

Nutrition Station Café Menu Nutritional Information (Turkey Bacon)

Breakfast

Smashed Avo		
	Average Quantity per serve (280g)	Average Quantity per 100g
Energy	2864kj	1003kj
Protein	30.4g	10.6g
Fat, total	47.8g	16.8g
- Saturated	12.7g	4.5g
Carbohydrate	33.6g	11.8g
- Sugars	2.6g	0.9g
Sodium	836mg	293mg

Morning Boost Oats		
	Average Quantity per serve (180g)	Average Quantity per 100g
Energy	2541kj	1411kj
Protein	41.1g	22.8g
Fat, total	14g	7.8g
- Saturated	5.3g	2.9g
Carbohydrate	72.4g	40.2g
- Sugars	19.2g	10.7g
Sodium	232mg	129mg

Specialty Toast (ricotta, strawberry & honey)		
	Average Quantity per serve (190g)	Average Quantity per 100g
Energy	1835kj	940kj
Protein	14.1g	7.2g
Fat, total	20g	10.2g
- Saturated	6.8g	3.5g
Carbohydrate	46.8g	24g
- Sugars	21.1g	10.8g
Sodium	384mg	197mg

Chilli Eggs		
	Average Quantity per serve (307g)	Average Quantity per 100g
Energy	2339kj	747kj
Protein	26.6g	8.5g
Fat, total	35.9g	11.5g
- Saturated	10g	3.2g
Carbohydrate	35.1g	11.2g
- Sugars	3.7g	1.2g
Sodium	1292mg	413mg

Green Breaky Poke Bowl		
	Average Quantity per serve (360g)	Average Quantity per 100g
Energy	2205kj	478kj
Protein	42.1g	9.1g
Fat, total	29.4g	6.4g
- Saturated	6.4g	1.4g
Carbohydrate	30.3g	6.6g
- Sugars	5g	1.1g
Sodium	930mg	202mg

Breaky Fritters		
	Average Quantity per serve (275g)	Average Quantity per 100g
Energy	1188kj	432kj
Protein	9.8g	3.6g
Fat, total	10.4g	3.8g
- Saturated	1.2g	0.4g
Carbohydrate	36.6g	13.3g
- Sugars	2.8g	1g
Sodium	1290mg	468mg

Healthy Benny		
	Average Quantity per serve (250g)	Average Quantity per 100g
Energy	2322kj	928kj
Protein	36.9g	14.8g
Fat, total	32.2g	12.9g
- Saturated	6.7g	2.7g
Carbohydrate	28.3g	11.5g
- Sugars	1.3g	0.5g
Sodium	1135mg	454mg

Breakfast Wrap		
	Average Quantity per serve (270g)	Average Quantity per 100g
Energy	1902kj	709kj
Protein	24.7g	9.2g
Fat, total	26.6g	9.9g
- Saturated	8.1g	3g
Carbohydrate	29.6g	11g
- Sugars	4.3g	1.6g
Sodium	1360mg	506mg

Protein Pancakes		
	Average Quantity per serve (192g)	Average Quantity per 100g
Energy	1470kj	764kj
Protein	15.6g	8.1g
Fat, total	3g	1.5g
- Saturated	0.9g	0.5g
Carbohydrate	64.5g	33.6g
- Sugars	44.8g	23.4g
Sodium	579mg	301mg

Acai Bowl		
	Average Quantity per serve (310g)	Average Quantity per 100g
Energy	2188kj	705kj
Protein	11.7g	3.8g
Fat, total	27.4g	8.8g
- Saturated	8.9g	2.9g
Carbohydrate	56.3g	18.1g
- Sugars	37g	11.9g
Sodium	43mg	14mg

Big Breakfast		
	Average Quantity per serve (394g)	Average Quantity per 100g
Energy	3423kj	714kj
Protein	52.1g	10.9g
Fat, total	40.7g	8.5g
- Saturated	11.2g	2.3g
Carbohydrate	63.7g	13.3g
- Sugars	3.6g	0.7g
Sodium	2135mg	445mg

Omelette		
	Average Quantity per serve (280g)	Average Quantity per 100g
Energy	777kj	277kj
Protein	17.7g	6.4g
Fat, total	10.5g	3.8g
- Saturated	2.7g	1g
Carbohydrate	5.9g	2.1g
- Sugars	2.2g	0.8g
Sodium	165mg	60mg

CYO Breakfast

Quinoa Sourdough Toast		
	Average Quantity per serve (50g)	Average Quantity per 100g
Energy	709kj	1415kj
Protein	5.1g	10.2g
Fat, total	4.4g	8.8g
- Saturated	0.6g	1.2g
Carbohydrate	26.2g	52.3g
- Sugars	0.6g	1.1g
Sodium	212mg	425mg

Turkey Bacon		
	Average Quantity per serve (60g)	Average Quantity per 100g
Energy	537kj	894kj
Protein	18g	30g
Fat, total	5.9g	9.8g
- Saturated	1.4g	2.4g
Carbohydrate	1g	1.7g
- Sugars	0.1g	0.2g
Sodium	692mg	1153mg

Smoked Salmon		
	Average Quantity per serve (50g)	Average Quantity per 100g
Energy	281kj	562kj
Protein	11.5g	23g
Fat, total	2.3g	4.6g
- Saturated	0.5g	1g
Carbohydrate	0g	0g
- Sugars	0g	0g
Sodium	632mg	1265mg

Corn & Zucchini Fritter		
	Average Quantity per serve (135g)	Average Quantity per 100g
Energy	487kj	361kj
Protein	4.2g	3.1g
Fat, total	2.3g	1.7g
- Saturated	0.4g	0.3g
Carbohydrate	18.6g	13.8g
- Sugars	1.4g	1g
Sodium	710mg	527mg

Mushroom		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	105kj	105kj
Protein	3.3g	3.3g
Fat, total	0.3g	0.3g
- Saturated	0g	0g
Carbohydrate	0.3g	0.3g
- Sugars	0.3g	0.3g
Sodium	8mg	8mg

Avocado		
	Average Quantity per serve (50g)	Average Quantity per 100g
Energy	428kj	856kj
Protein	1g	2g
Fat, total	10.6g	21.2g
- Saturated	2.6g	5.2g
Carbohydrate	5g	10g
- Sugars	0.3g	0.6g
Sodium	2mg	4mg

Baby Spinach		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	25.2kj	130kj
Protein	0.7g	3.5g
Fat, total	0.1g	0.5g
- Saturated	0g	0.1g
Carbohydrate	0.3g	1.6g
- Sugars	0.1g	0.6g
Sodium	14mg	70mg

Kale		
	Average Quantity per serve (60g)	Average Quantity per 100g
Energy	126kj	210kj
Protein	2g	3.3g
Fat, total	0.4g	0.7g
- Saturated	0.1g	0.1g
Carbohydrate	6g	10g
- Sugars	1.4g	2.3g
Sodium	26mg	43mg

Feta		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	466kj	1167kj
Protein	7g	17.4g
Fat, total	9.1g	22.8g
- Saturated	6g	15g
Carbohydrate	0.1g	0.2g
- Sugars	0.1g	0.2g
Sodium	442mg	1107mg

Halloumi		
	Average Quantity per serve (30g)	Average Quantity per 100g
Energy	315kj	1054kj
Protein	6.4g	21.3g
Fat, total	5.1g	17.1g
- Saturated	3.3g	11g
Carbohydrate	0.5g	1.8g
- Sugars	0.5g	1.8g
Sodium	870mg	2900mg

Beetroot Hummus		
	Average Quantity per serve (40g)	Average Quantity per 100g
Energy	390kj	974kj
Protein	2.6g	6.6g
Fat, total	6.5g	16.2g
- Saturated	0.6g	1.4g
Carbohydrate	6.1g	15.2g
- Sugars	0.2g	0.4g
Sodium	148mg	370mg

Egg's		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	588kj	588kj
Protein	12.7g	12.7g
Fat, total	9.9g	9.9g
- Saturated	2.7g	2.7g
Carbohydrate	0.3g	0.3g
- Sugars	0.3g	0.3g
Sodium	134mg	134mg

Wraps & Burgers

Lamb Wrap		
	Average Quantity per serve (245g)	Average Quantity per 100g
Energy	1974kj	806kj
Protein	39.2g	16g
Fat, total	21g	8.6g
- Saturated	4.9g	2g
Carbohydrate	28.1g	11.5g
- Sugars	6.4g	2.6g
Sodium	560mg	228mg

Chipotle Chicken Wrap		
	Average Quantity per serve (240g)	Average Quantity per 100g
Energy	2020kj	844kj
Protein	30.1g	12.5g
Fat, total	28.2g	11.8g
- Saturated	6g	2.5g
Carbohydrate	28.8g	12g
- Sugars	3.1g	1.3g
Sodium	490mg	204mg

Steak Wrap		
	Average Quantity per serve (340g)	Average Quantity per 100g
Energy	2062kj	604kj
Protein	46.9g	13.8g
Fat, total	18.2g	5.3g
- Saturated	3.9g	1.1g
Carbohydrate	33g	9.7g
- Sugars	10.1g	2.9g
Sodium	621mg	182mg

Chicken Burger		
	Average Quantity per serve (218g)	Average Quantity per 100g
Energy	1927kj	882kj
Protein	29.1g	13.3g
Fat, total	20.9g	9.6g
- Saturated	3.6g	1.7g
Carbohydrate	37g	16.9g
- Sugars	3g	1.4g
Sodium	572mg	262mg

Classic Beef Burger		
	Average Quantity per serve (245g)	Average Quantity per 100g
Energy	1995kj	814kj
Protein	28.3g	11.5g
Fat, total	22.4g	9.1g
- Saturated	6.9g	2.8g
Carbohydrate	35.9g	14.6g
- Sugars	7.7g	3.1g
Sodium	531mg	216mg

Mighty Burger		
	Average Quantity per serve (325g)	Average Quantity per 100g
Energy	2780kj	852kj
Protein	43.7g	13.4g
Fat, total	37.7g	11.6g
- Saturated	9.9g	3g
Carbohydrate	32.4g	10g
- Sugars	4.9g	1.5g
Sodium	911mg	280mg

Veggie Burger		
	Average Quantity per serve (200g)	Average Quantity per 100g
Energy	1163kj	583kj
Protein	8.4g	4.2g
Fat, total	10.7g	5.4g
- Saturated	1.8g	0.9g
Carbohydrate	37.4g	18.8g
- Sugars	3.5g	1.8g
Sodium	560mg	281mg

Salads

Chicken & Avocado Salad		
	Average Quantity per serve (320g)	Average Quantity per 100g
Energy	2574kj	802kj
Protein	38g	11.8g
Fat, total	41.9g	13.1g
- Saturated	6.4g	2g
Carbohydrate	27.8g	7.9g
- Sugars	7.6g	2.1g
Sodium	166mg	52mg

Vegan Rainbow Salad		
	Average Quantity per serve (410g)	Average Quantity per 100g
Energy	2087kj	508kj
Protein	19g	4.6g
Fat, total	33.6g	8.2g
- Saturated	5.6g	1.4g
Carbohydrate	35.1g	8.5g
- Sugars	12.1g	3g
Sodium	191mg	46mg

Lamb Salad		
	Average Quantity per serve (308g)	Average Quantity per 100g
Energy	1764g	571kj
Protein	39.1g	12.7g
Fat, total	22.7g	7.4g
- Saturated	5g	1.6g
Carbohydrate	13.6g	4.4g
- Sugars	6.5g	2.1g
Sodium	376mg	122mg

Healthy Caesar		
	Average Quantity per serve (260g)	Average Quantity per 100g
Energy	2473kj	940kj
Protein	51.8g	19.7g
Fat, total	35.8g	13.6g
- Saturated	9.4g	3.6g
Carbohydrate	14.4g	5.5g
- Sugars	1.4g	0.5g
Sodium	1056mg	402mg

CYO

Protein

Chipotle Chicken Thigh		
	Average Quantity per serve (100g)	Average Quantity per serve (200g)
Energy	802kj	1541kj
Protein	23.4g	47.9g
Fat, total	11g	20g
- Saturated	2.9g	5.6g
Carbohydrate	0.3g	0.3g
- Sugars	0.2g	0.2g
Sodium	103mg	178mg

Garlic Herb Chicken Breast		
	Average Quantity per serve (100g)	Average Quantity per serve (200g)
Energy	667kj	1335kj
Protein	30.3g	59.9g
Fat, total	3.5g	7g
- Saturated	1g	1.9g
Carbohydrate	0.1g	0.1g
- Sugars	0g	0g
Sodium	83mg	165mg

Crusted Chicken		
	Average Quantity per serve (100g)	Average Quantity per serve (200g)
Energy	693kj	1386kj
Protein	24g	48.1g
Fat, total	3.5g	7g
- Saturated	0.8g	1.6g
Carbohydrate	7.5g	15g
- Sugars	0.7g	1.3g
Sodium	216mg	433mg

Mediterranean Lamb		
	Average Quantity per serve (100g)	Average Quantity per serve (200g)
Energy	961kj	1923kj
Protein	34.1g	68.2g
Fat, total	10.2g	20.4g
- Saturated	3.6g	7.2g
Carbohydrate	0.1g	0.2g
- Sugars	0.1g	0.2g
Sodium	65mg	130mg

Salmon Fillet		
	Average Quantity per serve (100g)	Average Quantity per serve (200g)
Energy	991kj	1982kj
Protein	24.3g	48.6g
Fat, total	15.4g	31g
- Saturated	4.3g	8.6g
Carbohydrate	0g	0g
- Sugars	0g	0g
Sodium	49mg	98mg

Smokey BBQ Steak		
	Average Quantity per serve (100g)	Average Quantity per serve (200g)
Energy	756kj	1503kj
Protein	30.7g	61.7g
Fat, total	5.4g	10.9g
- Saturated	2g	3.9g
Carbohydrate	1.6g	2.7g
- Sugars	1.2g	2g
Sodium	42mg	84mg

Falafel		
	Average Quantity per serve (100g)	Average Quantity per serve (200g)
Energy	1104kj	1936kj
Protein	11.1g	19.4g
Fat, total	11.4g	20g
- Saturated	1.3g	2.4g
Carbohydrate	24.9g	43.5g
- Sugars	6g	10.6g
Sodium	662mg	1158mg

Carbs

Basmati Rice		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	458kj	458kj
Protein	2.6g	2.6g
Fat, total	0.3g	0.3g
- Saturated	0.1g	0.1g
Carbohydrate	31g	31g
- Sugars	0.5g	0.5g
Sodium	5mg	5mg

Brown Rice		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	642kj	642kj
Protein	2.9g	2.9g
Fat, total	1g	1g
- Saturated	0.2g	0.2g
Carbohydrate	31.8g	31.8g
- Sugars	0.3g	0.3g
Sodium	3mg	3mg

Rosemary Baked Sweet Potato		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	319kj	319kj
Protein	2g	2g
Fat, total	0.1g	0.1g
- Saturated	0.1g	0.1g
Carbohydrate	20g	20g
- Sugars	6g	6g
Sodium	10mg	10mg

Sweet Potato Wedges		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	785kj	785kj
Protein	1.5g	1.5g
Fat, total	6.7g	6.7g
- Saturated	0.9g	0.9g
Carbohydrate	29.4g	29.4g
- Sugars	8.9g	8.9g
Sodium	231mg	231mg

Veg

Smokey BBQ Pumpkin		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	218kj	218kj
Protein	1.7g	1.7g
Fat, total	0.2g	0.2g
- Saturated	0g	0g
Carbohydrate	8g	8g
- Sugars	7.1g	7.1g
Sodium	1mg	1mg

Mushroom		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	105kj	105kj
Protein	3.3g	3.3g
Fat, total	0.3g	0.3g
- Saturated	0g	0g
Carbohydrate	0.3g	0.3g
- Sugars	0.3g	0.3g
Sodium	8mg	8mg

Fried Kale, Tomato & Onion		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	159kj	159kj
Protein	2.5g	2.5g
Fat, total	0.5g	0.5g
- Saturated	0.1g	0.1g
Carbohydrate	7.6g	7.6g
- Sugars	2.5g	2.5g
Sodium	30mg	30mg

Charred Corn		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	273kj	273kj
Protein	3g	3g
Fat, total	1g	1g
- Saturated	0g	0g
Carbohydrate	10g	10g
- Sugars	1g	1g
Sodium	130mg	130g

Green Beans		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	88.2kj	88.2kj
Protein	1.5g	1.5g
Fat, total	0.2g	0.2g
- Saturated	0.1g	0.1g
Carbohydrate	6g	6g
- Sugars	1.7g	1.7g
Sodium	3mg	3mg

Broccoli		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	130kj	130kj
Protein	4.6g	4.6g
Fat, total	0.3g	0.3g
- Saturated	0.1g	0.1g
Carbohydrate	5g	5g
- Sugars	1g	1g
Sodium	22mg	22mg

Avocado		
	Average Quantity per serve (50g)	Average Quantity per 100g
Energy	428kj	856kj
Protein	1g	2g
Fat, total	10.6g	21.2g
- Saturated	2.6g	5.2g
Carbohydrate	5g	10g
- Sugars	0.3g	0.6g
Sodium	2mg	4mg

Garden Salad		
	Average Quantity per serve (70g)	Average Quantity per 100g
Energy	306kj	445kj
Protein	1.3g	1.9g
Fat, total	7g	10.1g
- Saturated	1g	1.5g
Carbohydrate	2.7g	3.9g
- Sugars	1.2g	1.8g
Sodium	56mg	81mg

Honey Baked Carrots		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	196kj	196kj
Protein	0.8g	0.8g
Fat, total	0.1g	0.1g
- Saturated	0g	0g
Carbohydrate	8.9g	8.9g
- Sugars	6.9g	6.9g
Sodium	39mg	39mg

Char Veg		
	Average Quantity per serve (100g)	Average Quantity per 100g
Energy	96.6kj	96.6kj
Protein	1g	1g
Fat, total	0.2g	0.2g
- Saturated	0g	0g
Carbohydrate	4.4g	4.4g
- Sugars	3.4g	3.4g
Sodium	6mg	6mg

Sides

Chilli Aioli		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	484kj	2420kj
Protein	0.4g	1.8g
Fat, total	12.2g	61.1g
- Saturated	1g	5.1g
Carbohydrate	1.5g	7.3g
- Sugars	1.3g	6.3g
Sodium	176mg	882mg

Harissa Sauce		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	235kj	995kj
Protein	0.2g	0.9g
Fat, total	5.8g	24.1g
- Saturated	0.8g	3.4g
Carbohydrate	1.2g	4.9g
- Sugars	0.8g	3.1g
Sodium	56mg	235mg

Beetroot Hommus		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	193kj	974kj
Protein	1.3g	6.6g
Fat, total	3.2g	16.2g
- Saturated	0.3g	1.4g
Carbohydrate	3g	15.2g
- Sugars	0.1g	0.4g
Sodium	74mg	370mg

Boiled Egg		
	Average Quantity per serve (50g)	Average Quantity per 100g
Energy	294kj	588kj
Protein	6.4g	12.7g
Fat, total	5g	9.9g
- Saturated	1.4g	2.7g
Carbohydrate	0.2g	0.3g
- Sugars	0.2g	0.3g
Sodium	67mg	134mg

Aioli		
	Average Quantity per serve (20g)	Average Quantity per 100g
Energy	571kj	2850kj
Protein	0.4g	1.9g
Fat, total	15.1g	75.4g
- Saturated	1.3g	6.2g
Carbohydrate	0.3g	1.7g
- Sugars	0.2g	1g
Sodium	100mg	502mg

Kids

Cheese Toasty		
	Average Quantity per serve (140g)	Average Quantity per 100g
Energy	2129kj	1499kj
Protein	21g	14.8g
Fat, total	22.8g	16g
- Saturated	10.3	7.2g
Carbohydrate	52.5g	37g
- Sugars	1.3g	0.9g
Sodium	740mg	521mg

Stir Fry		
	Average Quantity per serve (250g)	Average Quantity per 100g
Energy	1054kj	420kj
Protein	35g	14g
Fat, total	4g	1.6g
- Saturated	1.1g	0.4g
Carbohydrate	20.5g	8.2g
- Sugars	3.3g	1.3g
Sodium	107mg	43mg

Eggs & Bacon on Toast		
	Average Quantity per serve (190g)	Average Quantity per 100g
Energy	1562kj	869kj
Protein	26.8g	14.9g
Fat, total	17.2g	9.6g
- Saturated	4g	2.2g
Carbohydrate	26.8g	14.9g
- Sugars	0.9g	0.5g
Sodium	692mg	384mg

Chicken Tenders & Chips		
	Average Quantity per serve (200g)	Average Quantity per 100g
Energy	1478kj	768kj
Protein	25.5g	13.2g
Fat, total	10.2g	5.3g
- Saturated	1.7g	0.9g
Carbohydrate	36.9g	19.1g
- Sugars	9.6g	5g
Sodium	447mg	232mg

Pancakes		
	Average Quantity per serve (118g)	Average Quantity per 100g
Energy	995kj	840kj
Protein	7.8g	6.6g
Fat, total	1.5g	1.3g
- Saturated	0.5g	0.4g
Carbohydrate	48.2g	40.8g
- Sugars	36.4g	30.9g
Sodium	291mg	247mg

Chippies & Aioli		
	Average Quantity per serve (220g)	Average Quantity per 100g
Energy	2163kj	982kj
Protein	3.3g	1.5g
Fat, total	28.7g	13g
- Saturated	4.3g	1.9g
Carbohydrate	59.8g	27.1g
- Sugars	18.1g	8.2g
Sodium	583mg	264mg

Dinner Specials

Stir Fry with Chicken		
	Average Quantity per serve (355g)	Average Quantity per 100g
Energy	1717kj	483kj
Protein	37.4g	10.5g
Fat, total	5.2g	1.5g
- Saturated	1.3g	0.4g
Carbohydrate	50.6g	14.3g
- Sugars	15.9g	4.5g
Sodium	2397mg	675mg

Stir Fry with Beef		
	Average Quantity per serve (355g)	Average Quantity per 100g
Energy	1768kj	499kj
Protein	37.9g	10.7g
Fat, total	7.1g	2g
- Saturated	2.3g	0.6g
Carbohydrate	50.6g	14.3g
- Sugars	15.9g	4.5g
Sodium	2366mg	666mg

Stir Fry with Lamb		
	Average Quantity per serve (355g)	Average Quantity per 100g
Energy	1986kj	558kj
Protein	40.5g	11.4g
Fat, total	11.8g	3.3g
- Saturated	3.9g	1.1g
Carbohydrate	50.6g	14.3g
- Sugars	15.9g	4.5g
Sodium	2388mg	672mg

Plate 1 (Steak)		
	Average Quantity per serve (500g)	Average Quantity per 100g
Energy	2478kj	516kj
Protein	68.6g	14.3g
Fat, total	18.7g	3.9g
- Saturated	4.9g	1g
Carbohydrate	39.2g	8.2g
- Sugars	12.9g	2.7g
Sodium	355mg	74mg

Plate 2 (Lamb)		
	Average Quantity per serve (500g)	Average Quantity per 100g
Energy	2381kj	478kj
Protein	73.1g	14.7g
Fat, total	21.2g	4.3g
- Saturated	7.3g	1.5g
Carbohydrate	19.1g	3.8g
- Sugars	8.7g	1.7g
Sodium	163mg	33mg

Plate 3 (Salmon)		
	Average Quantity per serve (500g)	Average Quantity per 100g
Energy	2566kj	537kj
Protein	56.1g	11.7g
Fat, total	32.3g	6.8g
- Saturated	8.7g	1.8g
Carbohydrate	32.6g	6.8g
- Sugars	7.3g	1.5g
Sodium	212mg	44mg

Plate 4 (Chicken)		
	Average Quantity per serve (460g)	Average Quantity per 100g
Energy	2339kj	467kj
Protein	66.3g	13.3g
Fat, total	21g	4.2g
- Saturated	11.6g	2.3g
Carbohydrate	21.8g	4.4g
- Sugars	4.9g	1.1g
Sodium	410mg	82mg

Vegetarian Pasta		
	Average Quantity per serve (409g)	Average Quantity per 100g
Energy	1898kj	466kj
Protein	13.4g	3.3g
Fat, total	13.7g	3.3g
- Saturated	6.5g	1.6g
Carbohydrate	47.7g	11.7g
- Sugars	7.6g	1.9g
Sodium	875mg	214mg

Creamy Chicken Pasta		
	Average Quantity per serve (431g)	Average Quantity per 100g
Energy	2482kj	575kj
Protein	40.3g	9.3g
Fat, total	18.8g	4.4g
- Saturated	10.6g	2.5g
Carbohydrate	43.3g	10.1g
- Sugars	1.8g	0.4g
Sodium	314mg	73mg