste											
Oregano											
		0	1015	12.2	10.5	23.2	411	209	142	2	0

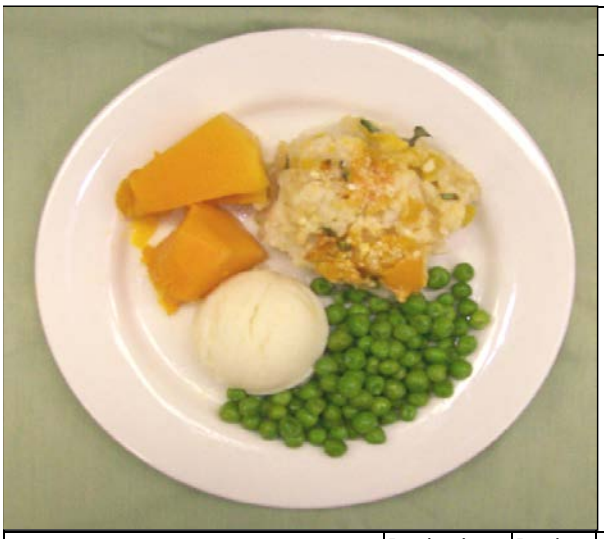
COMMENT
Refer Attachment

Review Date: 7/10/2014

Monash Health CPK Menu

Menu Item:	Roast Pumpkin Risotto

DAY:	23



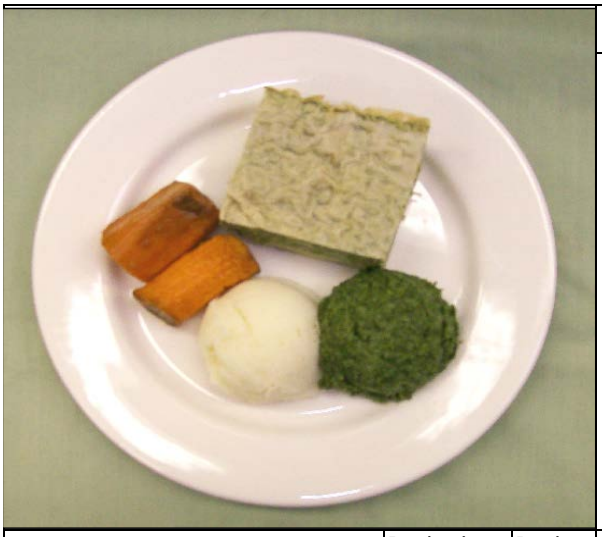
Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Roast Pumpkin Risotto	8005	160g	763	7.39	7.71	18.9	326	205	88.9	2	
								min	min		
Main Ingredients											
Water											
Onion											
Crushed Garlic											
White Pepper											
Butter											
Paprika											
Basil											
Rice											
Pumpkin											
White Wine											
Olive Oil											
Parmesan Cheese											
Cheddar Cheese											
Vegetable Booster Advantage											
			763	7.39	7.71	18.9	326	205	88.9	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Spinach & Ricotta Slice

DAY:	25



			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Spinach & Ricotta Slice	8100	160g	1400	23.4	23.3	6.55	384	10.6	284	1	
Main Ingredients											
Onion											
Spinach											
Ricotta Cheese											
Egg											
Butter											
Cheddar Cheese											
Puff Pastry											
White Pepper											
			1400	23.4	23.3	6.55	384	10.6	284	1	

COMMENT

Monash Health CPK Menu

Menu Item:	Vegetable Slice

DAY:	9

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Vegetable Slice	8098	160g	1123	14.1	17.3	12.5	443	214	88.3	1	
Main Ingredients											
Egg											
Puff Pastry											
White Pepper											
Butter											
Cheddar Cheese											
Carrot											
Vegetable Booster Advantage											
Cream											
Red Capsicum											
Mushroom											
Zucchini											
Onion											
Sweet Potato											
			1123	14.1	17.3	12.5	443	214	88.3	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Vegetable Curry

DAY:	15

Item	Production Code	Portion Size	ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			Nutritional Information								
			kJ	g	g	g	mg	mg	mg		
Vegetable Curry	8014	160g	505	7.23	1.72	17.9	298	156	20.3	2	
Main Ingredients											
Water											
Crushed Tomato											
Lentils											
Onion											
Chick Peas											
Curry Powder											
Cumin											
Tumeric											
Celery											
Zucchini											
Carrot											
Beans											
Red Capsicum											
Coriander											
Five Bean Mix											
Natural yoghurt											
Cauliflower											
Vegetable Booster Advantage											
Ginger											
Vegetable Oil			505	7.23	1.72	17.9	298	156	20.3	2	
Crushed Garlic											

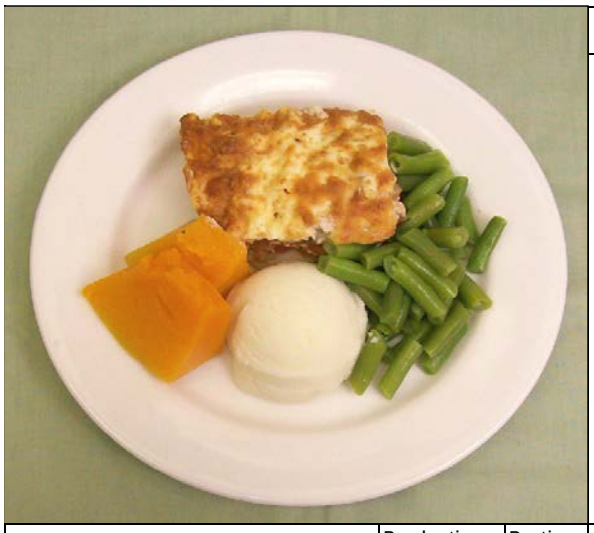
COMMENT

Refer Attachment

Monash Health CPK Menu

Menu Item:	Vegetable Moussaka

DAY:	26



			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Vegetable Moussaka	8008	160g	680	8.73	6.77	15.6	371	489	194	2	
Main Ingredients											
Potato											
Crushed Tomato											
Onion											
Tomato Paste											
Crushed Garlic											
Eggplant											
Zucchini											
Green Capsicum											
Milk											
Maize Cornflour											
Vegetable Oil											
Water											
White Pepper											
Parsley											
Cheddar Cheese											
Vegetable Booster Advantage											
Egg											
			680	8.73	6.77	15.6	371	489	194	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Pasta Mornay

DAY:	22

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		
Pasta Mornay	8011	160g	1174	13.8	8.06	36.4	225	23.6	309	1	
Main Ingredients											
Pasta											
Cream											
White Pepper											
White Wine											
Parmesan Cheese											
Cheddar Cheese											
Crushed Garlic											
Water											
Low Fat Milk											
Parsley											
Butter											
Bechamel Sauce											
Paprika											
			1174	13.8	8.06	36.4	225	23.6	309	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Spicy Vegetable Cous Cous

DAY:	24

PLACE PHOTO HERE

Item	Production Code	Portion Size	Nutritional Information: ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			kJ	g	g	g	mg	mg	mg		
Blancmange & Raspberry	8061	160g	805	8.18	1.45	36.8	576	186	24	2	
Main Ingredients											
Chick Peas											
Onion											
Zucchini											
Crushed Tomato											
Water											
Crushed Garlic											
Red Capsicum											
Vegetable Oil											
Curry Powder											
Cumin											
Cinnamon											
Ginger											
Coriander											
Carrot											
Cayenne Pepper											
Cous Cous			805	8.18	1.45	36.8	576	186	24	2	
Vegetable Booster Advantage											

COMMENT

Refer Attachment