



MAIN MEALS

INGREDIENTS, ALLERGENS AND NUTRITIONALS

ALL MRE MAIN MEALS ARE HALAL

UPDATED: 29-Jun-22

Main Meal (250g)	Ingredients and Allergen Statement	GLUTEN FREE	DAIRY FREE	EGG FREE	VEGETARIAN	Energy (kj)	Protein (g)	Fat Total (g)	Fat - Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)
Beef Casserole *Halal	Beef (38%), Water, Vegetables [Potato, Carrot], Tomato Paste, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627,631)], Thickener (1412), Garlic Paste [Acidity Regulator (330)], Spices.	✓	✓	✓		1170	19.3	15.2	6.6	16.2	4.3	476
Chicken Italiano *Halal	Tomato, Chicken (30%), Water, Cooked Pasta [Water, Durum Wheat], Vegetables [Onion, Capsicum, Mushroom, Eggplant, Zucchini], Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627,631)], Tomato Paste, Thickener (1412), Garlic Paste [Acidity Regulator (330)], Herbs, Pepper. Contains: Wheat (Gluten) May be Present: Egg		✓			734	16.6	4.1	1.2	16.3	4.3	601
Chunky Chicken and Vegetables *Halal	Chicken (48%), Vegetables (24%) [Potato, Carrot, Corn, Celery, Onion], Water, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627, 631)], Thickener (1412), Sugar, Salt, Herbs, Spice.	✓	✓	✓		1024	24.8	10.2	3.7	14.8	4	650
Butter Chicken *Halal	Chicken (30%), Reconstituted Coconut Milk [Water, Coconut Milk Extract, Maltodextrin, Stabilisers (Sodium Caseinate (339))], Onion, Cooked Brown Rice, Tomato Paste, Thickener (1412), Spices, Sugar, Ginger, Salt, Chilli, Herbs, Garlic, Acidity Regulators (330,260). Contains: Milk	✓		✓		1470	22.5	17.3	11.3	26.3	6.3	550
Chilli Con Carne (new formulation) *Halal	Beef (30%), Water, Kidney Beans, Tomato, Cooked Brown Rice, Capsicum, Tomato Paste, Onion, Corn, Thickener (1412), Brown Sugar, Salt, Spices.	✓	✓	✓		1320	19.5	12	5.3	32.3	7.8	760
Spaghetti Bolognese (new formulation) *Halal	Beef, Tomato, Water, Spaghetti (10%) [Water, Durum Wheat], Tomato Paste, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627, 631)], Thickener (1412), Brown Sugar, Garlic, Vegetable Oil, Spice. Contains: Wheat, Gluten May be Present: Egg		✓			1200	16.7	12.9	5.3	24.7	9.6	476
Beef Ragu (new meal) *Halal	Beef (32%), Cooked Pasta [Durum Wheat, Water], Water, Tomatoes, Tomato Paste, Mushroom, Capsicum, Onion, Thickener (1412), Sugar, Worcestershire Sauce, Salt, Garlic, Herbs and Spice. Contains: Wheat, Gluten May be Present: Egg		✓			1310	19	13	5.8	28.3	8.5	655
Baked Beans *Halal	Water, Navy Beans (32%), Tomato Paste, Sugar, Thickener (1412), Salt, Onion Powder, Cayenne Pepper.	✓	✓	✓	✓	1013	9.5	1.5	0.3	47	16.8	850
Vegetable Curry *Halal	Vegetables (55%) [Potato, Peas, Spinach, Carrot, Onion], Water, Cooked Brown Rice [Water, Brown Rice], Tomato Paste, Soybean Oil, Coconut Milk Powder [Stabilisers (Sodium Caseinate, 339)], Thickeners (1412, 415), Herbs, Spices, Pea Protein, Sugar, Tamarind, Acidity Regulator (330). Contains: Milk and Soy	✓		✓	✓	865	6.3	5.8	3.8	28.8	4	625
Chicken and Chickpea Curry (new meal) *Halal	Chicken (27%), Water, Chickpeas (19%), Onion, Tomato Paste, Tomato, Garlic, Sugar, Carrot, Spices, Thickener (1412), Vegetable Oil, Salt	✓	✓	✓		1320	27.5	7.4	1	30.8	13.7	709
Potato and Chickpea Curry (new meal) *Halal	Chickpeas (31%), Water, Onion, Tomato Paste, Potato (6%), Tomato, Lentils, Garlic, Pea Protein, Carrot, Spices, Butter (Milk), Vegetable Oil, Thickener (1412), Salt, Sugar, Spice Extract. Contains: Milk May be Present: Wheat, Gluten	✓		✓	✓	1340	17.2	9.8	2.6	40.7	9.4	793