Monash Health CPK Menu

Menu Item:	Chicken & Coconut Curry

DAY:	19

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Chicken & Coconut Curry	2009	160g	890	23.5	11.2	4.05	344	524	29.2	2	
Main Ingredients											
Chicken											
Water											
Celery											
Carrot											
Spring Onion											
Onion											
Chicken Booster Advantage											
Coconut Powder											
Tumeric											
Coriander											
Ginger											
Curry Powder											
Vegetable Oil											
Tandoori paste											
Cumin Powder											
Cinnamon											
Tomato Paste											
Maize Cornflour			890	23.5	11.2	4.05	344	524	29.2	2	
Paprika											

COMMENT
Refer attachment

Monash Health CPK Menu

Menu Item:	Chicken in Red Wine & Mushroom

DAY:	27

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		
Chicken in Red Wine & Mushroom	2024	140g	992	30.3	11.8	1.23	167	608	16.4	2	
Main Ingredients											
Chicken											
Water											
Marjoram											
Red Wine											
Crushed Garlic											
Mushroom											
Onion											
Parsley											
White Pepper											
Butter											
Chicken Gravy											
			992	30.3	11.8	1.23	167	608	16.4	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Sweet & Sour Chicken

DAY:	10

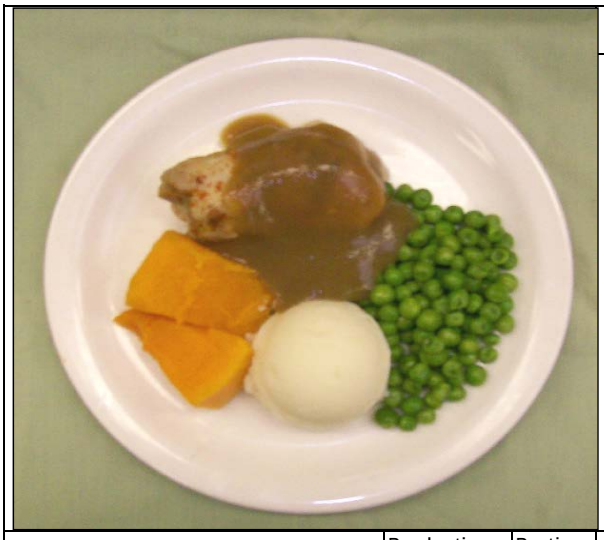
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Sweet & Sour Chicken	2042	160g	1077	23	9.39	19.6	373	585	20.9	3	
Main Ingredients											
Chicken											
Water											
Garlic											
Ginger											
Onion											
Carrot											
Celery											
Red & Green Capsicum											
Pineapple Pieces											
Pineapple Juice											
Tomato Paste											
Soy Sauce											
White Vinegar											
Vegetable Oil											
Brown Sugar											
Tomato Sauce											
Honey											
Maize Cornflour											
			1077	23	9.39	19.6	373	585	20.9	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Roast Chicken & Gravy

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		
Roast Chicken & Gravy	2022	240.40g	1888	40.9	31.6	0.7	253	738	19.6	2	
Main Ingredients											
Chicken											
Paprika											
Chicken Booster Advantage											
Thyme											
Water											
Chicken Gravy											
			1888	40.9	31.6	0.7	253	738	19.6	2	

COMMENT

Monash Health CPK Menu

Menu Item:	Chicken in Middle Eastern Spices

DAY:	25

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		
Chicken in Middle Eastern Spices	2060	140g	1013	30.4	12.3	2.7	234	581	15.9	2	
Main Ingredients											
Chicken											
Water											
Onion											
Garlic											
White Pepper											
Chicken Gravy											
Butter											
Cumin Powder											
Coriander											
Pimentos											
Crushed Ginger											
Tumeric											
Paprika											
Middle Eastern Spice											
Brown Sugar			1013	30.4	12.3	2.7	234	581	15.9	2	
Tomato Paste											

COMMENT

Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken a La King

DAY:	28

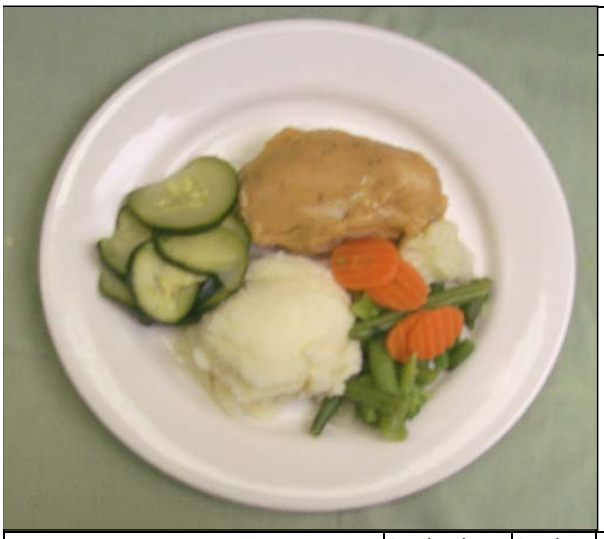
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Chicken a La King	2008	160g	983	23.6	13.4	4.96	343	505	14.9	2	
Main Ingredients											
Chicken											
Water											
Cream											
Red & Green Capsicum											
Onion											
Mushroom											
Maize Cornflour											
Chicken Booster Advantage											
Parsley											
Butter											
Crushed Garlic											
White Pepper											
			983	23.6	13.4	4.96	343	505	14.9	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Apricot Chicken

DAY:	8



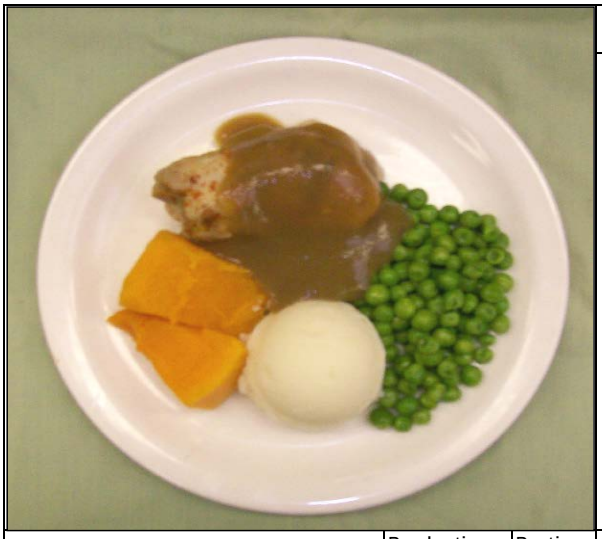
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Apricot Chicken	2010	140 g	876	26.1	10.6	2.87	174	486	11.3	1	
Main Ingredients											
Chicken											
Apricot Nectar											
Water											
Cream											
Apricot Pie Fruit											
Maize Cornflour											
Chicken Booster Advantage											
Basil											
White Sugar											
			876	26.1	10.6	2.87	174	486	11.3	1	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Roast Chicken

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		
Roast Chicken	2022	200g	1861	40.9	31.5	0.35	231	738	19.2	2	
Main Ingredients											
Chicken											
Chicken Booster Advantage											
Paprika											
Thyme											
			1861	40.9	31.5	0.35	231	738	19.2	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken Cacciatore

DAY:	24

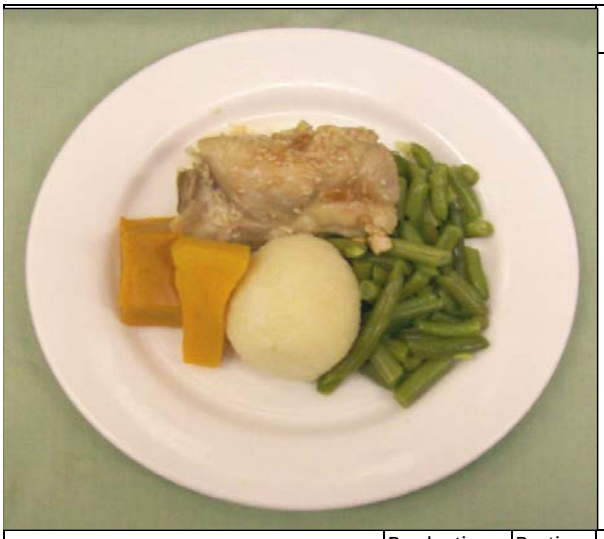
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Chicken Cacciatore	2055	140g	1115	31.5	12.1	6.72	390	643	18.6	3	
Main Ingredients											
Chicken											
Crushed Tomato											
Mushroom											
Onion											
Garlic											
Green Capsicum											
Black Oliives											
Maize Cornflour											
Basil											
Chicken Booster Advantage											
White Pepper											
White Wine											
Parsley											
Tomato Paste											
White Sugar											
Olive Oil											
			1115	31.5	12.1	6.72	390	643	18.6	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken & Honey Soy Sauce

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		
Chicken & Honey Soy Sauce	2037	140g	1013	30.2	12.5	2.35	209	558	14.2	2	
Main Ingredients											
Chicken											
Soy Sauce											
Ginger											
Garlic											
Chinese Five Spice											
Sesame Seeds											
Honey											
Chicken Gravy											
Water											
			1013	30.2	12.5	2.35	209	558	14.2	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken Masala

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		
Chicken Masala	2006	160g	972	25.3	11.9	5.84	352	517	42	2	
Main Ingredients											
Chicken											
Water											
Chilli											
Ginger											
Cinnamon											
Tumeric											
Almond Meal											
Coriander											
Tomato Paste											
Natural Yoghurt											
Tandoori Paste											
Butter											
Onion											
Cumin Powder											
Garlic											
			972	25.3	11.9	5.84	352	517	42	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken & Mushroom Casserole

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		
Chicken & Mushroom Casserole	2039	160g	870	24.1	8.87	6.89	280	523	16.4	2	
Main Ingredients											
Chicken											
Mushroom											
Onion											
White Wine											
Garlic											
Tomato Paste											
White Pepper											
Maize Cornflour											
Mixed Herbs											
Crushed Tomato											
Chicken Booster Advantage											
Parsley											
Water											
			870	24.1	8.87	6.89	280	523	16.4	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken Paprika

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		
Chicken Paprika	2068	160g	829	23.6	8.86	5.72	349	507	14.4	2	
Main Ingredients											
Chicken											
Water											
Paprika											
Onion											
Garlic											
Tomato Paste											
Maize Cornflour											
Chicken Booster Advantage											
Parsley											
Red Capsicum											
			829	23.6	8.86	5.72	349	507	14.4	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Stir Fry Chicken & Vegetables

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		
Stir Fry Chicken & Vegetables	2050	160g	782	23.1	8.74	3.67	334	531	24.7	2	
Main Ingredients											
Chicken											
Water											
Onion											
Capsicum											
Celery											
Carrot											
Spring Onion											
Oyster Sauce											
Chicken Booster Advantage											
Maize Cornflour											
Soy Sauce											
Crushed Ginger											
Garlic											
			782	23.1	8.74	3.67	334	531	24.7	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Minestrone Chicken

DAY:	12

Item	Production Code	Portion Size	ENERGY kJ	PROTEIN g	FAT g	CARBOHYDRATE g	SODIUM mg	POTASSIUM mg	CALCIUM mg	BAND	GLUTEN FREE
			Nutritional Information								
Minestrone Chicken	2002	160g	911	24.9	9.91	6.75	324	462	15.8	2	
Main Ingredients											
Chicken											
Water											
Celery											
Peas											
Parsley											
Chicken Booster Advantage											
Black Pepper											
Onion											
Green capsicum											
Pasta											
Tomato Paste											
Kidney Beans											
Parmesan cheese											
Basil											
Tomato Pasta Sauce											
Maize Cornflour											
			911	24.9	9.91	6.75	324	462	15.8	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Peking Chicken

DAY:	6

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		
Peking Chicken	2015	160g	1117	25.5	11	16.7	434	504	23.8	3	
Main Ingredients											
Chicken											
Water											
Onion											
White Pepper											
Coriander											
Brown Sugar											
Tomato Coulis											
Sesame Seed Oil											
White Vinegar											
Sweet Chili Sauce											
Hoisin Sauce											
Maize Cornflour											
Soy Sauce											
Ginger											
Chicken Gravy			1117	25.5	11	16.7	434	504	23.8	3	
Garlic											

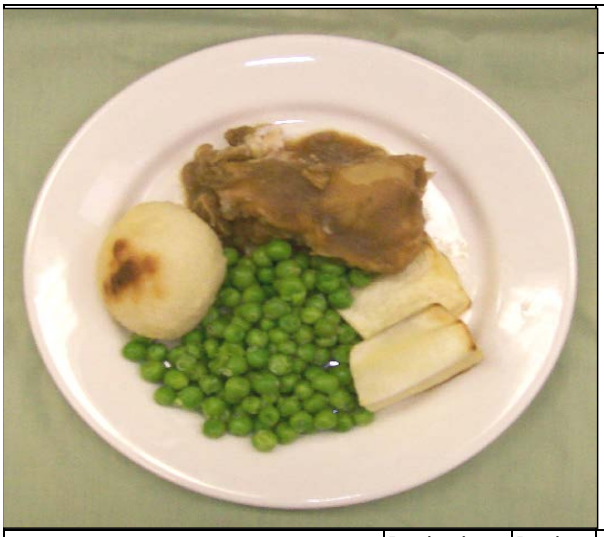
COMMENT

Refer Attachment

Monash Health CPK Menu

Menu Item:	Grilled Chicken & pepper 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		
Grilled Chicken & pepper sauce	2013	140.5g	1006	29.8	13.4	0.51	168	556	13.2	2	
	& 26054										
Main Ingredients											
Chicken											
Vegetable Oil											
Chicken Gravy											
Water											
Black Pepper											
Worcestershire Sauce											
			1006	29.8	13.4	0.51	168	556	13.2	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken & Pesto Pasta

DAY:	9

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		
Chicken & Pesto Pasta	2018	160g	1054	27.6	13	6.29	290	509	34.6	2	
Main Ingredients											
Chicken											
Water											
Pasta											
Garlic											
Spring Onion											
Chicken Booster Advantage											
Onion											
Parmesan Cheese											
Basil											
Maize Cornflour											
Crushed Tomato											
White Pepper											
Pesto Sauce											
Cream											
Milk											
			1054	27.6	13	6.29	290	509	34.6	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken with fetta & olives

DAY:	5

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		
Chicken with fetta & olives	2052	160 g	963	24.6	12.2	5.44	224	445	41.8	2	
Main Ingredients											
Chicken											
Water											
Tomato Coulis											
Basil											
Garlic											
Red & Green Capsicum											
Maize Cornflour											
Fetta Cheese											
Oregano											
Onion											
Olives											
			963	24.6	12.2	5.44	224	445	41.8	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken Teriyaki

DAY:	14

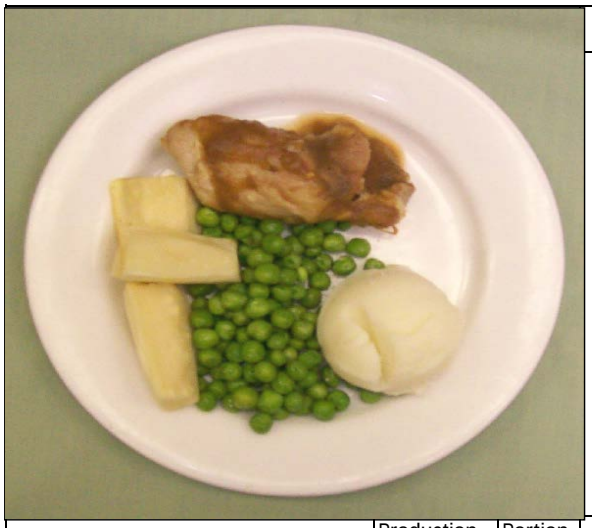
PLACE PHOTO HERE			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Chicken Teriyaki	2019	160g	936	25.5	10.3	6.91	390	511	17.1	3	
Main Ingredients											
Chicken											
Water											
Onion											
Garlic											
Teriyaki Sauce											
Ginger											
Spring Onion											
Carrot											
Sweet Chili Sauce											
Sesame Seed Oil											
Chicken Booster Advantage											
			936	25.5	10.3	6.91	390	511	17.1	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Grilled Chicken & BBQ 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		
Grilled Chicken & BBQ sauce	2013	140.42g	1029	29.9	13.4	1.75	221	555	13.1	2	
	& 26056										
Main Ingredients											
Chicken											
Vegetable Oil											
Chicken Gravy											
Water											
Worcestershire Sauce											
Tomato Sauce											
Sweet Chili Sauce											
			1029	29.9	13.4	1.75	221	555	13.1	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken in a creamy herb sauce

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		
Chicken in a creamy herb sauce	2027	140g	977	30	12.3	1.26	219	562	14.8	2	
Main Ingredients											
Chicken											
Water											
Chicken Gravy											
Parsley											
Cream											
Chives											
			977	30	12.3	1.26	219	562	14.8	2	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Chicken Paella

DAY:	2

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		
Chicken Paella	2012	160g	938	26	10.5	6.76	270	495	13.9	2	
Main Ingredients											
Chicken											
Garlic											
Red & Green Capsicum											
White Pepper											
Butter											
Rice											
Saffron Powder											
Basil											
Sweet Paprika											
Chicken Booster Advantage											
Peas											
Tomato Paste											
Onion											
Water											
			938	26	10.5	6.76	270	495	13.9	2	

COMMENT

Monash Health CPK Menu

Menu Item:	Chicken Pie

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		
Chicken Pie	2021	160g	1412	25.3	18.8	16.6	298	522	30.9	3	
Main Ingredients											
Chicken											
Water											
Chicken Booster Advantage											
Onion											
Maize Cornflour											
Garlic											
Parsley											
White Pepper											
Cream											
Butter											
Peas											
Celery											
Carrot											
Puff Pastry											
			1412	25.3	18.8	16.6	298	522	30.9	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Peri Peri Chicken

DAY:	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		
Peri Peri Chicken	2023	160g	818	25.2	9.75	2.04	142	483	14.1	1	
Main Ingredients											
Chicken											
Water											
Chicken Gravy											
Onion											
Lemon juice											
Garlic											
Ginger											
Chilli											
Parsley											
Oregano											
White Sugar											
			818	25.2	9.75	2.04	142	483	14.1	1	

COMMENT

Monash Health CPK Menu

Menu Item:	Chicken & Mushroom Pasta

DAY:	20

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		
Chicken & Mushroom Pasta	2040	160g	1073	21.6	11.2	16	422	505	20.9	3	
Main Ingredients											
Chicken											
Onion											
White Wine											
Chicken Booster Advantage											
Garlic											
White Pepper											
Maize Cornflour											
Spring Onion											
Mixed Herbs											
Pasta											
Vegetable Oil											
Cream											
Mushroom											
			1073	21.6	11.2	16	422	505	20.9	3	

COMMENT
Refer Attachment