

Southern Health CPK Menu

Menu Item: **Apricot Sponge**

DAY: **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

Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Apricot Sponge	17168	105g	721	4.77	4.63	27.7	298				2
Main Ingredients											
Cake Mix											
Water											
Apricot											
Egg											
Nutmeg											
			0	721	4.77	4.63	27.7	298	0	0	0

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item: Strawberry Cheesecake

DAY: 28

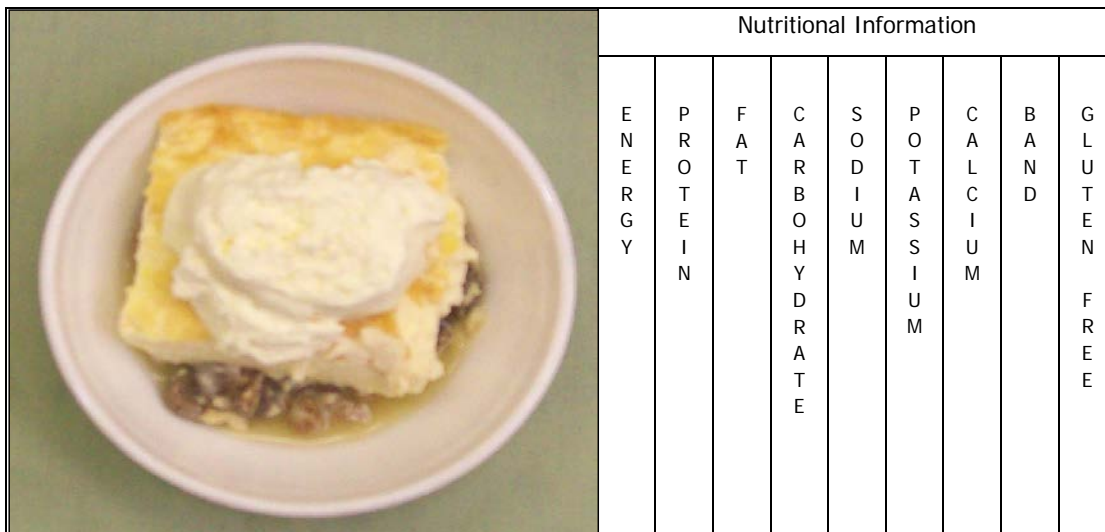
PLACE PHOTO HERE	Nutritional Information										
	E N E R G Y	P R O T E I N	F A T	C A R B O H Y D R A T E	S O D I U M	P O T A S S I U M	C A L C I U M	B A N D	G L U T E N F R E E		
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Strawberry Cheesecake	17120		1564	5.48	22	38	201			2	
<i>Main Ingredients</i>											
Butter											
Water											
Jelly											
Cheesecake Mix											
Biscuit Crumbs											
			1564	5.48	22	38	201			2	

COMMENT
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Southern Health CPK Menu

Menu Item: **Baked Sultana Custard**

DAY: **4**



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		
Baked Mildura Custard	17105	120g	609	5.07	4.77	20.1	61.6	130		1	
Main Ingredients											
Water											
Egg											
Sultana											
Milk Powder											
White Sugar											
Instant Cleargel											
Cream											
			609	5.07	4.77	20.1	61.6	130		1	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item: **Cherry Sponge**

DAY: **3**


			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		
Cherry Sponge	17169	105g	785	4.83	4.93	30.9	299	56.9		2	
<i>Main Ingredients</i>											
Cake Mix											
Cherries											
Water											
Egg											
			785	4.83	4.93	30.9	299	56.9		2	

COMMENT
Refer Attachment

Southern Health CPK Menu

Menu Item: Peach & Apple in a Coconut Crust

DAY: 14

	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	3	
Peach & Apple in a Coconut Crust	17070	120g	725	1.53	6.91	26.3	36.8	29.8	9.76	3	
<i>Main Ingredients</i>											
Peaches											
White Sugar											
Water											
Instant Cleargel											
Butter											
Flour											
Coconut											
Brown Sugar											
Apple											
			725	1.53	6.91	26.3	36.8	29.8	9.76	3	

COMMENT

Refer Attachment

