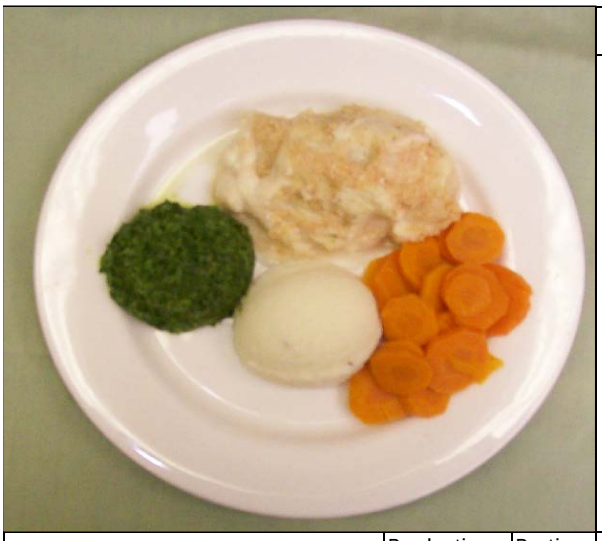
Monash Health CPK Menu

Menu Item:	Gratinated Fish

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		
Gratinated Fish	3022	140g	538	21.1	3.07	3.3	447	80.3	56.2	3	
Main Ingredients											
Fish											
Bechamel Sauce											
Parsley											
White Wine											
Milk											
			538	21.1	3.07	3.3	447	80.3	56.2	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Fried Fish

DAY:	12 & 19

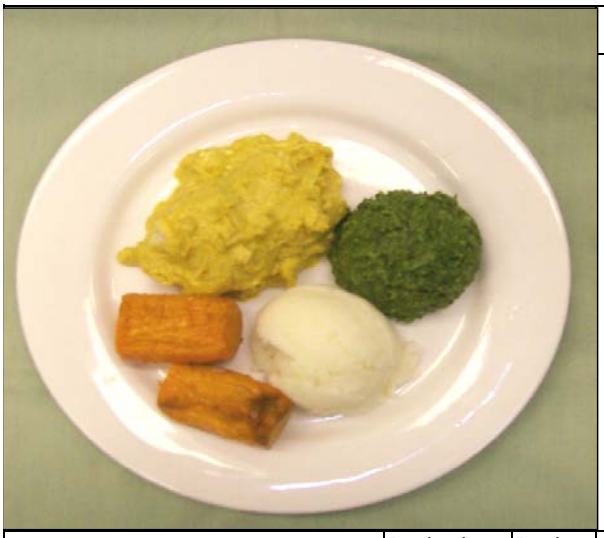
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Fried Fish	3008	115g	827	12	10.1	24.2	279	N/A	N/A	3	
Main Ingredients											
Bought packaged - Tempura											
			827	12	10.1	24.2	279			3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Fish Rendang

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		
Fish Rendang	3003	140g	642	20.8	4.96	6.52	476	37.7	7.14	3	
Main Ingredients											
Fish											
Onion											
Water											
Coconut Milk Powder											
Lemon Juice											
Brown Sugar											
Crushed Garlic											
Ginger (fresh and ground)											
Cumin											
Coriander (fresh and ground)											
Fish Sauce											
Cinnamon											
Tumeric											
Paprika											
Chilli											
			642	20.8	4.96	6.52	476	37.7	7.14	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Tuna & Egg Mornay

DAY:	7

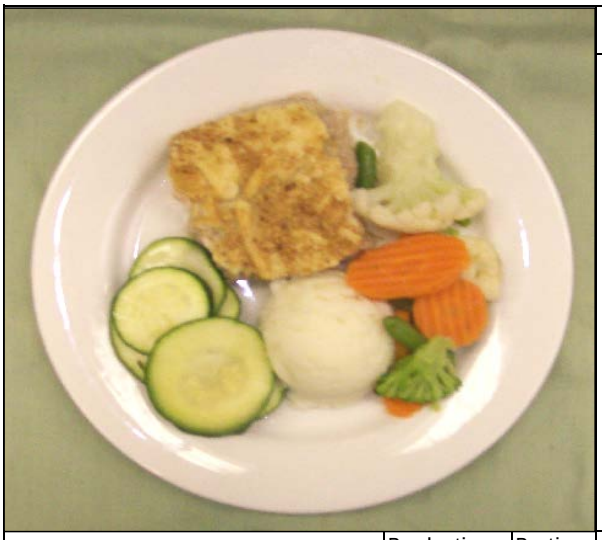
			Nutritional Information								
			ENERGY	PROTEIN	FAT	CARBOHYDRATE	SODIUM	POTASSIUM	CALCIUM	BAND	GLUTEN FREE
Item	Production Code	Portion Size	kJ	g	g	g	mg	mg	mg		
Tuna & Egg Mornay	3033	160g	1192	30.9	7.96	22.3	570	22.1	301	3	
Main Ingredients											
Low Fat Milk											
Tuna											
Pasta											
Hard Boiled Egg											
Egg											
Cheese											
Maize Cornflour											
Breadcrumbs											
Lemon Juice											
Parsley											
Vegetable Booster Advantage											
White Pepper											
			1192	30.9	7.96	22.3	570	22.1	301	3	

COMMENT

Monash Health CPK Menu

Menu Item:	Tuna Rice Bake

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		
Tuna Rice Bake	3006	160g	874	26.5	5.88	13	540	32.2	214	3	
Main Ingredients											
Tuna											
Low Fat Milk											
Rice											
Onion											
Cheese											
Carrot											
Corn											
Mushroom											
Maize Cornflour											
Green Capsicum											
Butter											
Lemon Juice											
Vegetable Booster Advantage											
Dill											
White Pepper											
			874	26.5	5.88	13	540	32.2	214	3	

COMMENT

Monash Health CPK Menu

Menu Item:	Crumbed Fish

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		
Crumbed Fish	3021	110g	793	13	5.39	15	601	N/A	N/A	3	
Main Ingredients											
Crumbed Fish (bought)											
			793	13	5.39	15	601			3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Grilled Flounder

DAY:	9, 26

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		
Grilled Flounder	3012T	120g	563	12.2	10.1	0.49	383	6.33	3.11	3	
Main Ingredients											
Flounder											
Butter											
Parsley											
Lemon Juice											
			563	12.2	10.1	0.49	383	6.33	3.11	3	

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Fish with Saffron & Tomato Sauce

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		
Fish with Saffron & Tomato Sauce	3026	140g	1043	20.6	16.7	3.54	484	6.7	2.26	3	
Main Ingredients											
Cream											
Fish											
Tomato Coulis											
Saffron											
Bechamel Sauce											
White Wine											
Basil											
		0	1043	20.6	16.7	3.54	484	6.7	2.26	3	0

COMMENT
Refer Attachment

Monash Health CPK Menu

Menu Item:	Grilled Flounder & Thai Sauce

DAY:	16

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		
Grilled Flounder & Thai Sauce	3012	240g	621	21.1	6.23	3.7	511	6.67	3.72	3	
	& 3013S										
Paprika											
Tumeric											
Fish											
Butter											
Lemon Juice											
Parsley											
Crushed Garlic											
Coriander (chopped & ground)											
Ginger											
Water											
Cumin											
Chilli											
Coconut Powder											
Maize Cornflour			621	21.1	6.23	3.7	511	6.67	3.72	3	
Fish Sauce											

COMMENT

Monash Health CPK Menu

Menu Item:	Fish with Tomato & Basil Sauce

DAY:	21

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		
Fish with Tomato & Basil Sauce	3023	140g	619	20.9	4.17	3.55	512	21.3	4.59	3	
Main Ingredients											
Fish											
Olive Oil											
Onion											
Crushed Garlic											
Oregano											
White Wine											
Black Olives											
Lemon Juice											
Parmesan Cheese											
White Pepper											
Basil (fresh & dried)											
Crushed Tomato											
White Sugar											
Fish Stock (Water)											
Tomato Paste			619	20.9	4.17	3.55	512	21.3	4.59	3	

COMMENT
Refer Attachment