Monash Health CPK Menu

Menu Item:	Beef Rendang

DAY:	26

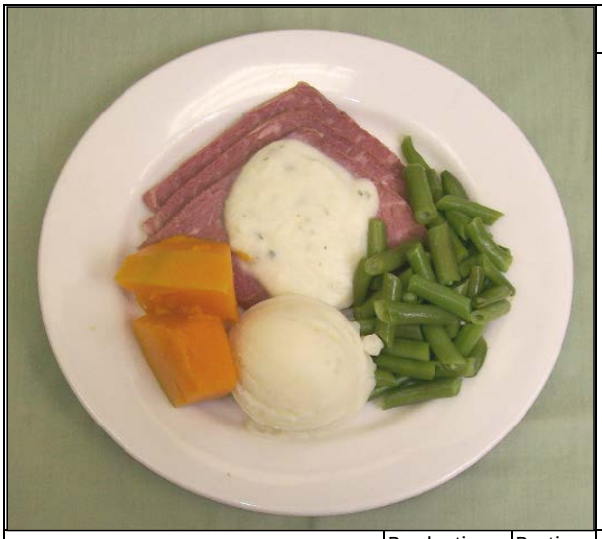
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Beef Rendang	1008	160g	1254	32.7	15.1	8.4	306	571	20.9	2	
Main Ingredients											
Beef											
Onion											
Water											
Coconut Milk Powder											
Beef Booster Advantage											
Lemon Juice											
Brown Sugar											
Vegetable Oil											
Coriander (fresh and ground)											
Cumin											
Ginger											
Cinnamon											
Chilli Powder											
Tumeric											
			1254	32.7	15.1	8.4	306	571	20.9	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Corned Silverside with Mustard sauce

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		
Corned Silverside with Mustard sauce	1010	140.14g	758	23.7	6.07	7.62	908	N/A	N/A	3	
	& 26055										
Main Ingredients											
Bought packaged											
White Sauce											
English Mustard											
			758	23.7	6.07	7.62	908			3	

COMMENT

Monash Health CPK Menu

Menu Item:	Beef Escalope & Mushroom Sauce

DAY:	10

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Beef Escalope & Mushroom Sauce	1028	130g	753	26.4	6.5	1.04	107	487	9.43	1	
Main Ingredients											
Beef Steak											
Mushroom											
Cream											
Water											
Beef Gravy											
Beef Booster Advantage											
Butter											
Onion											
Crushed Garlic											
Parsley											
White Pepper											
Sherry											
			753	26.4	6.5	1.04	107	487	9.43	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Braised Beef Casserole

DAY:	5

			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 Beef Casserole	1005	160g	803	29.6	5.51	5.6	347	516	12.8	2	
Main Ingredients											
Beef											
Water											
Crushed Tomato											
Onion											
Red Capsicum											
Tomato Paste											
Maize Cornflour											
Beef Booster Advantage											
Crushed Garlic											
			803	29.6	5.51	5.6	347	516	12.8	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Rissoles & Onion Gravy

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		
Beef Rissoles & Onion Gravy	1029	140g	621	15.9	3.64	12.8	441	N/A	N/A	3	
	& 26060										
Main Ingredients											
Beef Rissoles											
Chicken Gravy											
Water											
Black Pepper											
Onion											
Vegetable Oil											
Mixed herbs											
Worcestershire Sauce											
Crushed Garlic											
			621	15.9	3.64	12.8	441			3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Braised Steak & Onion

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		
Braised Steak & Onion	1007	160g	875	28.8	7.74	5.74	340	524	18	2	
Main Ingredients											
Beef											
Water											
Onion											
Maize Cornflour											
Beef Booster Advantage											
Parsley											
Worcestershire Sauce											
White Pepper											
			875	28.8	7.74	5.74	340	524	18	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Cantonese Beef

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		
Cantonese Beef	1009	160g	984	31.9	7.89	8.31	487	561	18.4	3	
Main Ingredients											
Beef Strips											
Water											
Onion											
Crushed Garlic											
Vegetable Oil											
Beef Booster Advantage											
Crushed Tomato											
Black Pepper											
Soy Sauce											
Sherry											
Maize Cornflour											
Worcestershire Sauce											
Ginger											
Hoisin Sauce											
			984	31.9	7.89	8.31	487	561	18.4	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Stroganoff

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		
Beef Stroganoff	1002	160g	914	29.4	8.98	4.48	416	570	15.6	3	
Main Ingredients											
Beef											
Water											
Mushrooms											
Red Capsicum											
Onion											
Cream											
Maize Cornflour											
Beef Booster Advantage											
Lemon Juice											
Crushed Garlic											
Parsley											
Spring Onion											
Paprika											
			914	29.4	8.98	4.48	416	570	15.6	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Madras

DAY:	3

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Beef Madras	1006	160g	854	30	5.95	7.03	353	574	19.8	2	
Main Ingredients											
Beef											
Water											
Onion											
Tomato Paste											
Lemon Juice											
Beef Booster Advantage											
Garam Masala											
Coriander (fresh and ground)											
Cumin											
Ginger											
Butter											
Chilli Powder											
Tumeric											
Crushed Garlic											
Potato			854	30	5.95	7.03	353	574	19.8	2	
Pepper											

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Roast Beef

DAY:	21, 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		
Roast Beef	1038C	100g	574	22.7	3.7	3	529	N/A	N/A	3	
Main Ingredients											
Bought packaged - Spec											
			574	22.7	3.7	3	529			3	

COMMENT

Monash Health CPK Menu

Menu Item:	Beef Burgundy

DAY:	22

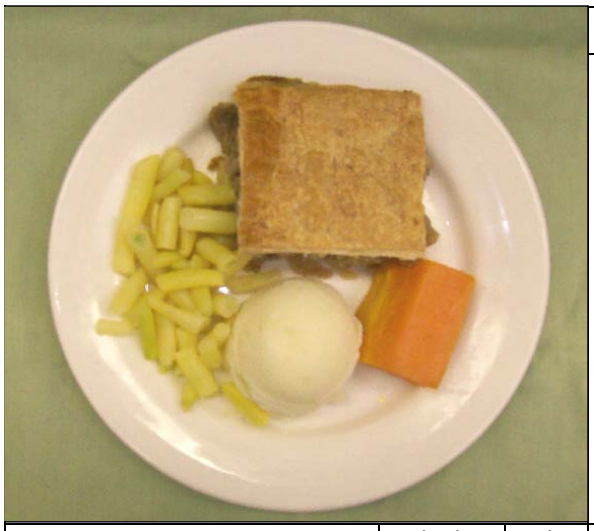
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Beef Burgundy	1019	160g	953	30	8.5	6.88	314	543	13.7	2	
Main Ingredients											
Beef											
Water											
Onion											
Mushroom											
Red Wine											
Bacon											
Maize Cornflour											
Tomato Paste											
Beef Booster Advantage											
Crushed Garlic											
Parsley											
White Pepper											
Bay Leaf											
Thyme											
			953	30	8.5	6.88	314	543	13.7	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Steak Pie

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		
Beef Steak Pie	1044	160g	1166	31.4	9.35	16.5	279	561	21.2	2	
						max					
Main Ingredients											
Beef											
Onion											
Water											
Puff Pastry											
Maize Cornflour											
Parsley											
Beef Booster Advantage											
Egg											
Black Pepper											
			1166	31.4	9.35	16.5	279	561	21.2	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef & Mushroom Casserole

DAY:	18

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Beef & Mushroom Casserole	1093	160g	842	30.3	6.07	5.9	327	561	11.7	2	
Main Ingredients											
Beef											
Mushroom											
Crushed Tomatoes											
Tomato Coulis											
Water											
Onion											
Tomato Paste											
Maize Cornflour											
Beef Booster Advantage											
Parsley											
Bay Leaf											
Crushed Garlic											
Thyme											
White Pepper											
			842	30.3	6.07	5.9	327	561	11.7	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Baked Pasta Bolognaise

DAY:	23

Item	Production Code	Portion Size	ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
			Nutritional Information								
			kJ	g	g	g	mg	mg	mg		
Italian Beef	1040	160g	1192	25.4	12.4	17.4	363	337	85.6	2	
Main Ingredients											
Beef Mince											
Pasta											
Pasta Sauce											
Crushed Tomato											
Cheese											
White Pepper											
Onion											
Tomato Paste											
Worcestershire Sauce											
Beef Booster Advantage											
Crushed Garlic											
Basil											
Paprika											
			1192	25.4	12.4	17.4	363	337	85.6	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Teriyaki

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		
Beef Teriyaki	1033	160g	877	28.7	7.07	7.13	346	510	16.5	2	
Main Ingredients											
Beef											
Water											
Onion											
Carrot											
Teriyaki Sauce											
Sweet Chilli Sauce											
Spring Onion											
Crushed Ginger											
Beef Booster Advantage											
Sesame Seed Oil											
Crushed Garlic											
			877	28.7	7.07	7.13	346	510	16.5	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Macaroni & Meat Sauce

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		
Macaroni & Meat Sauce	1032	160g	968	21.4	9.55	14.5	378	283	8.94	2	
Main Ingredients											
Beef											
Pasta											
White Sugar											
Crushed Tomato											
Water											
Onion											
Tomato Paste											
Beef Booster Advantage											
Crushed Garlic											
Basil											
Oregano											
Thyme											
White Pepper											
			968	21.4	9.55	14.5	378	283	8.94	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Medallions & Red Wine Sauce

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		
Beef Medallions & Red Wine Sauce	1046	130g	659	25.6	5.01	0.99	304	428	9.07	2	
Main Ingredients											
Beef Steak											
Water											
Black Pepper											
Beef Gravy											
Red Wine											
Beef Booster Advantage											
Butter											
Onion											
Crushed Garlic											
Parsley											
			659	25.6	5.01	0.99	304	428	9.07	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Medallions & Mushroom Sauce

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		
Beef Medallions & Mushroom Sauce	1030	130 g	730	25.8	7.1	0.86	102	478	9.2	1	
Main Ingredients											
Beef											
Water											
Mushrooms											
Red Wine											
Beef Gravy											
Beef Booster Advantage											
Black Pepper											
Butter											
Onion											
Thyme											
Crushed Garlic											
Parsley											
			730	25.8	7.1	0.86	102	478	9.2	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Meatballs in a Spicy Tomato Sauce

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		
Meatballs in a Spicy Tomato Sauce	1004	160g	1591	15.8	28.7	14.1	530	51.8	3.82	3	
Main Ingredients											
Meat Balls											
Onion											
Crushed Garlic											
Crushed Tomato											
Red Capsicum											
Tomato Paste											
Water											
Maize Cornflour											
Paprika											
Cumin											
Parsley											
Oregano											
Chilli Powder											
White Sugar											
			1591	15.8	28.7	14.1	530	51.8	3.82	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Tomato & Chilli Beef

DAY:	24

			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	1012	160g	927	29.8	7.89	7.22	401	475	11.3	3	
Main Ingredients											
Beef											
Onion											
Crushed Garlic											
Water											
Tomato Paste											
Parsley											
Maize Cornflour											
Beef Booster Advantage											
Cumin											
Crushed Tomato											
Oregano											
Chilli Powder											
Cinnamon											
Ginger											
Kidney Beans											
			927	29.8	7.89	7.22	401	475	11.3	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Corned Silverside & Parsley Sauce

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		
Corned Silverside & Parsley Sauce	1010	140g	757	23.7	6.02	7.65	889	N/A	N/A	3	
	& 26057										
Main Ingredients											
Corned Silverside											
White Sauce											
Parsley											
			757	23.7	6.02	7.65	889			3	

COMMENT

Monash Health CPK Menu

Menu Item:	Beef & Tomato Gnocchi

DAY:	28

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Beef & Tomato Gnocchi	1047	160g	937	16.6	7.24	21.5	326	360	23	3	
Main Ingredients											
Minced Beef											
Onion											
Tomato Paste											
White Pepper											
Water											
Basil (ground & fresh)											
Crushed Garlic											
Oregano											
Beef Booster Advantage											
Crushed Tomato											
Red Wine											
Zucchini											
Bay Leaf											
Carrot											
Maize Cornflour			937	16.6	7.24	21.5	326	360	23	3	
Gnocchi											
White Sugar											
Celery											

COMMENT

Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Guiness Pie

DAY:	2

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Beef Guiness Pie	1043	160g	1190	30.6	11	13.4	308	544	18.6	2	
Main Ingredients											
Beef											
Onion											
Maize Cornflour											
Water											
Puff Pastry											
Egg											
Black Pepper											
Beef Booster Advantage											
Beer (Guiness)											
Parsley											
			1190	30.6	11	13.4	308	544	18.6	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Grilled Steak & Diane Sauce

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		
Grilled Steak & Diane Sauce	1042	160g	829	25.8	8.74	4.09	221	427	14.8	2	
Main Ingredients											
Beef Steak											
Water											
Worcestershire Sauce											
Black Pepper											
Maize Cornflour											
Beef Booster Advantage											
Parisienne Essence											
Cream											
Tomato Sauce											
Spring Onion											
Crushed Garlic											
			829	25.8	8.74	4.09	221	427	14.8	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Goulash

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		
Beef Goulash	1031	160g	838	29.7	5.56	7.26	353	583	12.8	2	
Main Ingredients											
Beef											
Water											
Onion											
Potato											
Tomato Paste											
Maize Cornflour											
Beef Booster Advantage											
Crushed Garlic											
White Pepper											
Paprika											
Parsley											
			838	29.7	5.56	7.26	353	583	12.8	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Ravioli

DAY:	4

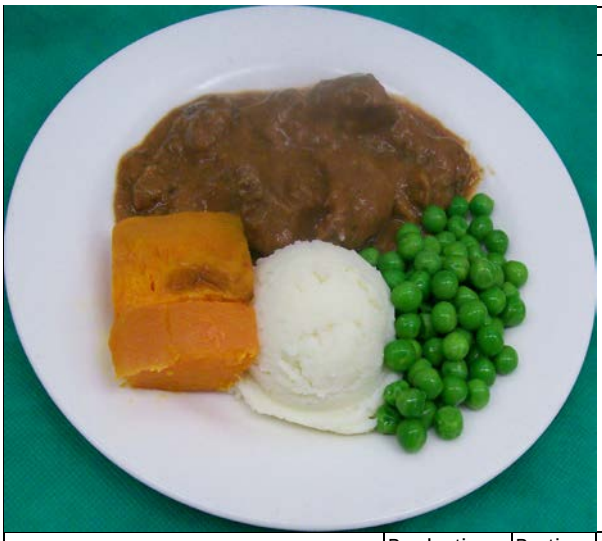
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Beef Ravioli	1021	160 g	1361	8.19	17	33.8	553	33.7	19.9	3	
Main Ingredients											
Beef Ravioli											
Pasta Sauce (Tomato)											
Water											
Parmesan Cheese											
Beef Booster Advantage											
Parsley											
White Pepper											
White Sugar											
Cream											
Crushed Garlic											
Mixed Herbs											
Butter											
			1361	8.19	17	33.8	553	33.7	19.9	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Cajun Beef

DAY:	1



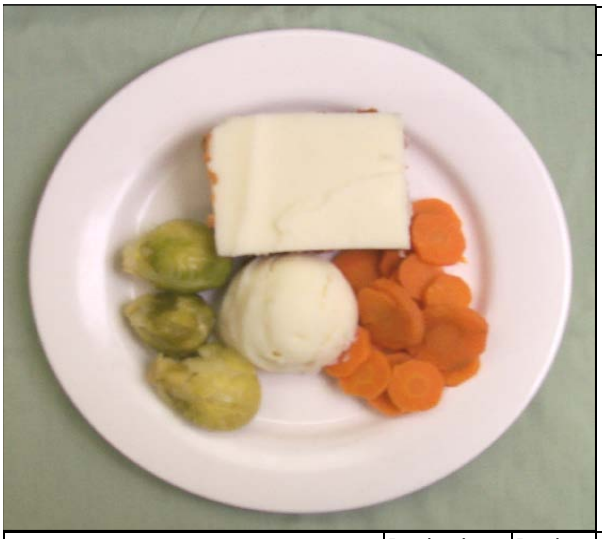
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Cajun Beef	1003	160 g	902	29.3	7.86	6.57	387	500	14.5	3	
Main Ingredients											
Beef											
Water											
Onion											
Crushed Tomato											
Tomato Paste											
Maize Cornflour											
Beef Booster Advantage											
Garlic											
Parsley											
Cumin											
Oregano											
Chilli Powder											
Cajun Seasoning											
			902	29.3	7.86	6.57	387	500	14.5	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Cottage Pie

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		
Cottage Pie	1011	160g	964	16.7	9.38	19	244	508	62.1	3	
Main Ingredients											
Beef											
Potatoes											
Crushed Tomatoes											
Low Fat Milk											
Maize Cornflour											
Tomato Paste											
Onion											
Celery											
Butter											
Worcestershire Sauce											
Mixed Herbs											
Beef Booster Advantage											
Paprika											
Parsley											
Carrot											
			964	16.7	9.38	19	244	508	62.1	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Beef Lasagne

DAY:	7

			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Beef Lasagne	1020	260g	1321	12.2	5.98	53.3	372	NA	NA	3	
Main Ingredients											
Melbourne Chef Lasagna Bolognaise											
			1321	12.2	5.98	53.3	372			3	

COMMENT
Refer Attachment