



Karen's Kitchen

READY MADE MEALS

NUTRITIONAL INFORMATION

	Energy (kJ)	Protein (g)	Fat - Total (g)	Fat - Saturated (g)	Carbohydrates (g)	Sugars (g)	Sodium (mg)
Aussie Beef Stew	447	10.1	5.2	1.9	4.0	2.7	250
Butter Chicken	947	17.4	14.3	3.9	5.8	4.4	317
Chicken Cacciatore	312	7.3	3.8	0.8	2.2	2.0	303
Chilli Chicken & Vegetable	452	9.2	4.6	0.8	6.0	3.4	287
Italian Beef Lasagne	542	5.0	6.8	3.6	11.2	4.5	270
Lamb & Vegetable Stew	467	10.9	4.8	1.9	5.3	4.0	440
Lamb Rogan Josh	348	7.6	3.9	0.9	3.8	1.1	99
Meatballs in Tomato Sauce	825	24.3	8.6	1.9	4.4	4.2	491
Thai Red Chicken Curry	467	10.9	4.8	1.9	5.3	4.0	440
Vegetable Lasagne	501	5.3	4.8	2.8	12.8	6.0	133

Nutritional values are based on 100g portions