

# PRODUCT SPECIFICATION DOCUMENT

simply  
tasty.

## ANCIENT GRAIN AND ROAST VEG SALAD

Roasted veggies mixed with freekeh, farro, barley and quinoa, dressed with olive oil, nuts and seeds.



CLASSIC  
SALADS



Vegetarian Friendly | Aussie Made and Owned | Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	682 kJ	682 kJ
Protein	4.0 g	4.0 g
Fat, total	7.3 g	7.3 g
- Saturated	0.7 g	0.7 g
Carbohydrates	20.8 g	20.8 g
- Sugars	7.0 g	7.0 g
Sodium	181 mg	181 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Vegetables (36%) (Zucchini, Pumpkin, Sweet Potato, Cabbage, Red Onion, Brown Onion, Red Capsicum, Green Capsicum, Yellow Capsicum, Baby Spinach), Honey Mustard Dressing (17%) [Water, Vegetable Oil (Antioxidant (320), Honey (1.5%), Sugar, Glucose Syrup, Mustard Seed (0.5%), **Egg** Yolk, Food Acid (260, 330), Salt, Thickeners (Modified Cornstarch, 415 (Contains **Soy**)), Whey Protein (Contains **Milk**), Turmeric, Colour (150c), Marjoram, Thyme, Garlic Extract, Spice Extract], Pearl Barley (13%), Farro (10%) (**Wheat**), Freekeh (10%) (**Wheat**), Quinoa (8%), Dried Cranberries (Food Acid (330)), Nuts (1%) (**Cashews, Almond Flakes, Walnuts**), Olive Oil, Seeds (0.5%) (**Sesame, Pepitas**), Parsley.

Contains Egg, Soy, Milk, Wheat, Gluten, Cashews, Almonds, Walnuts, Sesame.

May Contain Peanuts, Brazil Nut, Hazelnut, Macadamia, Pecan, Pine Nut, Pistachio, Fish, Mollusc, Crustacea, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL046	776630
400G	SAL048	776664



Manufactured by Simply Tasty

93 MacDougall Road, Golden Square VIC 3555

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Issued By: QA Department

Issue Date: 01 Jan 2022

This version supersedes all previous versions. Please refer to issue date.

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# PRODUCT SPECIFICATION DOCUMENT



## ASIAN STYLE RICE SALAD

Rice, pineapple, peanuts and veggies in a lightly spiced satay sauce.



CLASSIC SALADS



Vegetarian Friendly | Vegan Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	561 kJ	561 kJ
Protein	2.6 g	2.6 g
Fat, total	1.1 g	1.1 g
- Saturated	0.3 g	0.3 g
Carbohydrates	28.4 g	28.4 g
- Sugars	10.2 g	10.2 g
Sodium	198 mg	198 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Basmati Rice (66%), Satay Sauce (11%) [Sugar, Water, Vinegar, **Peanuts** (1%), Salt, Thickener (1412), Tomato, Curry Powder, Vegetable Oils (Antioxidant (320)), Food Acid (270), Vegetable Gum (415), Garlic, Spice], Pineapple (6%) [Pineapple, Water, Sugar, Food Acid (330)], French Dressing [Water, Vinegar, Sugar, Salt, Garlic, Lemon Juice, Vegetable Gum (415, 410), Parsley, Spices, Preservative (202, 211)], Carrot (3%), Red Capsicum (2%), Green Capsicum (2%), Sugar, Sultanas, Spring Onion (0.5%), Curry Powder, Celery (0.5%), Turmeric Powder, Parsley.

**Contains Peanuts.**

**May Contain Soy, Wheat, Gluten, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL031	183434
400G	SAL033	687292



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# PRODUCT SPECIFICATION DOCUMENT

## BEEF & BLACK BEAN NOODLES

Hokkien noodles, veggies and marinated beef coated in a silky black bean sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2370 kJ	593 kJ
Protein	26.6 g	6.7 g
Fat, total	7.2 g	1.8 g
- Saturated	1.3 g	0.3 g
Carbohydrates	96.5 g	24.1 g
- Sugars	43.1 g	10.8 g
Sodium	3090 mg	772 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Hokkien Noodles (40%) [**Wheat** Flour, Water, Canola Oil, Mineral Salt (501), Salt, Colour (160b)], Black Bean Sauce (25%) [**Soy** Sauce (Water, **Soy** Beans, **Wheat**, Salt), Sugar, Water, Yeast Extract (Yeast Extract, Salt), Black Bean Paste (0.5%), Thickener (1442), Vinegar, Salt, Spices, Colour (150d), Thickener (415), Preservative (202, 211)], Marinated Beef [Beef (7%), Oyster Sauce [Thickener (1422), Oyster Extract (**Mollusc**), **Soy** Sauce (Contains **Wheat**), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], **Soy** Sauce (Contains **Sulphites**, Colour (150d)), Brown Sugar, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), **Sesame** Oil, **Soy** Oil, Olive Oil], Onion (5%), Zucchini (5%), Carrot (5%), Green Capsicum (3%), Red Capsicum (3%), Black Beans (1%) (Firming Agent (509)).

Contains **Wheat, Gluten, Soy, Mollusc, Sesame, Sulphites.**

May Contain **Peanuts, Tree Nuts, Egg, Milk, Fish, Crustacea, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE242	910611
400G	HAE245	435420



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# PRODUCT SPECIFICATION DOCUMENT



## BEEF & VEGGIE STROGANOFF

Tender Aussie beef chunks and veggies in a rich sauce.

\*400g served with mashed potato



AUSSIE PUB GRUB



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - BULK

Serving Size: 100g Servings Per Pack: 30	Average Quantity per Serving	Average Quantity per 100g
Energy	382 kJ	382 kJ
Protein	7.4 g	7.4 g
Fat, total	3.6 g	3.6 g
- Saturated	1.2 g	1.2 g
Carbohydrates	6.5 g	6.5 g
- Sugars	2.8 g	2.8 g
Sodium	382 mg	382 mg

### IMPORTANT PRODUCT INFORMATION - BULK

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP.
Used By Location	Front of pack label. Left of NIP.



**INGREDIENTS:** Stroganoff Sauce (42%) [Water, Sliced Mushrooms (8%), Onion (7%), Margarine (Emulsifiers (471), Soy Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sour Cream (Cream (from **Milk**), Gelatine, Culture), Tomato Sauce (Tomato Paste, Sugar, Food Acid (260), Salt, Onion, Spice Extract), Worcestershire Sauce (Colour (150d)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Dijon Mustard (Food Acid (260)), Salt, Frozen Spinach, Olive Oil, Cracked Pepper, Brown Sugar, Brandy Essence], Beef Strips (21%), Water, Vegetables (19%) (Carrot, Potato, Zucchini, Red Capsicum, Yellow Capsicum), Beef Stock Powder (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330)), Imitation Vinegar (Food Acid (260)), Onion Powder, Olive Oil, Smoked Paprika.

Contains Wheat, Gluten, Soy, Milk.

May Contain Peanuts, Tree Nuts, Egg, Fish, Crustacea, Mollusc, Sesame, Lupins, Sulphites.

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE273	366650
400G	HAE274	436824



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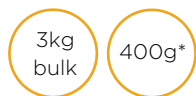
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# PRODUCT SPECIFICATION DOCUMENT

## BEEF & VEGGIE HOT POT

Aussie beef and bacon with fresh veggies in a rich gravy.

\*400g served with mashed potato



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g Servings Per Pack: 30	Average Quantity per Serving	Average Quantity per 100g
Energy	610 kJ	610 kJ
Protein	6.6 g	6.6 g
Fat, total	9.4 g	9.4 g
- Saturated	3.8 g	3.8 g
Carbohydrates	7.9 g	7.9 g
- Sugars	4.2 g	4.2 g
Sodium	274 mg	274 mg

IMPORTANT PRODUCT INFORMATION - 3kg BULK	
Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP.
Used By Location	Front of pack label. Left of NIP.



**INGREDIENTS:** Vegetables (43%) [Potato, Carrot, Celery, Pumpkin, Zucchini, Onion, Red Capsicum], Beef (26%), Water, Tomato Sauce (Food Acid (260)), Beef Gravy Powder (2%) (Thickeners (1442, 1422), Colour (150d), Vegetable Gum (466)), Bacon (Pork, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Worcestershire Sauce (Colour (150d)), Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Sugar, Olive Oil, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Cracked Pepper, Bay Leaf.

**May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE271	280639
400G	HAE272	438009

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# PRODUCT SPECIFICATION DOCUMENT



## BEEF CHOW MEIN

Aussie beef mince with chow mien noodles and veggies in garlic, ginger, and curry sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	518 kJ	518 kJ
Protein	6.3 g	6.3 g
Fat, total	4.7 g	4.7 g
- Saturated	1.7 g	1.7 g
Carbohydrates	14.7 g	14.7 g
- Sugars	3.9 g	3.9 g
Sodium	266 mg	266 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Chow Mein Noodles (28%) [Egg, Wheat Flour, Water, Salt, Mineral Salt (501), Colour (102), Preservatives (281), Vegetable Oil), Cabbage (19%), Beef Mince (14%), Water, Carrot (7%), Onion (6%), Pineapple (Acidity Regulator (330)), Celery (4%), Oyster Sauce [Thickener (1422), Oyster Extract (Mollusc), Soy Sauce (Contains Wheat), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Soy Sauce (Contains Sulphites, Colour (150d)), Peas (1.5%), Brown Sugar, Green Capsicum (0.5%), Curry Powder, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Spring Onion (0.5%), Parsley (0.5%), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)). Contains Wheat, Gluten, Soy, Mollusc, Sesame, Sulphites.

Contains Wheat, Gluten, Egg, Soy, Mollusc, Sulphites.

May Contain Peanuts, Tree Nuts, Fish, Crustacea, Milk, Sesame, Lupins.

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE243	910742
400G	HAE246	436853



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# PRODUCT SPECIFICATION DOCUMENT

## BEEF LASAGNE

There is nothing like a good old-fashioned lasagne to bring the family together on a Sunday. This lasagne consists of layers of rich meat sauce, creamy cheese sauce and tender pasta topped with a layer of golden melted cheese.

3kg  
bulk

PASTA  
FAVES



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	804 kJ	804 kJ
Protein	9.4 g	9.4 g
Fat, total	8.3 g	8.3 g
- Saturated	3.6 g	3.6 g
Carbohydrates	18.8 g	18.8 g
- Sugars	7.3 g	7.3 g
Sodium	399 mg	399 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Bolognese Sauce [Tomato Sauce (Tomato Concentrate, Sugar, Salt, Vinegar, Spices, Food Acid (330), Preservatives (202, 211)), Beef Mince (14%), Water, Onion, Carrot, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Onion Powder, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Salt, Oregano Leaves, Cracked Pepper, Bay Leaves], White Sauce [Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Skim **Milk** Powder, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), Parmesan Cheese (from **Milk**, Starter Culture, Enzymes (Non-Animal Rennet), Onion Powder, Salt), Pasta Sheets (Durum **Wheat** Semolina), Mozzarella Cheese [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, **Milk** Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a))].

**Contains Wheat, Gluten, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS: BULK

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	OBP006	178549

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# PRODUCT SPECIFICATION DOCUMENT

## BEEF MASSAMAN CURRY

Chunks of Aussie beef and potato in a medium spiced curry sauce with peanuts, cashews and chilli. \* 400g includes rice



Good Source of Protein | Low in Sugar | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	485 kJ	485 kJ
<b>Protein</b>	6.5 g	6.5 g
<b>Fat, total</b>	3.2 g	3.2 g
- Saturated	1.7 g	1.7 g
<b>Carbohydrates</b>	14.7 g	14.7 g
- Sugars	3.1 g	3.1 g
<b>Sodium</b>	167 mg	167 mg

IMPORTANT PRODUCT INFORMATION 3kg BULK	
<b>Shelf Life (Unopened)</b>	25 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP
<b>Used By Location</b>	Front of pack label. Left of NIP



**INGREDIENTS:** Braised Beef (22%) [Beef (13%), Water, Beef Booster (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330), Smoke Oil), Corn Flour, Tandoori Paste (**Wheat**, Food Acid (260), Colour (160c), Food Acid (330), Stabilisers (412, 415)), Salt, Pepper], Curry Sauce (21%) [Red Onion, Coriander Stems, Red Chilli, Red Capsicum, Brown Sugar, Lemongrass, **Fish** Sauce, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Minced Ginger (Food Acid (270)), Ground Coriander, Ground Cumin, Shrimp Paste (Shrimp (**Crustacea**), **Soy** Oil, Flavour Enhancers (621, 631, 627), Colour (160c)), Tandoori Paste (Wheat, Food Acid (260), Colour (160c), Food Acid (330), Stabilisers (412, 415)), Cinnamon, Pepper, Salt, Ground Galangal, Ground Cardamom], Baby Chat Potatoes, Coconut Cream (Stabilisers (415, 412, 407)), Onion, Water, Sweet Potatoes, **Peanuts**, **Cashews**, Brown Sugar, Red Chilli, Fried Shallots, Coriander Leaf, Tomato Sauce (Food Acid (260)), Tamarind Paste (Food Acid (330)), **Fish** Sauce, Olive Oil, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Minced Ginger (Food Acid (270)), Lime Powder (Food Acid (330), Natural Flavour (contains Soy)).

**Contains Wheat, Gluten, Fish, Crustacea, Soy, Peanuts, Cashews.**

**May Contain Milk, Egg, Other Tree Nuts, Mollusc, Sesame, Lupins, Sulphites.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using bain-marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE277	448855
400G	HAE278	523545

Manufactured by Simply Tasty

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# PRODUCT SPECIFICATION DOCUMENT



## BEEF RAVIOLI IN NAPOLI SAUCE

Parcels of pasta filled with Australian beef in a rich Napoli sauce.



PASTA FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2520 kJ	631 kJ
Protein	22.2 g	5.6 g
Fat, total	8.9 g	2.2 g
- Saturated	2.7 g	0.7 g
Carbohydrates	104 g	26.1 g
- Sugars	29.5 g	7.4 g
Sodium	1270 mg	319 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Beef Ravioli (55%) [Pasta (Durum **Wheat** Flour, Water, **Egg**), Filling (Beef (5%), Breadcrumbs (**Wheat** Flour, Water, Yeast), Vegetables, Canola Oil, Parmesan Cheese (**Milk**, Salt, Non-Animal Rennet, Starter Cultures, Enzymes, Preservative (200)), Salt, Garlic, Herbs, Spices)], Napoli Sauce (45%) [Tomato Sauce (Reconstituted Tomato Paste, Sugar, Salt, Herbs and Spices, Garlic, Onion, Canola Oil, Acidity Regulator (260, 330)), Water, Capsicum, Brown Sugar, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Minced Garlic (Thickener (415), Food Acid (270), Mineral Salt (509)), Olive Oil, Pepper, Dried Oregano].

**Contains Wheat, Gluten, Milk, Egg.**

**May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Soy, Sesame Seeds, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE201	647718
400G	HAE227	435750



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93 MacDougall Road, Golden Square VIC 3555

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# PRODUCT SPECIFICATION DOCUMENT

## BROCCOLI & WHITE SAUCE

A family favourite, just like Mum makes! Fresh Aussie broccoli coated in our house-made white sauce, topped with melted cheese, and finished with paprika.

2.2kg  
bulk

CLASSIC  
SIDES



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 2.2kg BULK

Serving Size: 100g Servings Per Pack: 22	Average Quantity per Serving	Average Quantity per 100g
Energy	383 kJ	383 kJ
Protein	5.3 g	5.3 g
Fat, total	4.3 g	4.3 g
- Saturated	1.7 g	1.7 g
Carbohydrates	6.9 g	6.9 g
- Sugars	3.2 g	3.2 g
Sodium	232 mg	232 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** White Sauce (52%) [Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Skim **Milk** Powder, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), Parmesan Cheese (from **Milk**, Starter Culture, Non-Animal Rennet, Enzyme), Onion Powder, Salt], Broccoli (43%), Mozzarella Cheese [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, **Milk** Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a)], Paprika (Anticaking Agent (551)).

Contains **Wheat, Gluten, Milk, Soy.**

May Contain **Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.2KG	OBP004	177527

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# PRODUCT SPECIFICATION DOCUMENT



## BUTTER CHICKEN

Aussie chicken marinated in a mildly spiced curry paste with tomato and cream.

\*400g served with rice



CLASSIC CURRIES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - BULK

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	687 kJ	687 kJ
Protein	16.0 g	16.0 g
Fat, total	8.5 g	8.5 g
- Saturated	4.3 g	4.3 g
Carbohydrates	5.2 g	5.2 g
- Sugars	4.3 g	4.3 g
Sodium	276 mg	276 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Marinated Chicken [Chicken Fillet (61%), Tandoori Paste ((contains **Wheat**), Acidity Regulator (260, 330), Stabiliser (412, 415)), Yoghurt (from **Milk**), Reconstituted Lemon Juice (Antioxidant (300), Preservative (223 (**Sulphites**)), Sugar, Ginger (Food Acid (270)), Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Salt], Tomato Paste (Reconstituted Tomato Paste, Salt, Sugar, Herbs, Spice, Garlic, Onion, Canola Oil, Acidity Regulator (330)), Cream (8%) (Cream (from Milk), Mineral Salts (450, 500), Thickener (400)), Onion, Butter (2.5%) (from **Milk**), Olive Oil, Sugar, Ground Coriander, Onion Powder, Sweet Paprika, Ground Fenugreek, Garam Masala, Ground Cumin, Ground Cinnamon, Cayenne Pepper.

Contains Milk, Wheat, Gluten, Sulphites.

May Contain Peanuts, Tree Nuts, Egg, Fish, Crustacea, Mollusc, Soy, Sesame, Lupins.

### REHEATING INSTRUCTIONS: BULK

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

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### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE224	704170
400G	HAE257	855544



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JL King & Co / Simply Tasty Product Specifications

Issued By: QA Department

Issue Date: 01 Jan 2022

This version supersedes all previous version. Please refer to issue date.

Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT

## CAULIFLOWER & WHITE SAUCE

A cheese-lovers idea of heaven. Fresh Aussie cauliflower coated in our house-made white sauce, topped with melted cheese and finished with paprika.

2.2kg  
bulk

CLASSIC  
SIDES



Vegetarian Friendly | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 2.2kg BULK

Serving Size: 100g Servings Per Pack: 22	Average Quantity per Serving	Average Quantity per 100g
Energy	355 kJ	355 kJ
Protein	4.1 g	4.1 g
Fat, total	4.0 g	4.0 g
- Saturated	1.6 g	1.6 g
Carbohydrates	7.2 g	7.2 g
- Sugars	3.8 g	3.8 g
Sodium	220 mg	220 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** White Sauce (52%) [Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Skim **Milk** Powder, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), Powdered Parmesan Cheese (from **Milk**, Starter Culture, Non-Animal Rennet, Enzyme), Onion Powder, Salt], Cauliflower (48%), Mozzarella Cheese [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, **Milk** Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a))], Paprika (Anticaking Agent (551)).

Contains **Wheat, Gluten, Milk, Soy.**

May Contain **Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.2KG	OBPO03	177577

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# PRODUCT SPECIFICATION DOCUMENT

## CHICKEN BACON AND AVOCADO PASTA SALAD

Chargrilled Aussie chicken, bacon and pasta in a rich avocado dressing with roasted pine nuts, parsley and olive oil.



CLASSIC SALADS



Good Source of Protein | Low in Sugar | Aussie Made and Owned | Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	718 kJ	718 kJ
Protein	8,4 g	8,4 g
Fat, total	7.6 g	7.6 g
- Saturated	1.2 g	1.2 g
Carbohydrates	17.9 g	17.9 g
- Sugars	1.3 g	1.3 g
Sodium	359 mg	359 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Pasta (52%) (Durum **Wheat** Semolina), Avocado Dressing (30%) [Canola Oil, Vinegar, Whole **Egg**, Water, Avocado Puree (3%) (Avocado, Salt, Food Acid (270, 300), Food Colour (102, 133)), **Soy** Protein, Garlic, Sugar, Salt, Thickeners (1442, 415), Spices, Lemon Juice, Preservatives (202, 211)], Chargrilled Chicken (13%) [Chicken Fillets (13%), Olive Oil, Salt, Pepper], Bacon (3.5%) (Pork, Cure (Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Parsley (0.8%), Roasted **Pine Nuts** (0.5%), Olive Oil.

**Contains Wheat, Gluten, Egg, Soy, Pine Nuts.**

**May Contain Peanuts, Other Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL095	910572
400G	SAL097	434505



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# PRODUCT SPECIFICATION DOCUMENT

## CHICKEN CAESAR LEAFY SALAD

Succulent chargrilled chicken pieces with bacon, eggs, crunchy baked croutons, and crisp cos lettuce. These mouth-watering salads will delight your customers.

1.75kg  
kit

LEAFY  
SALADS



Good Source of Protein | Low in Sugar | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 1.75kg KIT

Serving Size: 100g Servings Per Pack: 17.5	Average Quantity per Serving	Average Quantity per 100g
Energy	740 kJ	740 kJ
Protein	17.2 g	17.2 g
Fat, total	10.1 g	10.1 g
- Saturated	4.9 g	4.9 g
Carbohydrates	0.9 g	0.9 g
- Sugars	0.5 g	0.5 g
Sodium	375 mg	375 mg

### IMPORTANT PRODUCT INFORMATION - 1.75kg KIT

Shelf Life (Unopened)	14 Days
Shelf Life (Opened)	2 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS: Salad Base:** Chargrilled Chicken [Chicken Fillets, Olive Oil, Salt, Pepper], Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Preservative (250)), **Egg** (Acidity Regulator (260, 330)), Parmesan Cheese (**Milk**, Non-Animal Rennet, Starter Culture, Preservative (202)), Parsley, Spring Onion.

**Croutons:** Wheat Flour, Dextrose, Vegetable Oil (Palm), Salt, Sugar, Yeast, **Soy** Flour, Antioxidant (392).

**Leaf Mix:** 100% Cos Lettuce

**Contains Wheat, Gluten, Egg, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS: N/A**

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.75KG	LEAF001	392177

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# PRODUCT SPECIFICATION DOCUMENT

## CHICKEN PASTA BAKE

This hearty chicken bake is designed to satisfy even the hungriest of appetites. Oven-baked chicken in a bed of crispy bacon, fried onion, vegetables and folded with shredded cheese, cracked pepper and secret blend ingredients to make a cheesy white sauce.

**PASTA FAVES**



2.2kg  
bulk

Low in Sugar | Aussie Made and Owned | Ready to Eat

### NUTRITIONAL INFORMATION - 2.2kg Bulk

Serving Size: 100g Servings Per Pack: 22	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	584 kJ	584 kJ
<b>Protein</b>	7.7 g	7.7 g
<b>Fat, total</b>	4.5 g	4.5 g
- Saturated	2.7 g	2.7 g
<b>Carbohydrates</b>	11.1 g	11.1 g
- Sugars	1.9 g	1.9 g
<b>Sodium</b>	169 mg	169 mg

### IMPORTANT PRODUCT INFORMATION

<b>Shelf Life (Unopened)</b>	28 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP
<b>Used By Location</b>	Front of pack label. Left of NIP



**INGREDIENTS:** Penne Pasta (23%) (Durum **Wheat** Semolina), Water, Chargrilled Chicken (11%) [Chicken Fillets (11%), Olive Oil, Salt, Pepper], Mozzarella Cheese [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, **Milk** Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a)), Carrot, Celery, Pumpkin, Bacon (Pork, Emulsifiers (451, 450, 452), Antioxidant (316), Preservative (250)), Onion, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Red Capsicum, Green Capsicum, Olive Oil, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Sugar, Paprika (Anticaking Agent (551)), Cracked Pepper.

**Contains Wheat, Gluten, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	OBPO09	910352

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# PRODUCT SPECIFICATION DOCUMENT

## CHICKEN PESTO PASTA LEAFY SALAD

Our famous chargrilled chicken tossed through creamy basil pesto with penne pasta and leafy greens.

LEAFY  
SALADS



1.75kg  
kit

Good Source of Protein | Low in Sugar | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 1.75kg KIT

<b>Serving Size:</b> 100g <b>Servings Per Pack:</b> 17.5	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	614 kJ	614 kJ
<b>Protein</b>	12.1 g	12.1 g
<b>Fat, total</b>	7.4 g	7.4 g
- Saturated	2.6 g	2.6 g
<b>Carbohydrates</b>	7.9 g	7.9 g
- Sugars	2.0 g	2.0 g
<b>Sodium</b>	425 mg	425 mg

### IMPORTANT PRODUCT INFORMATION - 1.75kg KIT

<b>Shelf Life (Unopened)</b>	14 Days
<b>Shelf Life (Opened)</b>	2 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP
<b>Used By Location</b>	Front of pack label. Left of NIP



**INGREDIENTS:** **Salad Base:** Chargrilled Chicken [Chicken Fillets, Olive Oil, Salt, Pepper], Bacon (Pork, Water, Salt, Emulsifiers (451, 450, 452), Sugar, Antioxidant (316), Preservative (250)), **Egg** (Acidity Regulator (260, 330)), Parmesan Cheese (**Milk**, Non-Animal Rennet, Starter Culture, Preservative (202)), Parsley, Spring Onion.

**Croutons:** Wheat Flour, Dextrose, Vegetable Oil (Palm), Salt, Sugar, Yeast, **Soy** Flour, Antioxidant (392).

**Leaf Mix:** 100% Rocket

**Contains Wheat, Gluten, Egg, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.75kg	LEAF005	413185

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# PRODUCT SPECIFICATION DOCUMENT



## CHICKEN TORTELLINI

Pasta filled with tender chicken in a creamy mushroom, bacon and cracked pepper sauce.



PASTA FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3570 kJ	893 kJ
Protein	19.0 g	4.8 g
Fat, total	66.0 g	16.5 g
- Saturated	35.4 g	8.8 g
Carbohydrates	43.1 g	10.8 g
- Sugars	10.6 g	2.6 g
Sodium	1630 mg	407 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Chicken Tortellini (50%) [Pasta (Durum **Wheat** Flour, Water, **Egg**), Filling [Breadcrumbs (**Wheat** Flour, Water, Yeast), Chicken (7%), Vegetables, Parmesan Cheese (**Milk**, Starch, Salt, Starter Cultures, Enzymes, Preservative (200)), Canola Oil, Chicken Stock, Salt, Herbs, Spices], Thickened Cream (33%) [Cream (From **Milk**), Mineral Salt (450, 500), Thickener (400)], Mushrooms (7%), Onion, Bacon (3%) [Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Olive Oil, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Sugar, Parsley, Cracked Pepper.

**Contains Wheat, Gluten, Milk, Egg.**

**May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Soy, Sesame Seeds, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE207	647873
400G	HAE217	436659



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Issued By: QA Department

Issue Date: 01 Jan 2022

This version supersedes all previous version. Please refer to issue date.

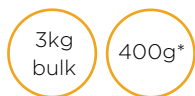
Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT

## CHILLI CON CARNE

Aussie beef mince, red kidney beans and veggies in a spicy tomato sauce.

\*400g served with rice



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g Servings Per Pack: 30	Average Quantity per Serving	Average Quantity per 100g
Energy	486 kJ	486 kJ
Protein	7.1 g	7.1 g
Fat, total	6.8 g	6.8 g
- Saturated	2.8 g	2.8 g
Carbohydrates	6.1 g	6.1 g
- Sugars	3.2 g	3.2 g
Sodium	238 mg	238 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP.
Used By Location	Front of pack label. Left of NIP.



**INGREDIENTS:** Crushed Tomato (Reconstituted Tomato Paste, Acidity Regulator (330)), Beef Mince (20%), Water, Red Kidney Beans (11%) (Red Kidney Beans, Water, Salt, Sugar, Firming Agent (509)), Onion, Carrot, Celery, Red Capsicum, Green Capsicum, Chilli Sauce (1%) [Water, Sugar, Food Acid (260), Mustard Seed, Chilli, Salt, Paprika, Vegetable Gum (415 (Contains **Soy**)), Natural Colour (160c), Spice Extract, Turmeric], Frozen Spinach, Cumin, Beef Stock Powder (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Onion Powder, Lime Powder (Dextrose, Food Acid (330), Maltodextrin, Natural Flavour (Contains **Soy**), Lime Juice Solids), Olive Oil, Minced Ginger (Food Acid (270)), Cracked Pepper, Red Chilli, Smoked Paprika, Turmeric, Brown Sugar, Cayenne Pepper, Salt, Cardamon.

Contains Soy

May Contain Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE264	272848
400G	HAE270	283598

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93 MacDougall Road, Golden Square VIC 3555

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# PRODUCT SPECIFICATION DOCUMENT



## CLASSIC PASTA SALAD

Pasta with grated cheese and crunchy veggies in a classic mayonnaise dressing.



CLASSIC SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1160 kJ	1160 kJ
<b>Protein</b>	3.3 g	3.3 g
<b>Fat, total</b>	19.0 g	19.0 g
- Saturated	1.8 g	1.8 g
<b>Carbohydrates</b>	22.7 g	22.7 g
- Sugars	8.4 g	8.4 g
<b>Sodium</b>	423 mg	423 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Pasta (50%) (Durum **Wheat** Semolina), Mayonnaise (42%) [Vegetable Oil (Antioxidant (320)), Water, Sugar, **Egg**, Vinegar (from **Barley, Wheat**), **Egg** Yolk, Salt, Vegetable Gums (412, 415 (contains **Soy**)), Food Acid (260), Mustard Powder, Flavour], Carrot (4%), Mozzarella Cheese (1.5%) (From **Milk**, Anticaking Agent (460), Preservative (200)), Celery (1%), Red Capsicum (0.5%), Green Capsicum (0.5%), Spring Onion (0.5%), Parsley.

**Contains Wheat, Gluten, Egg, Soy, Milk.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Lupins, Sulphites.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL031	183434
800g	SAL008	439597
400G	SAL033	687292



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# PRODUCT SPECIFICATION DOCUMENT

## COTTAGE PIE

Beef cottage pie is classic comfort food. Deliciously crunchy pastry crust filled with a decadent blend of beef, cracked pepper, an assortment on vegetables and finished with shredded cheese and diced bacon.

3kg  
bulk



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg

Serving Size: 3kg Servings Per Pack: 30	Average Quantity per Serving	Average Quantity per 100g
Energy	689 kJ	689 kJ
Protein	8.3 g	8.3 g
Fat, total	7.9 g	7.9 g
- Saturated	3.2 g	3.2 g
Carbohydrates	13.9 g	13.9 g
- Sugars	8.0 g	8.0 g
Sodium	471 mg	471 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of label. Left of NIP
Used By Location	Front of label. Left of NIP



**INGREDIENTS:** Mashed Potato (33%) [Potato, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), **Milk** Powder, Salt, Pepper], Beef Mince (21%), Tomato Sauce (Tomato Paste, Sugar, Food Acid (260), Salt, Onion, Spice Extract), Onion, Potato, Carrot, Celery, Zucchini, Worcestershire Sauce (Food Acid (260), Colour (150c)), Mozzarella Cheese [Cheese (from **Milk**), Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (**Milk** Protein, Emulsifiers (339, 341), Colour (160a))], Gravy Powder (Thickeners (1442, 1422), Colour (150d), Vegetable Gum (466)), Water, Peas, Brown Sugar, Bacon (Pork, Mineral Salts (451, 452), Antioxidant (316), Preservative (250)), Onion Powder, Salt, Cracked Pepper.

Contains Milk, Soy.

May Contain Wheat, Gluten, Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.

### REHEATING INSTRUCTIONS: BULK

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods.

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	OBPO08	910792

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# PRODUCT SPECIFICATION DOCUMENT



## CREAMY COLESLAW

Crunchy carrot, cabbage, and celery in a creamy mayonnaise dressing.



CLASSIC SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1160 kJ	1160 kJ
<b>Protein</b>	1.6 g	1.6 g
<b>Fat, total</b>	28.5 g	28.5 g
- Saturated	2.4 g	2.4 g
<b>Carbohydrates</b>	3.4 g	3.4 g
- Sugars	3.1 g	3.1 g
<b>Sodium</b>	261 mg	261 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Cabbage (43%), Mayonnaise (35%) [Vegetable Oil, Egg, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains Soy)], Carrot (10%), Celery Leaf (6%), Onion, Green Capsicum, Celery (0.5%), Parsley.

**Contains Egg, Soy**

**May Contain Milk, Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL004	110460
800g	SAL005	439385
400G	SAL072	434479



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# PRODUCT SPECIFICATION DOCUMENT



## CREAMY GERMAN POTATO SALAD

Desiree potatoes in a creamy dill dressing with bacon and pickled cucumbers



CLASSIC SALADS



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	493 kJ	493 kJ
Protein	13.2 g	13.2 g
Fat, total	23.6 g	23.6 g
- Saturated	4.8 g	4.8 g
Carbohydrates	48.4 g	48.4 g
- Sugars	13.6 g	13.6 g
Sodium	1260 mg	1260 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Desiree Potato (59%), Horseradish Relish [Horseradish (contains **Sulphites**), Water, Mustard Seed, Sugar, Salt, Food Acid (260), Vegetable Oil, Mustard Extract, Vegetable Gum (415 (contains **Soy**)), Preservative (223 (Sulphites))], Brown Onion, Bacon (6%) [Pork, Water, Salt, Dextrose, Mineral Salts (451, 452), Sugar, Antioxidant (316), Preservative (250), Hydrolysed Vegetable Protein, Yeast Extract], Mayonnaise (7%) [Vegetable Oil, Water, Sugar, Whole **Egg**, Salt, Malt Vinegar (from **Barley** and **Wheat**), **Egg** Yolk, Vegetable Gum (412, 415 (contains **Soy**)), Food Acid (260), Mustard Powder, Flavour], Bread and Butter Cucumbers (2.5%), Sour Cream (2.5%) (Reduced Fat Cream (from **Milk**), Sour Cream Culture (from **Milk**)), Sugar, Mustard (Food Acid (260, 330), Emulsifier (322 (contains **Soy**)), Colour (160a)), Spring Onion, Parsley, Celery, Minced Garlic (Thickener (415), Food Acid (270), Mineral Salt (509)), Salt, Cracked Black Pepper, Green Dill, Mint Flakes.

Contains Sulphites, Soy, Egg, Wheat, Gluten, Milk.

May Contain Peanuts, Almond, Cashew, Pine Nut, Walnut, Fish, Mollusc, Crustacea, Sesame, Lupins.

REHEATING INSTRUCTIONS: N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL130	86137
400G	SAL131	86093



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Issued By: QA Department

Issue Date: 01 Sept 2022

This version supersedes all previous versions. Please refer to issue date.

Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT

simply  
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## CURRIED EGG & CAULIFLOWER SALAD

Curried eggs, cauliflower, and herbs in a creamy mayonnaise dressing.



CLASSIC  
SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	707 kJ	707 kJ
Protein	8.4 g	8.4 g
Fat, total	11.0 g	11.0 g
- Saturated	2.2 g	2.2 g
Carbohydrates	8.9 g	8.9 g
- Sugars	8.1 g	8.1 g
Sodium	349 mg	349 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Eggs (52%) (Food Acid (260, 330)), Mayonnaise (23%) [Water, Sugar, Vegetable Oil (Antioxidant (320)), Brown Vinegar (From **Barley** and **Wheat**), Egg Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour], Cauliflower Florets (21%), Onion, Sugar, Celery, Spring Onion, Curry Powder, Parsley (0.2%).

Contains **Egg, Wheat, Gluten, Soy.**

May Contain **Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL040	685517
400G	SAL042	685892



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Issued By: QA Department

Issue Date: 01 Jan 2022

This version supersedes all previous versions. Please refer to issue date.

Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT



## CURRIED PASTA SALAD

Pasta with grated carrot, capsicum, sultanas, and spring onion coated in a lightly spiced mayonnaise.



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	845 kJ	845 kJ
<b>Protein</b>	3.2 g	3.2 g
<b>Fat, total</b>	8.3 g	8.3 g
- Saturated	0.8 g	0.8 g
<b>Carbohydrates</b>	27.8 g	27.8 g
- Sugars	11.7 g	11.7 g
<b>Sodium</b>	377 mg	377 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Pasta Spirals (56%) (Durum **Wheat** Semolina), Mayonnaise (32%) [Water, Sugar, Vegetable Oil (Antioxidant (320)), Brown Vinegar (From **Barley** and **Wheat**), **Egg** Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour], Carrot (4%), Red Capsicum (1.5%), Green Capsicum (1.5%), Sultanas (1.5%), Sugar, Curry Powder (0.5%), Spring Onion (0.5%), Parsley, Turmeric.

**Contains Wheat, Gluten, Egg, Soy.**

**May Contain Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL016	154236
800g	SAL017	439398
400G	SAL073	434589



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# PRODUCT SPECIFICATION DOCUMENT

## CURRIED VEG AND COUS COUS SALAD

Pumpkin and sweet potato roasted in a mild curry spice mix with coconut cous cous.



CLASSIC SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	613 kJ	613 kJ
Protein	3.8 g	3.8 g
Fat, total	6.8 g	6.8 g
- Saturated	4.3 g	4.3 g
Carbohydrates	17 g	17 g
- Sugars	3.2 g	3.2 g
Sodium	102 mg	102 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Fine Cous Cous (50%) (Durum **Wheat** Semolina), Coconut Cream (15%) [Coconut Cream, Stabilisers (415, 412, 407)], Pumpkin (9%), Onions (8%), Sweet Potato (7%), Red Pepper Strips (Food Acid (330), Firming Agent (509)), **Walnuts** (1.5%), Apples, Currants, Curry Powder (1%), Baby Spinach, Olive Oil, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins A and D, Natural Colour (160a)), Palm Sugar, Vegetable Booster (Anticaking Agent (551)), Crushed Ginger (Food Acid (270)), Lemongrass, Spring Onion, Imitation Saffron (Colour (102)), Parsley, Salt, Cracked Black Pepper, Ground Cardamom.

**Contains Wheat, Gluten, Walnuts, Soy.**

**May Contain Peanuts, Almond, Cashew, Pine Nut, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL132	84614
400G	SAL133	85699



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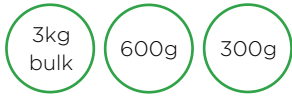
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# PRODUCT SPECIFICATION DOCUMENT



## EGG SALAD

Hard-boiled eggs, spring onion, celery, and parsley in a classic mayonnaise dressing.



CLASSIC SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / (300g)	Average Quantity per Serving	Average Quantity per 100g
Energy	750 kJ	750 kJ
Protein	11.6 g	11.6 g
Fat, total	12.0 g	12.0 g
- Saturated	2.9 g	2.9 g
Carbohydrates	6.3 g	6.3 g
- Sugars	5.8 g	5.8 g
Sodium	293 mg	293 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (300g + 600g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (300g + 600g)



**INGREDIENTS:** Eggs (77%) (Food Acid (260, 330)), Mayonnaise (17%) [Water, Sugar, Vegetable Oil (Antioxidant (320)), Brown Vinegar (From **Barley** and **Wheat**), Egg Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour], Celery (3%), Brown Onion, Sugar, Spring Onion (0.5%), Parsley (0.1%).

Contains Egg, Wheat, Gluten, Soy

May Contain Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL081	109249
600g	SAL098	439458
300G	SAL099	434636



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# PRODUCT SPECIFICATION DOCUMENT



## FRIED RICE

Rice with char sui pork, veggies, bacon and scrambled egg seasoned with sesame oil and soy.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	2030 kJ	507 kJ
Protein	15.3 g	3.8 g
Fat, total	7.8 g	2.0 g
- Saturated	1.7 g	0.4 g
Carbohydrates	87.4 g	21.9 g
- Sugars	12.5 g	3.1 g
Sodium	1240 mg	311 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Basmati Rice (63%), Onion (5%), Water, Pork Fillet, Carrot (4%), Oyster Sauce [Thickener (1422), Oyster Extract (**Mollusc**), **Soy** Sauce (Contains **Wheat**), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Scrambled Egg (2%) (Contains **Milk**, Stabiliser (415), Emulsifier (451)), Bacon (2%) (Pork, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Peas (2%), **Soy** Sauce (1%) (Contains Sulphites, Colour (150d)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Spring Onion (1%), Mirin (Preservative (202)), Sesame Oil (1%) (Contains Soy), Green Capsicum (1%), Salt, Sugar, Fried Shallots, **Fish** Sauce, Minced Ginger (Food Acid (270)), Cornflour, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Sugar, Food Acid (260), Raising Agent (500), Pepper, Cooking Wine (**Wheat**, 150c), Chinese 5 Spice, Colour (122, 102, 110), Beetroot Powder.

**Contains Mollusc, Soy, Wheat, Gluten, Egg, Milk, Sulphites, Sesame, Fish.**

**May Contain Peanuts, Tree Nuts, Crustacea, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HA058	183413
400G	HAE218	436866



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Issued By: QA Department	Issue Date: 01 Jan 2022	This version supersedes all previous versions. Please refer to issue date.
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# PRODUCT SPECIFICATION DOCUMENT

## FRUIT SALAD

Juicy Aussie watermelon, rockmelon, honeydew and pineapple.



Vegan Friendly | Aussie Made and Owned | Ready to Eat



### NUTRITIONAL INFORMATION - 2.5kg BULK & 400g

Serving Size: 100g Servings Per Pack: 25 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	137 kJ	137 kJ
Protein	0.5 g	0.5 g
Fat, total	0.3 g	0.3 g
- Saturated	0.1 g	0.1 g
Carbohydrates	6.3 g	6.3 g
- Sugars	6.3 g	6.3 g
Sodium	7 mg	7 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	14 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Watermelon (70%), Rockmelon (10%), Honeydew Melon (10%), Pineapple (10%).

**May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.5KG	SAL055	195127
400G	SAL057	195224



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# PRODUCT SPECIFICATION DOCUMENT



## GARLIC PRAWN FETTUCCINE

Fettuccine and prawns in a creamy garlic sauce with a hint of chilli.



PASTA FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	934 kJ	934 kJ
Protein	5.4 g	5.4 g
Fat, total	14.3 g	14.3 g
- Saturated	8.9 g	8.9 g
Carbohydrates	16.2 g	16.2 g
- Sugars	3.2 g	3.2 g
Sodium	215 mg	215 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Garlic Sauce (42%) [Thickened Cream (From **Milk**, Mineral Salts (450, 500), Thickener (400)), Minced Garlic (2%) (Thickener (414), Food Acid (270), Mineral Salt (509)), Sugar, Herb and Garlic Seasoning, Olive Oil, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Parsley, Chilli Flakes], Fettuccine (42%) (Durum **Wheat**), Garlic Prawns (16%) [Prawns (**Crustacea**) (15%) (Salt, Mineral Salts (451, 452)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Salt, Sugar, Olive Oil, Cracked Pepper].

**Contains Wheat, Gluten, Milk, Crustacea.**

**May Contain Peanuts, Tree Nuts, Egg, Soy, Fish, Mollusc, Sulphites, Sesame, Lupin.**

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE211	691576
400G	HAE213	855536



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Issue Date: 01 Jan 2022

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# PRODUCT SPECIFICATION DOCUMENT

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tasty.

## GOURMET POTATO SALAD

Tender potatoes with celery, spring onion, and capsicum in a classic mayonnaise and sour cream dressing.



CLASSIC  
SALADS



Vegetarian Friendly | Low in Sugar | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	641 kJ	641 kJ
Protein	2.2 g	2.2 g
Fat, total	11.5 g	11.5 g
- Saturated	1.0 g	1.0 g
Carbohydrates	9.4 g	9.4 g
- Sugars	1.8 g	1.8 g
Sodium	104 mg	104 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Potato (81%), Mayonnaise (15%) [Vegetable Oil, **Egg**, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains **Soy**)], Onion, Celery (1.5%), Red Capsicum (1%), Spring Onion (0.5%), Parsley.

Contains **Egg, Soy**

May Contain **Milk, Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL010	110444
800g	SAL011	439490
400G	SAL075	434725



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# PRODUCT SPECIFICATION DOCUMENT

## GRAVY

Gravy is the sauce that brings everything together. It's a must-have for meatloaf, an essential for a roast dinner and the perfect accompaniment to nearly any dinner.

800g

CLASSIC SIDES



Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 800g

Serving Size: 100g Servings Per Pack: 8	Average Quantity per Serving	Average Quantity per 100g
Energy	148 kJ	148 kJ
Protein	0.2 g	0.2 g
Fat, total	0.1 g	0.1 g
- Saturated	0.0 g	0.0 g
Carbohydrates	8.3 g	8.3 g
- Sugars	1.6 g	1.6 g
Sodium	521 mg	521 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack



**INGREDIENTS:** Water (86.5%), Beef Gravy Mix (9.6%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs], Worcestershire Sauce (1.9%), Tomato Sauce (1.9%) [Tomatoes (69%), Sugar, Food Acid (acetic), Salt, Onion, Spice Extract]

**May Contain Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Wheat, Gluten Milk, Soy, Sesame, Sulphites, Lupins**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
800g	HAE256	690397

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# PRODUCT SPECIFICATION DOCUMENT

## GREEK SALAD

Crunchy cucumber, sweet cherry tomatoes, and red onion mingled with crumbled fetta cheese and olives with a zesty Mediterranean dressing.

1.5kg  
bulk

Vegetarian Friendly | Aussie Made and Owned | Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 1.5kg BULK

Serving Size: 100g Servings Per Pack: 15	Average Quantity per Serving	Average Quantity per 100g
Energy	319 kJ	319 kJ
Protein	3.5 g	3.5 g
Fat, total	5.3 g	5.3 g
- Saturated	2.5 g	2.5 g
Carbohydrates	2.8 g	2.8 g
- Sugars	2.3 g	2.3 g
Sodium	369 mg	369 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	14 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Capsicum, Cucumber, Fetta Cheese (Milk, Salt, Mineral Salt (509), Cultures, Rennet), Onion, Tomato, Olives (Olives, Water, Salt, Sugar, Food Acid (260), Colour (150d), Olive Oil, Preservative (202)).

**Contains Milk, Sulphites.**

**May Contain Gluten, Crustacea, Egg, Fish Peanuts, Soy, Tree Nuts, Sesame Seeds, Lupins.**

**Greek Salad Dressing: INGREDIENTS:** Water, Sugar, Food Acid (260), Salt, Capsicum, Garlic, Stabilisers (440, 415, 407, 410), Natural Flavour, Preservative (202), Parsley

**May Contain Gluten, Crustacea, Egg, Fish, Milk, Peanuts, Soy, Tree Nuts, Sesame Seeds, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.5KG	SAL067	687551

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# PRODUCT SPECIFICATION DOCUMENT

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## HONEY MUSTARD PASTA SALAD

Pasta with grated carrot, capsicum and sultanas in a honey mustard dressing.



Vegetarian Friendly | Aussie Made and Owned | Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	909 kJ	909 kJ
Protein	3.5 g	3.5 g
Fat, total	11.5 g	11.5 g
- Saturated	0.9 g	0.9 g
Carbohydrates	24.4 g	24.4 g
- Sugars	8.5 g	8.5 g
Sodium	295 mg	295 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Pasta (50%) (Durum **Wheat** Semolina), Honey Mustard Dressing (41%) [Water, Vegetable Oil (Antioxidant (320), Honey (3.5%), Sugar, Glucose Syrup, Mustard Seed (1.5%), **Egg** Yolk, Food Acid (260, 330), Salt, Thickeners (Modified Cornstarch, 415 (Contains **Soy**)), Whey Protein (Contains Milk), Turmeric, Colour (150c), Marjoram, Thyme, Garlic Extract, Spice Extract], Carrot (3.5%), Red Capsicum (1.5%), Green Capsicum (1.5%), Sultanas (1.5%), Spring Onion, Parsley (0.3%).

**Contains Wheat, Gluten, Egg, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL085	910360
400G	SAL087	264219



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# PRODUCT SPECIFICATION DOCUMENT

## MAC & CHEESE

A rich blend of pecorino, mozzarella and parmesan cheeses star in this dish, stirred with crushed garlic, Dijon mustard and paprika for a well-rounded creamy and spiced bake.

2kg  
bulk

PASTA  
FAVES



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 2.2kg BULK

Serving Size: 100g Servings Per Pack: 22	Average Quantity per Serving	Average Quantity per 100g
Energy	1130 kJ	1130 kJ
Protein	8.4 g	8.4 g
Fat, total	18.6 g	18.6 g
- Saturated	11.9 g	11.9 g
Carbohydrates	16.0 g	16.0 g
- Sugars	2.0 g	2.0 g
Sodium	221 mg	221 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Macaroni Pasta (42%) (Durum **Wheat** Semolina), Cream (from **Milk**, Mineral Salts (450, 500), Thickener (400)), Parmesan Cheese (12%) (from **Milk**, Starter Culture, Non-Animal Rennet, Enzyme), Mozzarella Cheese (8%) [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, Milk Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a)), Breadcrumbs (**Wheat** Flour, Raising Agent (170), Food Acid (300), Enzymes), Bacon (Pork, Emulsifiers (451, 450, 452), Antioxidant (316), Preservative (250)), Butter (from **Milk**), Dijon Mustard (Food Acid (260)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Smoked Paprika.

**Contains Wheat, Gluten, Milk.**

**May Contain Soy, Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.2KG	OBP013	690588

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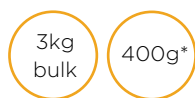
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# PRODUCT SPECIFICATION DOCUMENT

## MASALA MEATBALLS

Medium spiced curry with meatballs in a creamy coconut sauce.

\*400g includes rice



Low in Sugar | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	603 kJ	603 kJ
<b>Protein</b>	6.3 g	6.3 g
<b>Fat, total</b>	10.4 g	10.4 g
- Saturated	6.1 g	6.1 g
<b>Carbohydrates</b>	5.8 g	5.8 g
- Sugars	4.3 g	4.3 g
<b>Sodium</b>	346 mg	346 mg

IMPORTANT PRODUCT INFORMATION 3kg BULK	
<b>Shelf Life (Unopened)</b>	25 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP
<b>Used By Location</b>	Front of pack label. Left of NIP



**INGREDIENTS:** Masala Sauce (67%) [Crushed Tomato (Reconstituted Tomato Paste, Food Acid (330)), Coconut Cream (Stabilisers (415, 412, 407)), Water, Onion, Carrot, Zucchini, Frozen Spinach, Red Capsicum, Beef Stock Powder (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330)), Ground Cumin, Ground Coriander, Brown Sugar, Garam Masala (contains **Sulphites**), Onion Powder, Olive Oil, Turmeric, Minced Ginger (Food Acid (270)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Smoked Paprika, Ground Cardamon, Salt, Pepper, Red Chili], Meatballs (33%) [Sausage Mince (19%) [Pork, Beef, Lamb, Water, Salt, **Soy** Protein (contains **Sulphites**), Rice Flour, Mineral Salt (451), Vegetable Oil, Colour (160c), Herb Extract, Vitamin E (307b), Natural Flavour], Beef Mince (6%), Onion, Carrot, Tomato Sauce (Food Acid (260)), Celery, Worcestershire Sauce (Colour (150d)), Onion Powder, Red Capsicum, Parsley, Brown Sugar, Salt, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Pepper].

**Contains Soy, Sulphites.**

**May Contain Wheat, Gluten, Milk, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Sesame, Egg, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using bain-marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE263	272974
400G	HAE269	283629

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# PRODUCT SPECIFICATION DOCUMENT

## MASHED POTATO

Fluffy mashed potatoes, the perfect side to accompany any meal.

2.2kg  
bulk

CLASSIC  
SIDES



Vegetarian Friendly | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 2.2kg BULK

Serving Size: 100g Servings Per Pack: 22	Average Quantity per Serving	Average Quantity per 100g
Energy	501 kJ	501 kJ
Protein	4.1 g	4.1 g
Fat, total	5.2 g	5.2 g
- Saturated	1.5 g	1.5 g
Carbohydrates	12.8 g	12.8 g
- Sugars	4.9 g	4.9 g
Sodium	423 mg	423 mg

### IMPORTANT PRODUCT INFORMATION - 2.2kg BULK

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Potato (84%), Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), Milk Powder, Salt, Pepper.

**Contains Milk, Soy.**

**May Contain Wheat, Gluten, Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.2KG	HAE253	650512

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# PRODUCT SPECIFICATION DOCUMENT



## MEATLOAF

A hearty, traditional, home style meatloaf for those cold winter nights or for kids sandwiches the next day.

\*400g served with mashed potato and gravy



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 1.8kg BULK

Serving Size: 100g Servings Per Pack: 18	Average Quantity per Serving	Average Quantity per 100g
Energy	957 kJ	957 kJ
Protein	17.6 g	17.6 g
Fat, total	14.7 g	14.7 g
- Saturated	6.0 g	6.0 g
Carbohydrates	6.2 g	6.2 g
- Sugars	3.0 g	3.0 g
Sodium	650 mg	650 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP.
Used By Location	Front of pack label. Left of NIP.



**INGREDIENTS:** Sausage Mince (58%) [Beef, Water, Maize Flour, Salt, **Soy** Flour, Mineral Salt (451), Preservative (223, contains **Sulphites**), Vegetable Oil, Colour (160c), Spice Extract, Herb Extract], Beef Mince (19%), Onion, Carrot, Tomato Sauce (Food Acid (260)), Celery, Worcestershire Sauce (Food Acid (26), Colour (150d)), Onion Powder, Red Capsicum, Parsley, Brown Sugar, Salt, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Pepper.

Contains Soy, Sulphites

May Contain Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Lupins.

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.8KG	OBP015	868131
400G	HAE206	-

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# PRODUCT SPECIFICATION DOCUMENT

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## MEDITERRANEAN PASTA SALAD

Penne pasta with marinated peppers, zucchini, semi dried tomatoes, eggplant and olives in a tangy tomato dressing



CLASSIC  
SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	622 kJ	622 kJ
Protein	2.8 g	2.8 g
Fat, total	8.9 g	8.9 g
- Saturated	2.2 g	2.2 g
Carbohydrates	14.5 g	14.5 g
- Sugars	6.5 g	6.5 g
Sodium	955 mg	955 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Roasted Marinated Vegetable Mix (32%) [Eggplant, Zucchini, Pumpkin, Sweet Potato, Red and Yellow Pepper Strips, Canola Oil, Vinegar, Herbs, Salt], Penne Pasta (27%) (Durum **Wheat** Semolina), Tangy Tomato Dressing (15%) [Vinegar, Tomato, Tomato Paste (Tomato, Salt, Food Acid (330)), Sugar, Vegetable Oil, Salt, Food Acid (262), Thickeners (1416), Spices, Vegetable Gum (415), Preservative (202, 211)], Red Onion, Imitation Vinegar (Food Acid (260)), Semidried Tomato (contains **Sulphites**), Pitted Kalamata Olives, Fetta Cheese [**Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Enzyme (Non-Animal Rennet)], Vegetable Oil (Antifoam (900a)), Sugar, Parsley, Olive Oil.

**Contains Wheat, Gluten, Milk, Sulphites**

**May Contain Soy, Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Lupins.**

**May Contain Olive Pips.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL028	685648
400G	SAL030	687530



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# PRODUCT SPECIFICATION DOCUMENT



## MIXED BEAN SALAD

Five beans mixed with fresh veggies in a zesty Italian dressing.



CLASSIC SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	392 kJ	392 kJ
Protein	3.6 g	3.6 g
Fat, total	2.1 g	2.1 g
- Saturated	0.4 g	0.4 g
Carbohydrates	11.8 g	11.8 g
- Sugars	5.3 g	5.3 g
Sodium	154 mg	154 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)

Packed in Australia from at least 46% Australian ingredients

**INGREDIENTS:** Five Bean Mix (48%) [Butter Beans, Cannellini Beans, Chickpeas (9%), Red Kidney Beans, Borlotti Beans, Water, Salt], Italian Dressing (12%) [Vinegar, Water, Sugar, Canola Oil, Salt, Lemon Juice, Food Acid (262, 330), Dehydrated Vegetables, Vegetable Gum (415), Herbs, Spices, Preservative (202, 211)], Vegetables (27%) (Carrot, Brown Onion, Red Capsicum, Green Capsicum, Celery, Spring Onion), Corn Kernels, Imitation Vinegar (Food Acid (260)), Sugar, Vegetable Oil (Antifoaming Agent (900a)).

May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL052	164786
400G	SAL054	687315



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# PRODUCT SPECIFICATION DOCUMENT

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## MOROCCAN COUS COUS SALAD

Pearl cous cous with roasted sweet potato, pumpkin and red onion, mixed with toasted almond flakes and sesame seeds.



CLASSIC  
SALADS



Vegan Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	526 kJ	526 kJ
Protein	3.6 g	3.6 g
Fat, total	2.9 g	2.9 g
- Saturated	0.4 g	0.4 g
Carbohydrates	20.2 g	20.2 g
- Sugars	3.5 g	3.5 g
Sodium	62 mg	62 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Pearl Cous Cous (60%) (Durum Wheat Semolina), Sweet Potato (8%), Pumpkin (8%), Red Onion (6%), Carrot (3%), Red Capsicum, Green Capsicum, Olive Oil, Baby Spinach, Currants, Smoked Paprika, Ground Cumin, Crushed Ginger (Food Acid (270)), Brown Sugar, Onion Powder, Almond Flakes (0.5%), Sesame Seeds (0.5%), Parsley, Vegetable Booster (Anticaking Agent (551)), Cinnamon, Garam Masala (contains Sulphites), Turmeric, Salt.

**Contains Wheat, Gluten, Almonds, Sesame, Sulphites.**

**May Contain Soy, Peanuts, Other Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL092	54067
400G	SAL071	50898



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# PRODUCT SPECIFICATION DOCUMENT



## MUSHROOM FETTUCCINE

Sauteed mushrooms, baby spinach, and fettuccine in a rich and creamy garlic sauce.



PASTA FAVES



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3740 kJ	936 kJ
Protein	13.4 g	3.4 g
Fat, total	60.4 g	15.1 g
- Saturated	37.2 g	9.3 g
Carbohydrates	66.0 g	16.5 g
- Sugars	10.8 g	2.7 g
Sodium	448 mg	112 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	18 days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Pasta (46%) (Durum **Wheat** Semolina), Thickened Cream (37%) [Cream (From **Milk**), Mineral Salt (450, 500), Thickener (400)], Mushrooms (7%), Onion, Baby Spinach Leaves (2%), Olive Oil, Vegetable Booster (Anti-Caking Agent (551)), White Sugar, Herb and Garlic Seasoning, Parsley, Spring Onion, Chilli Flakes.

**Contains Wheat, Gluten, Milk.**

**May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Egg, Fish, Mollusc, Soy, Sesame Seeds, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE215	910603
400G	HAE214	436829



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# PRODUCT SPECIFICATION DOCUMENT



## MUSTARD EGG PASTA SALAD

Pasta, hard-boiled egg, capsicum and celery in a Dijon mustard mayonnaise dressing.



Aussie Made and Owned | Simply Ready to Eat

CLASSIC SALADS



### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	415 kJ	415 kJ
Protein	4.6 g	4.6 g
Fat, total	7.3 g	7.3 g
- Saturated	0.5 g	0.5 g
Carbohydrates	15.5 g	15.5 g
- Sugars	1.9 g	1.9 g
Sodium	32 mg	32 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Pasta Spirals (50%) (Durum **Wheat** Semolina), Mayonnaise (29%) [Water, Sugar, Vegetable Oil (Antioxidant (320))], Brown Vinegar (From **Barley** and **Wheat**), **Egg** Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour, **Eggs** (13%) (Food Acid (260, 330)), Sugar, Red Capsicum (1.5%), Green Capsicum (1.5%), Brown Onion, Dijon Mustard (0.5%) (Mustard Seed (0.5%), Food Acid (260)), Celery (0.5%), Mustard Flour (0.5%), Spring Onion, Turmeric, Parsley.

**Contains Wheat, Gluten, Egg, Soy.**

**May Contain Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL085	910360
400G	SAL087	264219



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# PRODUCT SPECIFICATION DOCUMENT



## PESTO PASTA SALAD

Pasta in a fragrant pesto dressing mixed with semi-dried tomatoes and creamy mayonnaise.



CLASSIC SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	970 kJ	970 kJ
Protein	4.3 g	4.3 g
Fat, total	13.9 g	13.9 g
- Saturated	1.3 g	1.3 g
Carbohydrates	22.1 g	22.1 g
- Sugars	3.6 g	3.6 g
Sodium	241 mg	241 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Penne Pasta (63%) (Durum **Wheat** Semolina), Mayonnaise (18%) [Vegetable Oil (Antioxidant (320)), Water, Sugar, **Egg**, Vinegar (from **Barley, Wheat**), **Egg** Yolk, Salt, Vegetable Gums (412, 415 (contains **Soy**)), Food Acid (260), Mustard Powder, Flavour], Basil Pesto (9%) [Canola Oil, **Soy** Flour, Spinach, Water, Parmesan Cheese (**Milk**, Salt, Cultures, Rennet, Tapioca Starch), **Cashew** Nuts, Basil (0.5%), Vinegar, Salt, Garlic, Food Acid (270, 330), Preservative (202, 211)], Bell Peppers (Food Acid (330), Firming Agent (509)), Semi Dried Tomatoes (4.5%) (contains **Sulphites**), Spring Onion, Parsley.

Contains **Wheat, Gluten, Egg, Milk, Cashew, Sulphites**

May Contain **Peanuts, Other Tree Nuts, Fish, Crustacea, Mollusc, Sesame, Lupins**

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL090	53003
400G	SAL069	50924



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# PRODUCT SPECIFICATION DOCUMENT

## PICKLED POTATO SALAD

A tangy potato salad with house-made pickled cucumbers, crispy celery and bacon.



Aussie Made and Owned | Simply Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	355 kJ	355 kJ
Protein	3 g	3 g
Fat, total	1.2 g	1.2 g
- Saturated	0.5 g	0.5 g
Carbohydrates	13.9 g	13.9 g
- Sugars	7.2 g	7.2 g
Sodium	218 mg	218 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Desiree Potato (69%), Bacon (7%) [Pork, Water, Salt, Dextrose, Mineral Salts (451, 452), Sugar, Antioxidant (316), Preservative (250), Hydrolysed Vegetable Protein, Yeast Extract], Imitation Vinegar (5%) (Food Acid (260)), Sugar, Water, Red Onion, Pickled Cucumbers (2.5%), Mustard (Food Acid (260, 330), Emulsifier (322 (contains **Soy**))), Colour (160a)), Thickener (412), Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Parsley, Celery (0.2%), Celery Seed, Salt, Cracked Black Pepper, Green Dill.

**Contains Soy.**

**May Contain Wheat, Gluten, Peanuts, Almond, Cashew, Pine Nut, Walnut, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL128	85966
400G	SAL129	85872



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# PRODUCT SPECIFICATION DOCUMENT

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## POTATO, EGG AND BACON

Steamed potatoes with eggs and oven-baked bacon, in a lightly spiced mayonnaise dressing.



Good Source of Protein | Aussie Made and Owned | Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	673 kJ	673 kJ
Protein	3.8 g	3.8 g
Fat, total	11.7 g	11.7 g
- Saturated	1.5 g	1.5 g
Carbohydrates	8.9 g	8.9 g
- Sugars	2.3 g	2.3 g
Sodium	130 mg	130 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Potato (68%), Mayonnaise (12%) [Vegetable Oil, Egg, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains Soy)], Eggs (11%) (Food Acid (260, 330)), Bacon (2%) (Pork, Cure (Mineral Salts (451, 450), Antioxidant (316), Preservative (250))), Brown Onion, Red Capsicum, Sugar, Spring Onion, Dijon Mustard (Food Acid (260)), Turmeric Powder, Olive Oil, Parsley, Cracked Pepper.

Contains Egg, Soy

May Contain Milk, Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacean, Sesame, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL022	164749
400G	SAL024	687284



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# PRODUCT SPECIFICATION DOCUMENT

## STEAMED WHITE RICE

The perfect accompaniment to any meal



Aussie Made and Owned | Simply Heat and Eat

CLASSIC  
SIDES



### NUTRITIONAL INFORMATION - 1.5kg BULK

Serving Size: 100g Servings Per Pack: 15	Average Quantity per Serving	Average Quantity per 100g
Energy	671 kJ	671 kJ
Protein	2.7 g	2.7 g
Fat, total	0.1 g	0.1 g
- Saturated	0.0 g	0.0 g
Carbohydrates	36.0 g	36.0 g
- Sugars	0.1 g	0.1 g
Sodium	3 mg	3 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Rice (100%)

**May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.5KG	HAE275	423164

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# PRODUCT SPECIFICATION DOCUMENT

## ROAST VEGETABLE LEAFY SALAD

Grilled marinated vegetables with leafy greens, fresh herbs, and cranberries.

1.75kg  
kit

LEAFY  
SALADS



Vegan Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 1.75kg KIT

Serving Size: 100g Servings Per Pack: 17.5	Average Quantity per Serving	Average Quantity per 100g
Energy	122 kJ	122 kJ
Protein	2.3 g	2.3 g
Fat, total	2.4 g	2.4 g
- Saturated	1.0 g	1.0 g
Carbohydrates	7.9 g	7.9 g
- Sugars	6.6 g	6.6 g
Sodium	137 mg	137 mg

### IMPORTANT PRODUCT INFORMATION - 1.75kg KIT

Shelf Life (Unopened)	14 Days
Shelf Life (Opened)	2 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS: Salad Base:** Roast Vegetables (65%) [Grilled Diced Eggplant, Grilled Diced Zucchini, Grilled Diced Pumpkin, Grilled Diced Sweet Potato, Red and Yellow Pepper Strips, Canola Oil, Vinegar, Herbs, Salt], Carrot, Dried Cranberries [Cranberries, Sugar, Food Acid (330), Sunflower Oil, Aronia Juice Concentrate], Pepitas, Parsley, Spring Onion.

**Leaf Mix:** 100% Lettuce Mix

**May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.75kg	LEAF003	392193

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# PRODUCT SPECIFICATION DOCUMENT



## ROASTED VEGETABLES

Classic roast vegetables with roasted garlic and herbs.

2.2kg  
bulk

CLASSIC  
SIDES



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 2.2kg BULK

Serving Size: 100g Servings Per Pack: 22	Average Quantity per Serving	Average Quantity per 100g
Energy	343 kJ	343 kJ
Protein	1.6 g	1.6 g
Fat, total	5.2 g	5.2 g
- Saturated	1.2 g	1.2 g
Carbohydrates	5.9 g	5.9 g
- Sugars	3.7 g	3.7 g
Sodium	207 mg	207 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Roasted Vegetables (94%) [Desiree Potato, Carrot, Pumpkin, Onion, Zucchini], Vegetable Oil (Antifoaming Agent (900a)), Garlic and Herb Seasoning.

**May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.2KG	OBP002	177548

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# PRODUCT SPECIFICATION DOCUMENT

## SAFFRON COUS COUS LEAFY SALAD

Saffron pearl cous cous with cranberries, roast vegetables, rocket, and spinach.

1.75kg  
kit

LEAFY  
SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 1.75kg KIT

<b>Serving Size:</b> 100g <b>Servings Per Pack:</b> 17.5	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	122 kJ	122 kJ
<b>Protein</b>	2.3 g	2.3 g
<b>Fat, total</b>	2.4 g	2.4 g
- Saturated	1.0 g	1.0 g
<b>Carbohydrates</b>	7.9 g	7.9 g
- Sugars	6.6 g	6.6 g
<b>Sodium</b>	137 mg	137 mg

### IMPORTANT PRODUCT INFORMATION - 1.75kg KIT

<b>Shelf Life (Unopened)</b>	14 Days
<b>Shelf Life (Opened)</b>	2 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP
<b>Used By Location</b>	Front of pack label. Left of NIP



**INGREDIENTS: Salad Base:** Cous Cous (39%) [Water, Pearl Cous Cous (Durum **Wheat** Semolina), Vegetable Booster (Anticaking Agent (551)), Imitation Saffron Powder (Colour (102))], Carrot, Roasted Sweet Potato, Red Pepper [Peppers, Water, Vinegar, Salt, Sugar, Acidity Regulator (330), Firming Agent (509)], Canola Oil, Crushed Garlic (Garlic, Canola Oil, Vinegar, Salt), Vinegar, Salt, Herbs], Feta Cheese [**Milk**, Brine (Salt, Mineral Salt (509), Acidity Regulator (260)), Cultures, Mineral Salt (509), Non-Animal Rennet], Dried Cranberries [Cranberries, Sugar, Food Acid (330), Sunflower Oil, Aronia Juice Concentrate], Parsley, Dill.

**Leaf Mix:** 100% Rocket

**Contains Wheat, Gluten, Milk.**

**May Contain Soy, Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.** REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.75kg	LEAF007	413148

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# PRODUCT SPECIFICATION DOCUMENT

## SATAY CHICKEN FETTUCCINE

Chargrilled Aussie chicken combined with fettuccine in a lightly spiced satay sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3060 kJ	765 kJ
Protein	29.8 g	7.4 g
Fat, total	32.1 g	8.0 g
- Saturated	17.2 g	4.3 g
Carbohydrates	75.2 g	18.8 g
- Sugars	28.0 g	7.0 g
Sodium	777 mg	194 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Fettuccine (42%) (Durum **Wheat** Semolina), Thickened Cream (Cream (from **Milk**), Mineral Salt (450, 500), Thickener (400)), Satay Sauce (15%) [Sugar, Water, Vinegar, **Peanuts** (1.5%), Salt, Thickener (1412), Tomato, Curry Powder, Vegetable Oil (Contains Antioxidant (320)), Food Acid (270), Vegetable Gum (415), Garlic, Spices], Chargrilled Chicken [Chicken Fillets (14%), Olive Oil, Salt, Pepper], Onion, Carrot, Red Capsicum, Green Capsicum, Olive Oil, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Sugar, Spring Onion.

**Contains Wheat, Gluten, Milk, Peanuts.**

**May Contain Tree Nuts, Egg, Fish, Crustacea, Mollusc, Sesame, Soy, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE235	432723
400G	HAE230	436955



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# PRODUCT SPECIFICATION DOCUMENT

## SCALLOPED POATOTES

Tender potatoes in a creamy cheese sauce featuring flavoursome bacon, finished with a unique blend of herbs and spices.

2.2kg  
bulk

Aussie Made and Owned | Simply Heat and Eat

CLASSIC  
SIDES



### NUTRITIONAL INFORMATION - 2.2kg BULK

Serving Size: 100g Servings Per Pack: 22	Average Quantity per Serving	Average Quantity per 100g
Energy	658 kJ	658 kJ
Protein	3.1 g	3.1 g
Fat, total	10.6 g	10.6 g
- Saturated	6.7 g	6.7 g
Carbohydrates	10.2 g	10.2 g
- Sugars	3.5 g	3.5 g
Sodium	239 mg	239 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Potato (62%), Cream Sauce [Cream (from **Milk**, Mineral Salts (450, 500), Thickener (400)), Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Seeded Mustard (Food Acid (260)), Sugar], Onion, Mozzarella Cheese [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, **Milk** Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a)), Bacon (Pork, Emulsifiers (451, 450, 452), Antioxidant (316), Preservative (250)), Paprika (Anticaking Agent (551)).

**Contains Milk.**

**May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

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### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.2KG	OBP001	177543

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# PRODUCT SPECIFICATION DOCUMENT



## SEAFOOD COCKTAIL SALAD

Succulent seafood, mild spring onion, celery, and parsley in a classic mayonnaise dressing.



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	723 kJ	723 kJ
<b>Protein</b>	5.6 g	5.6 g
<b>Fat, total</b>	9.1 g	9.1 g
- Saturated	1.0 g	1.0 g
<b>Carbohydrates</b>	17.4 g	17.4 g
- Sugars	7.8 g	7.8 g
<b>Sodium</b>	604 mg	604 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	35 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Seafood Extender (63%) [Water, Surimi (Processed White **Fish** Meat (Mineral Salts (450, 451, 452))), **Wheat** Starch, Sugar, Salt, Crab Flavour (contains **Crustacea**), Soy Oil, Crab Extract (contains **Crustacea**, **Fish**, **Soy**, Flavour Enhancer (635)), Mineral Salt (170), Natural Colour (120, 160c)], Mayonnaise (28%) [Vegetable Oil, **Egg**, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains **Soy**)], Shrimp (**Crustacea**) (4%) (Mineral Salts (451, 452)), Celery (4%), Spring Onion (0.5%), Parsley (0.2%).

**Contains Wheat, Gluten, Egg, Soy, Milk.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Lupins, Sulphites.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL013	183450
800g	SAL014	437587
400G	SAL076	434903



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# PRODUCT SPECIFICATION DOCUMENT



## SINGAPORE NOODLES

Stir-fried noodles with garlic prawns and pork in a lightly spiced satay curry sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2240 kJ	559 kJ
Protein	30.3 g	7.6 g
Fat, total	17.6 g	4.4 g
- Saturated	2.3 g	0.6 g
Carbohydrates	62.8 g	15.7 g
- Sugars	16.7 g	4.2 g
Sodium	1360 mg	340 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Noodles (28%) [Wheat Flour, Water, Canola Oil, Mineral Salt (501), Salt, Colour (160b)], Garlic Prawns (**Crustacea**) (10%) [Prawns (Mineral Salts (145, 452)), Crushed Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Sugar, Salt, Olive Oil, Cracked Pepper], Cabbage (9%), Carrot (9%), Onion (9%), Pork Fillet (9%), Water, Scrambled **Egg** (Contains **Milk**, Stabiliser (415), Emulsifier (451)), Satay Sauce (3%) (**Peanuts**, Thickener (1412), Antioxidant (320), Food Acid (270), Vegetable Gum (415)), Olive Oil, Oyster Sauce [Thickener (1422), Oyster Extract (**Mollusc**), **Soy** Sauce (**Wheat**), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Red Capsicum (1.5%), **Sesame** Oil (Contains **Soy**), Bok Choy (1%), Spring Onion (1%), Brown Sugar, Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Curry Powder (0.5%), Red Chilli (0.5%), Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Cooking Wine (**Wheat**, 150c), Cornflour, **Fish** Sauce, Fried Shallots, Ginger (Food Acid (270)), **Soy** Sauce (Contains Sulphites, Colour (150d)), Salt, Sambal Oelek (Preservative (202, 222 (Contains **Sulphites**)), Thickener (415)), Sugar, Beetroot Powder, Chinese 5 Spice, Colour (122, 102, 110), Pepper.

Contains Wheat, Gluten, Crustacea, Mollusc, Egg, Milk, Peanuts, Sesame, Soy, Sulphites, Fish.

May Contain Tree Nuts, Lupins

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer. For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE203	177551
400G	HAE226	436989



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# PRODUCT SPECIFICATION DOCUMENT



## SMOKY CHICKEN CARBONARA

Spaghetti and Aussie chicken in a rich and smoky cream sauce with bacon and Parmesan cheese.



PASTA FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3300 kJ	824 kJ
Protein	36.0 g	9.0 g
Fat, total	43.2 g	10.8 g
- Saturated	24.8 g	6.2 g
Carbohydrates	55.6 g	13.9 g
- Sugars	7.6 g	1.9 g
Sodium	1240 mg	309 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened) 25 Days (Bulk - 28 Days)

Shelf Life (Opened) 4 Days

Storage At or below 4°C

Transportation At or below 4°C

Batch Code Location Front of pack label. Left of NIP  
Side of pack (400g)

Used By Location Front of pack label. Left of NIP  
Side of pack (400g)



**INGREDIENTS:** Carbonara Sauce (43%) [Thickened Cream (19%) (From **Milk**, Mineral Salts (450, 500), Thickener (400)), Water, Bacon (5%) [Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250))], Onion (5%), Parmesan Cheese (1%) (**Milk**, Non-Animal Rennet, Starter Culture, Preservative (202)), Frozen Spinach, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Smoked Powder (Smoke Flavour, Anti-Caking Agent (551), Colour (150d), Acidity Regulator (262)), **Egg** Yolk Powder (0.5%), Olive Oil, Cracked Pepper, Salt], Spaghetti (42%) (Durum **Wheat** Semolina), Chargrilled Chicken (15%) [Chicken Fillets (15%), Olive Oil, Salt, Pepper], Spring Onion (1%).

Contains Wheat, Gluten, Milk, Egg.

May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Soy, Sesame Seeds, Lupins.

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE283	492304
400G	HAE284	523532



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# PRODUCT SPECIFICATION DOCUMENT



## SPAGHETTI BOLOGNESE

Spaghetti with a rich, hearty beef bolognese made with onion, garlic and carrot.



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2390 kJ	596 kJ
Protein	26.7 g	6.7 g
Fat, total	17.8 g	4.4 g
- Saturated	6.8 g	1.7 g
Carbohydrates	70.8 g	17.7 g
- Sugars	21.5 g	5.4 g
Sodium	968 mg	242 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Bolognese Sauce (55%) [Tomato Sauce (24%) (Reconstituted Tomato Paste, Sugar, Salt, Vinegar, Spices, Food Acid (330), Preservative (202, 211)), Beef Mince (15%), Water, Onion (4%), Carrot (3%), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Onion Powder, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Salt, Oregano Leaves, Cracked Pepper, Bay Leaves], Spaghetti (45%) (Durum **Wheat** Semolina).

Contains Wheat, Gluten

May contain Peanuts, Tree Nuts, Milk, Egg, Fish, Crustacea, Mollusc, Sesame, Soy, Sulphites, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE205	177569
400G	HAE219	437448



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# PRODUCT SPECIFICATION DOCUMENT

simply  
tasty.

## TABBOULEH SALAD

Tomato, bulgur, wheat, parsley and mild spring onion with a zesty dressing.



CLASSIC  
SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 20 (Bulk) / 3 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	189 kJ	189 kJ
Protein	2.0 g	2.0 g
Fat, total	0.6 g	0.6 g
- Saturated	0.1 g	0.1 g
Carbohydrates	6.7 g	6.7 g
- Sugars	3.0 g	3.0 g
Sodium	175 mg	175 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Tomato (28%), Parsley (25%), Bulgur (17%) (Cracked **Wheat**), Red Onion, French Dressing (9%) [Water, Vinegar, Sugar, Salt, Garlic, Lemon Juice, Vegetable Gum (415, 410), Parsley, Spices, Preservative (202, 211)], Lemon Juice (6%) [Reconstituted Lemon Juice, Antioxidant (300), Lemon Flavour, Preservative (223, contains **Sulphites**)], Spring Onion (0.5%), Mint, Olive Oil, Salt.

**Contains Wheat, Gluten, Sulphites.**

**May Contain Soy, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2KG	SAL037	685583
300G	SAL039	687522



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# PRODUCT SPECIFICATION DOCUMENT

## TANDOORI CHICKEN LEAFY SALAD

Leafy greens with succulent chargrilled tandoori chicken strips, cranberries, cherry tomatoes, and radish.



1.75kg  
kit

Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 1.75kg KIT

Serving Size: 100g Servings Per Pack: 17.5	Average Quantity per Serving	Average Quantity per 100g
Energy	311 kJ	311 kJ
Protein	9.1 g	9.1 g
Fat, total	2.0 g	2.0 g
- Saturated	0.3 g	0.3 g
Carbohydrates	7.9 g	7.9 g
- Sugars	6.8 g	6.8 g
Sodium	247 mg	247 mg

### IMPORTANT PRODUCT INFORMATION - 1.75kg KIT

Shelf Life (Unopened)	14 Days
Shelf Life (Opened)	2 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS: Salad Base:** Tandoori Chicken (45%) [Chicken Breast, Tandoori Paste [Water, Rapeseed Oil, Durum **Wheat** Semolina, Salt, Sugar, Food Acid (260), Colour (160c), Ginger Puree, Cumin, Chilli Powder, Ground Mustard, Ground Ginger, Coriander, Cinnamon, Paprika, Garlic Powder, Spices, Food Acid (330), Onion Powder, Ground Celery, Stabilisers (412, 415)], Carrot, Cherry Tomatoes, Dried Cranberries [Cranberries, Sugar, Food Acid (330), Sunflower Oil, Aronia Juice Concentrate], Parsley, Radish, Chives, Spring Onion.

**Leaf Mix:** 100% Salad Mix

**Contains Wheat, Gluten**

**May Contain Soy, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS: N/A**

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.75kg	LEAF007	413148

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# PRODUCT SPECIFICATION DOCUMENT

## THAI BEEF LEAFY SALAD

Lemongrass and kaffir lime-infused Thai style beef with vermicelli noodles, cherry tomatoes, carrots, coriander, and fresh chilli.

LEAFY  
SALADS



1.75kg  
kit

Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 1.75kg KIT

Serving Size: 100g Servings Per Pack: 17.5	Average Quantity per Serving	Average Quantity per 100g
Energy	467 kJ	467 kJ
Protein	10.2 g	10.2 g
Fat, total	2.8 g	2.8 g
- Saturated	0.6 g	0.6 g
Carbohydrates	10.6 g	10.6 g
- Sugars	2.8 g	2.8 g
Sodium	189 mg	189 mg

### IMPORTANT PRODUCT INFORMATION - 1.75kg KIT

Shelf Life (Unopened)	14 Days
Shelf Life (Opened)	2 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Salad Base: Thai Style Beef [Beef (31%), Oyster Sauce [Water, Sugar, Salt, Thickener (1422 or Corn Starch), Oyster Extract (Crustacea), Soy Sauce (contains Wheat), Flavour Enhancer (621), Hydrolysed Vegetable Protein, Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Kaffir Lime Leaves, Lemongrass], Water, Cherry Tomatoes, Carrot, Vermicelli Noodles (Rice Flour, Water), Sesame Seeds (White and Black), Red Onion, Red Chilli, Coriander, Mint, Thai Basil.

Leaf Mix: 100% Spinach

Contains Crustacea, Soy, Wheat, Gluten, Sesame.

May Contain Soy, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
1.75kg	LEAF008	413180

Manufactured by Simply Tasty

93 MacDougall Road, Golden Square VIC 3555

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# PRODUCT SPECIFICATION DOCUMENT



## THAI BEEF & NOODLE SALAD

Aussie beef marinated in a tangy Thai style dressing with chow mien noodles and fresh veggies.



CLASSIC SALADS



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	701 kJ	701 kJ
Protein	8.3 g	8.3 g
Fat, total	3.2 g	3.2 g
- Saturated	0.4 g	0.4 g
Carbohydrates	27.6 g	27.6 g
- Sugars	14.4 g	14.4 g
Sodium	399 mg	399 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Chow Mein Noodles (33%) [Egg, Wheat Flour, Water, Salt, Mineral Salt (501), Colour(102), Preservatives (281), Vegetable Oil], Thai Lime and Soy Dressing (33%) [Water, Sugar, Vinegar, Reconstituted Lime Juice (Preservative (223, Sulphites)), Salt, Soy Sauce (Soy Beans, Salt, Wheat Flour), Fish Sauce, Dehydrated Vegetables, Thickener (1442), Herbs, Spices, Food Acid (270), Vegetable Gum (415), Preservative (202, 211)], Marinated Beef (18%) [Sliced Beef (14%), Soy Sauce (1%) (Contains Sulphites, Colour (150d)), Oyster Sauce [Thickener (1422), Oyster Extract (Mollusc), Soy Sauce (Contains Wheat), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Brown Sugar, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Sesame Oil (contains Soy Oil)], Carrot (3%), Red Onion (3%), Red Capsicum (2%), Green Capsicum (2%), Almond Flakes, Spring Onion (0.5%), Sesame Seeds, Parsley.

Contains Egg, Wheat, Gluten, Soy, Sulphites, Fish, Mollusc, Sesame, Almond.

May Contain Peanuts, Other Tree Nuts, Milk, Crustacea, Lupins.

REHEATING INSTRUCTIONS: N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL107	685494
400G	SAL109	435315



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Issued By: QA Department

Issue Date: 01 Jan 2022

This version supersedes all previous versions. Please refer to issue date.

Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT

## THAI GREEN CURRY

Marinated chicken in a fragrant coconut, ginger, and kaffir lime curry with crunchy vegetables

\*400g includes rice



CLASSIC CURRIES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g Servings Per Pack: 30	Average Quantity per Serving	Average Quantity per 100g
Energy	584 kJ	584 kJ
Protein	15.8 g	15.8 g
Fat, total	5.5 g	5.5 g
- Saturated	4.3 g	4.3 g
Carbohydrates	6.0 g	6.0 g
- Sugars	4.2 g	4.2 g
Sodium	265 mg	265 mg

IMPORTANT PRODUCT INFORMATION 3kg BULK	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Marinated Chicken [Diced Chicken Fillet (58%), Corn Flour, White Sugar, **Fish Sauce**, **Soy Sauce** (Contains **Sulphites**, Colour (150d)), Lime Powder (Food Acid (330), Natural Flavour (Contains **Soy**), Lime Juice Solids), Crushed Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Crushed Ginger (Food Acid (270))], Coconut Cream (Stabilisers (415, 412, 407)), Sliced Brown Onions, Carrot Batons, Zucchini Batons, Thai Green Curry Paste (Shrimp Paste (**Crustacea**), Kaffir Lime Peel), Sliced Red Capsicum, Sliced Green Capsicum, Bamboo Shoots, White Sugar, Olive Oil, Sliced Red Chilli.

**Contains Soy, Fish, Crustacea, Sulphites.**

**May Contain Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Mollusc, Sesame, Lupins.**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using bain-marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE251	704183
400G	HAE258	7594

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# PRODUCT SPECIFICATION DOCUMENT



## TOMATO & GARLIC PASTA SALAD

Pasta spirals in a tangy and totally moreish tomato sauce with a hint of garlic.



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	704 kJ	704 kJ
<b>Protein</b>	3.4 g	3.4 g
<b>Fat, total</b>	5.3 g	5.3 g
- Saturated	1.0 g	1.0 g
<b>Carbohydrates</b>	26.1 g	26.1 g
- Sugars	9.6 g	9.6 g
<b>Sodium</b>	448 mg	448 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Pasta (60%) (Durum **Wheat** Semolina), Tangy Tomato Dressing (17%) [Vinegar, Tomato, Tomato Paste (Salt, Food Acid (330)), Sugar, Canola Oil, Salt, Food Acid (262), Thickeners (1416), Spices, Vegetable Gum (415), Preservative (202, 211)], Tomato Sauce (13%) (Tomatoes (69%), Sugar, Food Acid (260), Salt, Onion, Spice Extract), Imitation Vinegar (Food Acid (260)), Vegetable Oil (Antifoam (900a)), Sugar, Minced Garlic (1%) (Thickener (414), Food Acid (270), Mineral Salt (509)), Garlic and Herb Powder (0.5%), Parsley.

**Contains Wheat, Gluten**

**May Contain Soy, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacean, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL058	183413
800g	SAL059	439466
400G	SAL074	434709



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# PRODUCT SPECIFICATION DOCUMENT

## VEGETABLE LASAGNE

A hearty blend of pasta and garden vegetables, infused with garlic and baked with a classic mix of herbs and spices including chilli flakes and cracked pepper.

3kg  
bulk

PASTA  
FAVES



Vegetarian Friendly | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	743 kJ	743 kJ
Protein	7.0 g	7.0 g
Fat, total	6.4 g	6.4 g
- Saturated	3.2 g	3.2 g
Carbohydrates	21.4 g	21.4 g
- Sugars	8.3 g	8.3 g
Sodium	301 mg	301 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Tomato Sauce [Tomato Concentrate, Sugar, Salt, Vinegar, Spices, Food Acid (330), Preservatives (202, 211)], Pasta Sheets (Durum **Wheat** Semolina), White Sauce [Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Skim **Milk** Powder, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), Parmesan Cheese (from Milk, Starter Culture, Enzymes (Non-Animal Rennet), Onion Powder, Salt], Mozzarella Cheese [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, **Milk** Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a))], Water, Vegetables (22%) [Green Capsicum, Red Capsicum, Carrot, Onion, Zucchini, Pumpkin, Eggplant, Spinach, Tomato], Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Parmesan Cheese (from **Milk**, Starter Culture, Enzymes (Non-Animal Rennet), Cracked Pepper.

**Contains Wheat, Gluten, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS: BULK

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

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### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	OBP007	589630

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# PRODUCT SPECIFICATION DOCUMENT

## VEGGIE SATAY NOODLES

Noodles with fresh veggies in a lightly spiced satay curry sauce



ASIAN FAVES



Good Source of Protein | Vegetarian Friendly | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2680 kJ	670 kJ
Protein	16.6 g	4.2 g
Fat, total	9.2 g	2.3 g
- Saturated	2.0 g	0.5 g
Carbohydrates	117.0 g	29.2 g
- Sugars	45.6 g	11.4 g
Sodium	1300 mg	325 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Spaghetti (63%) (Durum **Wheat** Semolina), Satay Sauce (28%) [Sugar, Water, Vinegar, **Peanuts** (3%), Salt, Thickener (1412), Tomato, Curry Powder, Vegetable Oils (Antioxidant (320)), Food Acid (270), Vegetable Gum (415), Garlic, Spice], Carrot (5%), Red Capsicum (2.5%), Green Capsicum (2.5%), Spring Onion (0.5%).

**Contains Wheat, Gluten, Peanuts.**

**May Contain Sulphites, Tree Nuts, Milk, Soy, Crustacea, Fish, Mollusc, Sesame, Egg, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

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REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE281	492320
400G	HAE282	523540



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# PRODUCT SPECIFICATION DOCUMENT



## ASIAN STYLE RICE SALAD

Rice, pineapple, peanuts and veggies in a lightly spiced satay sauce.



CLASSIC SALADS



Vegetarian Friendly | Vegan Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	561 kJ	561 kJ
Protein	2.6 g	2.6 g
Fat, total	1.1 g	1.1 g
- Saturated	0.3 g	0.3 g
Carbohydrates	28.4 g	28.4 g
- Sugars	10.2 g	10.2 g
Sodium	198 mg	198 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Basmati Rice (66%), Satay Sauce (11%) [Sugar, Water, Vinegar, **Peanuts** (1%), Salt, Thickener (1412), Tomato, Curry Powder, Vegetable Oils (Antioxidant (320)), Food Acid (270), Vegetable Gum (415), Garlic, Spice], Pineapple (6%) [Pineapple, Water, Sugar, Food Acid (330)], French Dressing [Water, Vinegar, Sugar, Salt, Garlic, Lemon Juice, Vegetable Gum (415, 410), Parsley, Spices, Preservative (202, 211)], Carrot (3%), Red Capsicum (2%), Green Capsicum (2%), Sugar, Sultanas, Spring Onion (0.5%), Curry Powder, Celery (0.5%), Turmeric Powder, Parsley.

**Contains Peanuts.**

**May Contain Soy, Wheat, Gluten, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL031	183434
400G	SAL033	687292



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# PRODUCT SPECIFICATION DOCUMENT



## BEEF & BLACK BEAN NOODLES

Hokkien noodles, veggies and marinated beef coated in a silky black bean sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2370 kJ	593 kJ
Protein	26.6 g	6.7 g
Fat, total	7.2 g	1.8 g
- Saturated	1.3 g	0.3 g
Carbohydrates	96.5 g	24.1 g
- Sugars	43.1 g	10.8 g
Sodium	3090 mg	772 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Hokkien Noodles (40%) [**Wheat** Flour, Water, Canola Oil, Mineral Salt (501), Salt, Colour (160b)], Black Bean Sauce (25%) [**Soy** Sauce (Water, **Soy** Beans, **Wheat**, Salt), Sugar, Water, Yeast Extract (Yeast Extract, Salt), Black Bean Paste (0.5%), Thickener (1442), Vinegar, Salt, Spices, Colour (150d), Thickener (415), Preservative (202, 211)], Marinated Beef [Beef (7%), Oyster Sauce [Thickener (1422), Oyster Extract (**Mollusc**), **Soy** Sauce (Contains **Wheat**), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], **Soy** Sauce (Contains **Sulphites**, Colour (150d)), Brown Sugar, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), **Sesame** Oil, **Soy** Oil, Olive Oil], Onion (5%), Zucchini (5%), Carrot (5%), Green Capsicum (3%), Red Capsicum (3%), Black Beans (1%) (Firming Agent (509)).

Contains Wheat, Gluten, Soy, Mollusc, Sesame, Sulphites.

May Contain Peanuts, Tree Nuts, Egg, Milk, Fish, Crustacea, Lupins.

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

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### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE242	910611
400G	HAE245	435420



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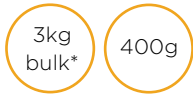
# PRODUCT SPECIFICATION DOCUMENT



## BEEF & VEGGIE STROGANOFF WITH MASH

Tender Aussie beef chunks and veggies in a rich sauce with mashed potato.

\*Bulk excludes mash



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g Pre-Pack

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	1700 kJ	426 kJ
Protein	24.8 g	6.2 g
Fat, total	16.9 g	4.2 g
- Saturated	5.2 g	1.3 g
Carbohydrates	35.4 g	8.8 g
- Sugars	14.5 g	3.6 g
Sodium	1590 mg	397 mg

### IMPORTANT PRODUCT INFORMATION - PRE-PACK

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Printed on side of container
Used By Location	Printed on side of container



**INGREDIENTS:** Potato Mash (37%) [Potato (30%), Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), **Milk** Powder, Salt, Pepper], Stroganoff Sauce (27%) [Water, Sliced Mushrooms (5%), Onion, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Sour Cream (Cream (from **Milk**), Gelatine, Culture), Tomato Sauce (Tomato Paste, Sugar, Food Acid (260), Salt, Onion, Spice Extract), Worcestershire Sauce (Colour (150d)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Dijon Mustard (Food Acid (260)), Salt, Frozen Spinach, Olive Oil, Cracked Pepper, Brown Sugar, Brandy Essence], Beef Strips (14%), Water, Carrot (5%), Potato (5%), Zucchini (2%), Beef Stock Powder (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330)), Imitation Vinegar (Food Acid (260)), Red Capsicum (0.5%), Yellow Capsicum (0.5%), Onion Powder, Olive Oil, Smoked Paprika.

**Contains Wheat, Gluten, Soy, Milk.**

**May Contain Peanuts, Tree Nuts, Egg, Fish, Crustacea, Mollusc, Sesame, Lupins, Sulphites.**

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE273	366650
400G	HAE274	436824



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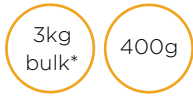
# PRODUCT SPECIFICATION DOCUMENT



## BEEF & VEGGIE HOT POT WITH MASH

Aussie beef and bacon with fresh veggies in a rich gravy with mashed potato.

\*Bulk excludes mash



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g Pre-Pack

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	2250 kJ	563 kJ
Protein	22.6 g	5.6 g
Fat, total	31.0 g	7.8 g
- Saturated	11.6 g	2.9 g
Carbohydrates	38.2 g	9.6 g
- Sugars	17.3 g	4.3 g
Sodium	1310 mg	328 mg

### IMPORTANT PRODUCT INFORMATION - PRE-PACK

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Printed on side of container
Used By Location	Printed on side of container



**INGREDIENTS:** Mashed Potato (38%) [Potato (31%), Margarine (Emulsifiers (471, Soy Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (Carotenes)), Skim Milk Powder, Salt, Pepper], Beef (16%), Water, Potato (7%), Carrot (7%), Celery (3%), Pumpkin (3%), Zucchini (3%), Onion (2.5%), Tomato Sauce (Food Acid (260)), Beef Gravy Powder (2%) (Thickeners (1442, 1422), Colour (150d), Vegetable Gum (466)), Bacon (1.5%) (Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Red Capsicum (1.5%), Worcestershire Sauce (Colour (150d)), Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Olive Oil, Sugar, Minced Garlic (Thickener (414), Food Acid (270)), Mineral Salt (509)), Cracked Pepper, Bay Leaf.

Contains Milk, Soy

May Contain Peanuts, Tree Nuts, Egg, Fish, Crustacea, Mollusc, Sesame, Sulphites, Wheat, Gluten, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE271	280639
400G	HAE272	438009



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# PRODUCT SPECIFICATION DOCUMENT



## BEEF CHOW MEIN

Aussie beef mince with chow mien noodles and veggies in garlic, ginger, and curry sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	518 kJ	518 kJ
Protein	6.3 g	6.3 g
Fat, total	4.7 g	4.7 g
- Saturated	1.7 g	1.7 g
Carbohydrates	14.7 g	14.7 g
- Sugars	3.9 g	3.9 g
Sodium	266 mg	266 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Chow Mein Noodles (28%) [Egg, Wheat Flour, Water, Salt, Mineral Salt (501), Colour (102), Preservatives (281), Vegetable Oil), Cabbage (19%), Beef Mince (14%), Water, Carrot (7%), Onion (6%), Pineapple (Acidity Regulator (330)), Celery (4%), Oyster Sauce [Thickener (1422), Oyster Extract (Mollusc), Soy Sauce (Contains Wheat), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Soy Sauce (Contains Sulphites, Colour (150d)), Peas (1.5%), Brown Sugar, Green Capsicum (0.5%), Curry Powder, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Spring Onion (0.5%), Parsley (0.5%), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)). Contains Wheat, Gluten, Soy, Mollusc, Sesame, Sulphites.

Contains Wheat, Gluten, Egg, Soy, Mollusc, Sulphites.

May Contain Peanuts, Tree Nuts, Fish, Crustacea, Milk, Sesame, Lupins.

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE243	910742
400G	HAE246	436853



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# PRODUCT SPECIFICATION DOCUMENT



## BEEF MASSAMAN CURRY WITH RICE

Chunks of Aussie beef and potato in a medium spiced curry sauce with peanuts, cashews and chilli. \* Bulk excludes rice



CLASSIC CURRIES



Low in Sugar | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g Pre-Pack

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	1940 kJ	485 kJ
Protein	25.9 g	6.5 g
Fat, total	12.7 g	3.2 g
- Saturated	6.9 g	1.7 g
Carbohydrates	58.8 g	14.7 g
- Sugars	12.5 g	3.1 g
Sodium	667 mg	167 mg

### IMPORTANT PRODUCT INFORMATION - PRE-PACK

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Printed on side of container
Used By Location	Printed on side of container



**INGREDIENTS:** Rice (35%), Braised Beef (14%) [Beef (9%), Water, Beef Booster (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330), Smoke Oil), Corn Flour, Tandoori Paste (contains **Wheat**, Food Acid (260), Colour (160c), Food Acid (330), Stabilisers (412, 415)), Salt, Pepper], Curry Sauce (14%) [Red Onion, Coriander Stems, Red Chilli (0.8%), Red Capsicum, Brown Sugar, Lemongrass, **Fish** Sauce, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Minced Ginger (Food Acid (270)), Ground Coriander, Ground Cumin, Shrimp Paste (Shrimp (**Crustacea**), **Soy** Oil, Flavour Enhancers (621, 631, 627), Colour (160c)), Tandoori Paste (contains **Wheat**, Food Acid (260), Colour (160c), Food Acid (330), Stabilisers (412, 415)), Cinnamon, Pepper, Salt, Ground Galangal, Ground Cardamom], Baby Chat Potatoes (11%), Coconut Cream (Stabilisers (415, 412, 407)), Onion, Water, Sweet Potatoes (5%), **Peanuts** (0.5%), **Cashews** (0.5%), Brown Sugar, Red Chilli (0.4%), Fried Shallots, Coriander Leaf, Tomato Sauce (Food Acid (260)), Tamarind Paste (Food Acid (330)), **Fish** Sauce, Olive Oil, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Minced Ginger (Food Acid (270)), Lime Powder (Food Acid (330)), Natural Flavour (contains Soy)).

**Contains Wheat, Gluten, Fish, Crustacea, Soy, Peanuts, Cashews.**

**May Contain Milk, Egg, Other Tree Nuts, Mollusc, Sesame, Lupins, Sulphites.**

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE277	448855
400G	HAE278	523545



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Issued By: QA Department

Issue Date: 01 Jan 2022

This version supersedes all previous version. Please refer to issue date.

Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT



## BEEF RAVIOLI IN NAPOLI SAUCE

Parcels of pasta filled with Australian beef in a rich Napoli sauce.



PASTA FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2520 kJ	631 kJ
Protein	22.2 g	5.6 g
Fat, total	8.9 g	2.2 g
- Saturated	2.7 g	0.7 g
Carbohydrates	104 g	26.1 g
- Sugars	29.5 g	7.4 g
Sodium	1270 mg	319 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Beef Ravioli (55%) [Pasta (Durum **Wheat** Flour, Water, **Egg**), Filling (Beef (5%), Breadcrumbs (**Wheat** Flour, Water, Yeast), Vegetables, Canola Oil, Parmesan Cheese (**Milk**, Salt, Non-Animal Rennet, Starter Cultures, Enzymes, Preservative (200)), Salt, Garlic, Herbs, Spices)], Napoli Sauce (45%) [Tomato Sauce (Reconstituted Tomato Paste, Sugar, Salt, Herbs and Spices, Garlic, Onion, Canola Oil, Acidity Regulator (260, 330)), Water, Capsicum, Brown Sugar, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Minced Garlic (Thickener (415), Food Acid (270), Mineral Salt (509)), Olive Oil, Pepper, Dried Oregano].

**Contains Wheat, Gluten, Milk, Egg.**

**May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Soy, Sesame Seeds, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE201	647718
400G	HAE227	435750



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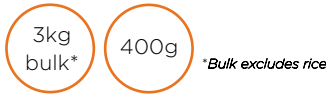
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# PRODUCT SPECIFICATION DOCUMENT



## BUTTER CHICKEN WITH RICE

Aussie chicken marinated in a mildly spiced curry paste with tomato and cream served with fluffy white rice.



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2440 kJ	609 kJ
Protein	44.9 g	11.2 g
Fat, total	22.0 g	5.5 g
- Saturated	11.1 g	2.8 g
Carbohydrates	49.8 g	12.4 g
- Sugars	11.1 g	2.8 g
Sodium	718 mg	179 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack



**INGREDIENTS:** Marinated Chicken [Chicken Fillet (40%), Tandoori Paste ((contains **Wheat**), Acidity Regulator (260, 330), Stabiliser (412, 415)), Yoghurt (from **Milk**), Reconstituted Lemon Juice (Antioxidant (300), Preservative (223 (**Sulphites**)), Sugar, Ginger (Food Acid (270))), Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Salt], Rice (35%), Tomato Paste (7%) (Reconstituted Tomato Paste, Salt, Sugar, Herbs, Spice, Garlic, Onion, Canola Oil, Acidity Regulator (330)), Cream (5%) (Cream (from **Milk**), Mineral Salts (450, 500), Thickener (400)), Onion, Butter (1.5%) (from **Milk**), Olive Oil, Sugar, Ground Coriander, Onion Powder, Sweet Paprika, Ground Fenugreek, Garam Masala, Ground Cumin, Ground Cinnamon, Cayenne Pepper.

Contains Milk, Wheat, Gluten, Sulphites.

May Contain Peanuts, Tree Nuts, Egg, Fish, Crustacea, Mollusc, Soy, Sesame, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE224	704170
400G	HAE257	855544



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# PRODUCT SPECIFICATION DOCUMENT

## CHICKEN BACON AND AVOCADO PASTA SALAD

Chargrilled Aussie chicken, bacon and pasta in a rich avocado dressing with roasted pine nuts, parsley and olive oil.



CLASSIC SALADS



Good Source of Protein | Low in Sugar | Aussie Made and Owned | Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	718 kJ	718 kJ
Protein	8,4 g	8,4 g
Fat, total	7.6 g	7.6 g
- Saturated	1.2 g	1.2 g
Carbohydrates	17.9 g	17.9 g
- Sugars	1.3 g	1.3 g
Sodium	359 mg	359 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Pasta (52%) (Durum **Wheat** Semolina), Avocado Dressing (30%) [Canola Oil, Vinegar, Whole **Egg**, Water, Avocado Puree (3%) (Avocado, Salt, Food Acid (270, 300), Food Colour (102, 133)), **Soy** Protein, Garlic, Sugar, Salt, Thickeners (1442, 415), Spices, Lemon Juice, Preservatives (202, 211)], Chargrilled Chicken (13%) [Chicken Fillets (13%), Olive Oil, Salt, Pepper], Bacon (3.5%) (Pork, Cure (Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Parsley (0.8%), Roasted **Pine Nuts** (0.5%), Olive Oil.

**Contains Wheat, Gluten, Egg, Soy, Pine Nuts.**

**May Contain Peanuts, Other Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL095	910572
400G	SAL097	434505



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# PRODUCT SPECIFICATION DOCUMENT



## CHICKEN PARMA WITH MASH

Aussie crumbed chicken topped with a rich Napoli sauce and cheese with fluffy mash.

400g



Good Source of Protein | Aussie Made and Owned | Ready to Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	2550 kJ	637 kJ
Protein	32.3 g	8.1 g
Fat, total	30.0 g	7.5 g
- Saturated	11.3 g	2.8 g
Carbohydrates	52.6 g	13.2 g
- Sugars	11.6 g	2.9 g
Sodium	1860 mg	464 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack (400g)



**INGREDIENTS:** Mashed Potato (50%) [Diced Potato, Margarine (5%) [Vegetable Oil, Water, Salt, Emulsifiers (471, Soy Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (Carotenes), Natural Flavour], Skim **Milk** Powder (3%), Salt, Pepper], Chicken Schnitzel (35%) [Chicken (16%), Water, Breadcrumbs [**Wheat** Flour, Bakers Yeast, Salt, Water, Thickener (1422), **Wheat** Gluten, Yeast Extract, Mineral Salts (451, 452), Canola Oil, Spice, Sugar, Yeast], Batter [**Wheat** Flour, Salt, **Wheat** Cereal, Vegetable Gum (412), Sugar, Flavour Enhancer (635), Dehydrated Vegetables, Vegetable Oil, Spices, Garlic Powder], Canola Oil, Rice Flour, **Wheat** Fibre, Hydrolysed Vegetable Protein, Dehydrated Vegetable Powders], Napoli Sauce [Crushed Tomato (3%) (Reconstituted Tomato Paste, Acidity Regulator (330), Red Onion, Water, Red Capsicum, Green Capsicum, Brown Sugar, Olive Oil, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509), Salt, Oregano, Cracked Pepper, Basil], Mozzarella Cheese (8%) [**Milk**, Salt, Starter Cultures, Non-Animal Rennet), Anticaking Agent (460), Preservative (200, contains **Sulphites**)].

Contains **Wheat, Gluten, Milk, Soy, Sulphites.**

May Contain **Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Lupin.**

REHEATING INSTRUCTIONS: N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
400G	HAE255	7162



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# PRODUCT SPECIFICATION DOCUMENT



## CHICKEN TORTELLINI

Pasta filled with tender chicken in a creamy mushroom, bacon and cracked pepper sauce.



PASTA FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3570 kJ	893 kJ
Protein	19.0 g	4.8 g
Fat, total	66.0 g	16.5 g
- Saturated	35.4 g	8.8 g
Carbohydrates	43.1 g	10.8 g
- Sugars	10.6 g	2.6 g
Sodium	1630 mg	407 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Chicken Tortellini (50%) [Pasta (Durum **Wheat** Flour, Water, **Egg**), Filling [Breadcrumbs (**Wheat** Flour, Water, Yeast), Chicken (7%), Vegetables, Parmesan Cheese (**Milk**, Starch, Salt, Starter Cultures, Enzymes, Preservative (200)), Canola Oil, Chicken Stock, Salt, Herbs, Spices], Thickened Cream (33%) [Cream (From **Milk**), Mineral Salt (450, 500), Thickener (400)], Mushrooms (7%), Onion, Bacon (3%) [Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Olive Oil, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Sugar, Parsley, Cracked Pepper.

**Contains Wheat, Gluten, Milk, Egg.**

**May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Soy, Sesame Seeds, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE207	647873
400G	HAE217	436659



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# PRODUCT SPECIFICATION DOCUMENT



## CHILLI CON CARNE WITH RICE

Aussie beef mince, red kidney beans and veggies in a spicy tomato sauce served with fluffy white rice \*3kg served without rice



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	1916 kJ	479 kJ
Protein	21.6 g	5.4 g
Fat, total	18 g	4.5 g
- Saturated	7.2 g	1.8 g
Carbohydrates	52 g	13 g
- Sugars	8.4 g	2.1 g
Sodium	620 mg	155 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of Pack
Used By Location	Side of Pack



**INGREDIENTS:** Rice (35%), Crushed Tomato (20%) (Reconstituted Tomato Paste, Acidity Regulator (330)), Beef Mince (13%), Water, Red Kidney Beans (Red Kidney Beans (4.5%), Water, Salt, Sugar, Firming Agent (509)), Onion (2.5%), Carrot (2.5%), Celery (1.5%), Red Capsicum (1.5%), Green Capsicum (1.5%), Chilli Sauce [Water, Sugar, Food Acid (260), Mustard Seed, Chilli, Salt, Paprika, Vegetable Gum (415 (Contains **Soy**)), Natural Colour (160c), Spice Extract, Turmeric], Frozen Spinach (0.5%), Cumin, Beef Stock Powder (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Onion Powder, Lime Powder (Dextrose, Food Acid (330), Maltodextrin, Natural Flavour (Contains Soy), Lime Juice Solids), Olive Oil, Minced Ginger (Food Acid (270)), Cracked Pepper, Red Chilli, Smoked Paprika, Turmeric, Brown Sugar, Cayenne Pepper, Salt, Cardamon.

Contains Soy

May Contain Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving,

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE264	272848
400G	HAE270	283598



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Issued By: QA Department

Issue Date: 01 Jan 2022

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Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT



## CLASSIC PASTA SALAD

Pasta with grated cheese and crunchy veggies in a classic mayonnaise dressing.



CLASSIC SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1160 kJ	1160 kJ
<b>Protein</b>	3.3 g	3.3 g
<b>Fat, total</b>	19.0 g	19.0 g
- Saturated	1.8 g	1.8 g
<b>Carbohydrates</b>	22.7 g	22.7 g
- Sugars	8.4 g	8.4 g
<b>Sodium</b>	423 mg	423 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Pasta (50%) (Durum **Wheat** Semolina), Mayonnaise (42%) [Vegetable Oil (Antioxidant (320)), Water, Sugar, **Egg**, Vinegar (from **Barley, Wheat**), **Egg** Yolk, Salt, Vegetable Gums (412, 415 (contains **Soy**)), Food Acid (260), Mustard Powder, Flavour], Carrot (4%), Mozzarella Cheese (1.5%) (From **Milk**, Anticaking Agent (460), Preservative (200)), Celery (1%), Red Capsicum (0.5%), Green Capsicum (0.5%), Spring Onion (0.5%), Parsley.

**Contains Wheat, Gluten, Egg, Soy, Milk.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Lupins, Sulphites.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL031	183434
800g	SAL008	439597
400G	SAL033	687292



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# PRODUCT SPECIFICATION DOCUMENT



## CLASSIC SALADS TRIO PACK

Your three favourite salads in one convenient trio pack.

600g



Vegetarian Friendly | Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - CLASSIC PASTA SALAD

Serving Size: 100g Servings Per Pack: 2	Average Quantity per Serving	Average Quantity per 100g
Energy	957 kJ	957 kJ
Protein	3.3 g	3.3 g
Fat, total	12.4 g	12.4 g
- Saturated	1.4 g	1.4 g
Carbohydrates	25.3 g	25.3 g
- Sugars	10.9 g	10.9 g
Sodium	382 mg	382 mg

### NUTRITIONAL INFORMATION - CREAMY COLESLAW

Serving Size: 100g Servings Per Pack: 2	Average Quantity per Serving	Average Quantity per 100g
Energy	654 kJ	654 kJ
Protein	1.4 g	1.4 g
Fat, total	11.8 g	11.8 g
- Saturated	1.2 g	1.2 g
Carbohydrates	9.9 g	9.9 g
- Sugars	9.3 g	9.3 g
Sodium	156 mg	156 mg

### NUTRITIONAL INFORMATION - GOURMET POTATO SALAD

Serving Size: 100g Servings Per Pack: 2	Average Quantity per Serving	Average Quantity per 100g
Energy	464 kJ	464 kJ
Protein	2.3 g	2.3 g
Fat, total	4.8 g	4.8 g
- Saturated	0.5 g	0.5 g
Carbohydrates	13.6 g	13.6 g
- Sugars	3.3 g	3.3 g
Sodium	60 mg	60 mg

### NUTRITIONAL INFORMATION - GOURMET POTATO SALAD

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Use By Location	Side of pack



Classic Pasta Salad



Creamy Coleslaw



Gourmet Potato Salad

**INGREDIENTS - CLASSIC PASTA SALAD:** Pasta (50%) (Durum **Wheat** Semolina), Mayonnaise (42%) [Vegetable Oil (Antioxidant (320)), Water, Sugar, **Egg**, Vinegar (from **Barley, Wheat**), **Egg** Yolk, Salt, Vegetable Gums (412, 415 (contains **Soy**)), Food Acid (260), Mustard Powder, Flavour], Carrot (4%), Mozzarella Cheese (1.5%) (From **Milk**, Anticaking Agent (460), Preservative (200)), Celery (1%), Red Capsicum (0.5%), Green Capsicum (0.5%), Spring Onion (0.5%), Parsley.

Contains **Wheat, Gluten, Egg, Soy, Milk**.

May Contain **Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Lupins, Sulphites**

**INGREDIENTS - CREAMY COLESLAW:** Cabbage (43%), Mayonnaise (35%) [Canola Oil, Vinegar, Water, Sugar, Whole Egg, Mustard, Thickener (1422), Skim **Milk** (1.5%), Sour Cream Powder (0.5%) (Cream (from **Milk**) and **Milk** Solids, Food Acids (270, 330), Culture), Salt, Vegetable Gum (415 (contains **Soy**)), Preservatives (211, 202)], Carrot (10%), Celery Leaf (6%), Onion, Green Capsicum, Celery (0.5%), Parsley.

Contains **Egg, Milk, Soy**.

May Contain **Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins**.

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**INGREDIENTS - GOURMET POTATO SALAD:** Potato (81%), Mayonnaise (15%) [Canola Oil, Vinegar, Water, Sugar, Whole **Egg**, Mustard, Thickener (1422), Skim **Milk** (0.5%), Sour Cream Powder (0.2%) (Cream (from **Milk**) and **Milk** Solids, Food Acids (270, 330), Culture), Salt, Vegetable Gum (415 (contains **Soy**)), Preservatives (211, 202)], Onion, Celery (1.5%), Red Capsicum (1%), Spring Onion (0.5%), Parsley.

**Contains Egg, Milk, Soy.**

**May Contain Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins**

**REHEATING INSTRUCTIONS:** N/A

**REORDER CODES**

SIZE	SIMPLY TASTY	METCASH
600g	TRI001	477003



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# PRODUCT SPECIFICATION DOCUMENT



## CREAMY COLESLAW

Crunchy carrot, cabbage, and celery in a creamy mayonnaise dressing.



CLASSIC SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	1160 kJ	1160 kJ
<b>Protein</b>	1.6 g	1.6 g
<b>Fat, total</b>	28.5 g	28.5 g
- Saturated	2.4 g	2.4 g
<b>Carbohydrates</b>	3.4 g	3.4 g
- Sugars	3.1 g	3.1 g
<b>Sodium</b>	261 mg	261 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Cabbage (43%), Mayonnaise (35%) [Vegetable Oil, Egg, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains Soy)], Carrot (10%), Celery Leaf (6%), Onion, Green Capsicum, Celery (0.5%), Parsley.

**Contains Egg, Soy**

**May Contain Milk, Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL004	110460
800g	SAL005	439385
400G	SAL072	434479



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# PRODUCT SPECIFICATION DOCUMENT



## CREAMY GERMAN POTATO SALAD

Desiree potatoes in a creamy dill dressing with bacon and pickled cucumbers



CLASSIC SALADS



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	493 kJ	493 kJ
Protein	13.2 g	13.2 g
Fat, total	23.6 g	23.6 g
- Saturated	4.8 g	4.8 g
Carbohydrates	48.4 g	48.4 g
- Sugars	13.6 g	13.6 g
Sodium	1260 mg	1260 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Desiree Potato (59%), Horseradish Relish [Horseradish (contains **Sulphites**), Water, Mustard Seed, Sugar, Salt, Food Acid (260), Vegetable Oil, Mustard Extract, Vegetable Gum (415 (contains **Soy**)), Preservative (223 (Sulphites))], Brown Onion, Bacon (6%) [Pork, Water, Salt, Dextrose, Mineral Salts (451, 452), Sugar, Antioxidant (316), Preservative (250), Hydrolysed Vegetable Protein, Yeast Extract], Mayonnaise (7%) [Vegetable Oil, Water, Sugar, Whole **Egg**, Salt, Malt Vinegar (from **Barley** and **Wheat**), **Egg** Yolk, Vegetable Gum (412, 415 (contains **Soy**)), Food Acid (260), Mustard Powder, Flavour], Bread and Butter Cucumbers (2.5%), Sour Cream (2.5%) (Reduced Fat Cream (from **Milk**), Sour Cream Culture (from **Milk**)), Sugar, Mustard (Food Acid (260, 330), Emulsifier (322 (contains **Soy**)), Colour (160a)), Spring Onion, Parsley, Celery, Minced Garlic (Thickener (415), Food Acid (270), Mineral Salt (509)), Salt, Cracked Black Pepper, Green Dill, Mint Flakes.

**Contains Sulphites, Soy, Egg, Wheat, Gluten, Milk.**

**May Contain Peanuts, Almond, Cashew, Pine Nut, Walnut, Fish, Mollusc, Crustacea, Sesame, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL130	86137
400G	SAL131	86093



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# PRODUCT SPECIFICATION DOCUMENT

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## CURRIED EGG & CAULIFLOWER SALAD

Curried eggs, cauliflower, and herbs in a creamy mayonnaise dressing.



CLASSIC  
SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	707 kJ	707 kJ
Protein	8.4 g	8.4 g
Fat, total	11.0 g	11.0 g
- Saturated	2.2 g	2.2 g
Carbohydrates	8.9 g	8.9 g
- Sugars	8.1 g	8.1 g
Sodium	349 mg	349 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Eggs (52%) (Food Acid (260, 330)), Mayonnaise (23%) [Water, Sugar, Vegetable Oil (Antioxidant (320)), Brown Vinegar (From **Barley** and **Wheat**), Egg Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour], Cauliflower Florets (21%), Onion, Sugar, Celery, Spring Onion, Curry Powder, Parsley (0.2%).

Contains **Egg, Wheat, Gluten, Soy.**

May Contain **Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL040	685517
400G	SAL042	685892



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# PRODUCT SPECIFICATION DOCUMENT



## CURRIED PASTA SALAD

Pasta with grated carrot, capsicum, sultanas, and spring onion coated in a lightly spiced mayonnaise.



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### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	845 kJ	845 kJ
<b>Protein</b>	3.2 g	3.2 g
<b>Fat, total</b>	8.3 g	8.3 g
- Saturated	0.8 g	0.8 g
<b>Carbohydrates</b>	27.8 g	27.8 g
- Sugars	11.7 g	11.7 g
<b>Sodium</b>	377 mg	377 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Pasta Spirals (56%) (Durum **Wheat** Semolina), Mayonnaise (32%) [Water, Sugar, Vegetable Oil (Antioxidant (320)), Brown Vinegar (From **Barley** and **Wheat**), **Egg** Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour], Carrot (4%), Red Capsicum (1.5%), Green Capsicum (1.5%), Sultanas (1.5%), Sugar, Curry Powder (0.5%), Spring Onion (0.5%), Parsley, Turmeric.

**Contains Wheat, Gluten, Egg, Soy.**

**May Contain Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL016	154236
800g	SAL017	439398
400G	SAL073	434589



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# PRODUCT SPECIFICATION DOCUMENT



## CURRIED SAUSAGES WITH RICE

Sausages in a rich curry sauce with fresh veg and fluffy white rice.

400g

AUSSIE PUB GRUB



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2380 kJ	596 kJ
Protein	17.3 g	4.3 g
Fat, total	30.7 g	7.7 g
- Saturated	12.2 g	3.1 g
Carbohydrates	57.0 g	14.2 g
- Sugars	7.8 g	2.0 g
Sodium	824 mg	206 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack (400g)
Used By Location	Side of pack (400g)



**INGREDIENTS:** Rice (35%), Sausage (14%) [Beef, Rice Flour, Salt, Mineral Salt (451), Preservative (223 Contains **Sulphites**), Soy Flour, Antioxidant (316), Vegetable Oil, Colour (160c), Herb Extract, Vitamin E (307b), Spice Extract, Natural Flavour], Curry Sauce (33%) [Water, Onion, Celery, Margarine Spread (Emulsifier (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamin A and D, Colour (160a)), **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Coconut Cream (Stabiliser (415, 412, 407)), Tomato Sauce (Food Acid (260)), Curry Powder, Brown Sugar, Currants (0.5%), Worcestershire Sauce (Colour (150d)), Shredded Coconut (Contains **Sulphites**), Spices (Turmeric, Cumin, Coriander, Fenugreek, Garam Masala (Contains **Sulphites**)), Vegetables (18%) [Potato, Carrot, Capsicum].

Contains Wheat, Gluten, Soy, Sulphites.

May contain Tree Nuts, Peanuts, Crustacea, Fish, Milk, Egg, Mollusc, Sesame, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot**  throughout before serving.

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	-	-
400G	HAE202	437906



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# PRODUCT SPECIFICATION DOCUMENT

## CURRIED VEG AND COUS COUS SALAD

Pumpkin and sweet potato roasted in a mild curry spice mix with coconut cous cous.



CLASSIC  
SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	613 kJ	613 kJ
Protein	3.8 g	3.8 g
Fat, total	6.8 g	6.8 g
- Saturated	4.3 g	4.3 g
Carbohydrates	17 g	17 g
- Sugars	3.2 g	3.2 g
Sodium	102 mg	102 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Fine Cous Cous (50%) (Durum **Wheat** Semolina), Coconut Cream (15%) [Coconut Cream, Stabilisers (415, 412, 407)], Pumpkin (9%), Onions (8%), Sweet Potato (7%), Red Pepper Strips (Food Acid (330), Firming Agent (509)), **Walnuts** (1.5%), Apples, Currants, Curry Powder (1%), Baby Spinach, Olive Oil, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins A and D, Natural Colour (160a)), Palm Sugar, Vegetable Booster (Anticaking Agent (551)), Crushed Ginger (Food Acid (270)), Lemongrass, Spring Onion, Imitation Saffron (Colour (102)), Parsley, Salt, Cracked Black Pepper, Ground Cardamom.

**Contains Wheat, Gluten, Walnuts, Soy.**

**May Contain Peanuts, Almond, Cashew, Pine Nut, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL132	84614
400G	SAL133	85699



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# PRODUCT SPECIFICATION DOCUMENT



## EGG SALAD

Hard-boiled eggs, spring onion, celery, and parsley in a classic mayonnaise dressing.



CLASSIC SALADS



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / (300g)	Average Quantity per Serving	Average Quantity per 100g
Energy	750 kJ	750 kJ
Protein	11.6 g	11.6 g
Fat, total	12.0 g	12.0 g
- Saturated	2.9 g	2.9 g
Carbohydrates	6.3 g	6.3 g
- Sugars	5.8 g	5.8 g
Sodium	293 mg	293 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (300g + 600g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (300g + 600g)



**INGREDIENTS:** Eggs (77%) (Food Acid (260, 330)), Mayonnaise (17%) [Water, Sugar, Vegetable Oil (Antioxidant (320)), Brown Vinegar (From **Barley** and **Wheat**), Egg Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour], Celery (3%), Brown Onion, Sugar, Spring Onion (0.5%), Parsley (0.1%).

Contains Egg, Wheat, Gluten, Soy

May Contain Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL081	109249
600g	SAL098	439458
300G	SAL099	434636



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# PRODUCT SPECIFICATION DOCUMENT



## FALAFEL RATATOUILLE WITH FETTUCCINE

Zucchini, capsicum, and eggplant in a rich tomato sauce with falafels and fettuccine.

400g

PLANT  
BASED



Good Source of Protein | | Vegan Friendly | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	1480 kJ	370 kJ
Protein	15.2 g	3.8 g
Fat, total	5.2 g	1.3 g
- Saturated	1.3 g	0.3 g
Carbohydrates	56.1 g	14.0 g
- Sugars	9.1 g	2.3 g
Sodium	2770 mg	692 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack



**INGREDIENTS:** Ratatouille (40%) [Crushed Tomato (14%) (Reconstituted Tomato Paste, Food Acid (330)), Onion, Zucchini (5%), Eggplant (5%), Red Capsicum (2.5%), Green Capsicum (2.5%), Yellow Capsicum (2.5%), Water, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Vegetable Stock Powder (Flavour Enhancer (635), Anticaking Agent (551)), Olive Oil, Sugar, Salt, Italian Mixed Herbs, Smoked Paprika, Cracked Pepper, Cayenne Pepper], Falafels (30%) (Chickpeas, Onion, Garlic, Water, Salt, Parsley, Raising Agent (500), Pepper, Buckwheat, Cumin, Coriander, Seasoning), Fettuccine (30%) (Durum **Wheat** Semolina).

Contains Wheat, Gluten

May Contain Peanuts, Tree Nuts, Egg, Milk, Fish, Crustacea, Mollusc, Soy, Sesame, Sulphites, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	-	-
400G	HAE280	436785



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Issued By: QA Department

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# PRODUCT SPECIFICATION DOCUMENT

## FRUIT SALAD

Juicy Aussie watermelon, rockmelon, honeydew and pineapple.



Vegan Friendly | Aussie Made and Owned | Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 2.5kg BULK & 400g

Serving Size: 100g Servings Per Pack: 25 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	137 kJ	137 kJ
Protein	0.5 g	0.5 g
Fat, total	0.3 g	0.3 g
- Saturated	0.1 g	0.1 g
Carbohydrates	6.3 g	6.3 g
- Sugars	6.3 g	6.3 g
Sodium	7 mg	7 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	14 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Watermelon (70%), Rockmelon (10%), Honeydew Melon (10%), Pineapple (10%).

**May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2.5KG	SAL055	195127
400G	SAL057	195224



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# PRODUCT SPECIFICATION DOCUMENT



## GARLIC PRAWN FETTUCCINE

Fettuccine and prawns in a creamy garlic sauce with a hint of chilli.



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g & 800g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3920 kJ	979 kJ
Protein	20.6 g	5.1 g
Fat, total	63.6 g	15.9 g
- Saturated	39.8 g	9.9 g
Carbohydrates	62.3 g	15.6 g
- Sugars	13.9 g	3.5 g
Sodium	362 mg	91 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g &)



**INGREDIENTS:** Garlic Sauce (45%) [Thickened Cream (41%) (From Milk, Mineral Salts (450, 500), Thickener (400)), Minced Garlic (2%) (Thickener (414), Food Acid (270), Mineral Salt (509)), Sugar, Herb and Garlic Seasoning, Olive Oil, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Parsley, Chilli Flakes], Fettuccine (42%) (Durum Wheat), Garlic Prawns (13%) [Prawns (Crustacea) (12%) (Salt, Mineral Salts (451, 452)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Salt, Sugar, Olive Oil, Cracked Pepper].

**Contains Wheat, Gluten, Milk, Crustacea.**

**May Contain Peanuts, Tree Nuts, Egg, Soy, Fish, Mollusc, Sulphites, Sesame, Lupin.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

**Microwave Instructions for 400g & 800g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g & 800g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE211	691576
400G	HAE213	855536



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# PRODUCT SPECIFICATION DOCUMENT

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## GOURMET POTATO SALAD

Tender potatoes with celery, spring onion, and capsicum in a classic mayonnaise and sour cream dressing.



CLASSIC  
SALADS



Vegetarian Friendly | Low in Sugar | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	641 kJ	641 kJ
Protein	2.2 g	2.2 g
Fat, total	11.5 g	11.5 g
- Saturated	1.0 g	1.0 g
Carbohydrates	9.4 g	9.4 g
- Sugars	1.8 g	1.8 g
Sodium	104 mg	104 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Potato (81%), Mayonnaise (15%) [Vegetable Oil, **Egg**, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains **Soy**)], Onion, Celery (1.5%), Red Capsicum (1%), Spring Onion (0.5%), Parsley.

Contains **Egg, Soy**

May Contain **Milk, Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL010	110444
800g	SAL011	439490
400G	SAL075	434725



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# PRODUCT SPECIFICATION DOCUMENT

## GRAVY

Gravy is the sauce that brings everything together. It's a must-have for meatloaf, an essential for a roast dinner and the perfect accompaniment to nearly any dinner.

800g

Aussie Made and Owned | Simply Heat and Eat

CLASSIC  
SIDES



### NUTRITIONAL INFORMATION - 800g

Serving Size: 100g Servings Per Pack: 8	Average Quantity per Serving	Average Quantity per 100g
Energy	148 kJ	148 kJ
Protein	0.2 g	0.2 g
Fat, total	0.1 g	0.1 g
- Saturated	0.0 g	0.0 g
Carbohydrates	8.3 g	8.3 g
- Sugars	1.6 g	1.6 g
Sodium	521 mg	521 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack



**INGREDIENTS:** Water (86.5%), Beef Gravy Mix (9.6%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs], Worcestershire Sauce (1.9%), Tomato Sauce (1.9%) [Tomatoes (69%), Sugar, Food Acid (acetic), Salt, Onion, Spice Extract]

**May Contain Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Wheat, Gluten Milk, Soy, Sesame, Sulphites, Lupins**

### REHEATING INSTRUCTIONS:

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
800g	HAE256	690397

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# PRODUCT SPECIFICATION DOCUMENT

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## HONEY MUSTARD PASTA SALAD

Pasta with grated carrot, capsicum and sultanas in a honey mustard dressing.



Vegetarian Friendly | Aussie Made and Owned | Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	909 kJ	909 kJ
Protein	3.5 g	3.5 g
Fat, total	11.5 g	11.5 g
- Saturated	0.9 g	0.9 g
Carbohydrates	24.4 g	24.4 g
- Sugars	8.5 g	8.5 g
Sodium	295 mg	295 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Pasta (50%) (Durum **Wheat** Semolina), Honey Mustard Dressing (41%) [Water, Vegetable Oil (Antioxidant (320), Honey (3.5%), Sugar, Glucose Syrup, Mustard Seed (1.5%), **Egg** Yolk, Food Acid (260, 330), Salt, Thickeners (Modified Cornstarch, 415 (Contains **Soy**)), Whey Protein (Contains Milk), Turmeric, Colour (150c), Marjoram, Thyme, Garlic Extract, Spice Extract], Carrot (3.5%), Red Capsicum (1.5%), Green Capsicum (1.5%), Sultanas (1.5%), Spring Onion, Parsley (0.3%).

**Contains Wheat, Gluten, Egg, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL085	910360
400G	SAL087	264219



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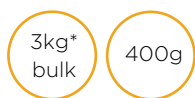
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# PRODUCT SPECIFICATION DOCUMENT

## MASALA MEATBALLS WITH RICE

Medium spiced curry with meatballs in a creamy coconut sauce, served with fluffy white rice.

\* 3kg Excludes Rice



Low in Sugar | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	2200 kJ	551 kJ
Protein	19.2 g	4.8 g
Fat, total	26.0 g	6.5 g
- Saturated	15.2 g	3.8 g
Carbohydrates	53.6 g	13.4 g
- Sugars	10.8 g	2.7 g
Sodium	864 mg	216 mg

IMPORTANT PRODUCT INFORMATION 3kg BULK	
Shelf Life (Unopened)	25 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of Pack
Used By Location	Side of Pack



**INGREDIENTS:** Masala Sauce (42%) [Crushed Tomato (Reconstituted Tomato Paste, Food Acid (330)), Coconut Cream (7%) (Stabilizers (415, 412, 407)), Water, Onion, Carrot, Zucchini (2%), Frozen Spinach, Red Capsicum, Beef Stock Powder (Flavour Enhancer (635), Colour (150d), Anticaking Agent (551), Food Acid (330)), Ground Cumin, Ground Coriander, Brown Sugar, Garam Masala (contains **Sulphites**), Onion Powder, Olive Oil, Turmeric, Minced Ginger (Food Acid (270)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Smoked Paprika, Ground Cardamom, Salt, Pepper, Red Chilli], Rice (37%), Meatballs (21%) [Sausage Mince (12%) [Pork, Beef, Lamb, Water, Salt, **Soy** Protein (contains **Sulphites**), Rice Flour, Mineral Salt (451), Vegetable Oil, Colour (160c), Herb Extract, Vitamin E (307b), Natural Flavour], Beef Mince (4%), Onion, Carrot, Tomato Sauce (Food Acid (260)), Celery, Worcestershire Sauce (Colour (150d)), Onion Powder, Red Capsicum, Parsley, Brown Sugar, Salt, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Pepper].

Contains Soy, Sulphites.

May Contain Wheat, Gluten, Milk, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Sesame, Egg, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE263	272974
400G	HAE269	283629



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# PRODUCT SPECIFICATION DOCUMENT



## MEATLOAF WITH MASH AND ONION GRAVY

A hearty, traditional, home style meatloaf for those cold winter nights or for kids sandwiches the next day.

\*1.8kg excludes mash and gravy



Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 1.8kg BULK

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	2940 kJ	598 kJ
Protein	33.2 g	8.3 g
Fat, total	41.2 g	10.3 g
- Saturated	16.4 g	4.1 g
Carbohydrates	48.0 g	12.0 g
- Sugars	12.0 g	3.0 g
Sodium	2730 mg	682 mg

### IMPORTANT PRODUCT INFORMATION - 3kg BULK

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of Pack
Used By Location	Side of Pack



**INGREDIENTS:** Meatloaf (45%) [Sausage Mince (26%) [Pork, Beef, Lamb, Water, Salt, **Soy** Protein (contains **Sulphites**), Rice Flour, Mineral Salt (451), Vegetable Oil, Colour (160c), Herb Extract, Vitamin E (307b), Natural Flavour], Beef Mince (9%), Onion (3%), Carrot (3%), Tomato Sauce (Food Acid (260)), Celery (1%), Worcestershire Sauce (Colour (150d)), Onion Powder, Red Capsicum (0.5%), Parsley, Brown Sugar, Salt, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Pepper], Mashed Potato (35%) [Potato (29%), Margarine (Emulsifiers (471), Soy Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (Carotenes)), Skim Milk Powder, Salt, Pepper], Gravy (20%) [Onion (10%), Beef Gravy Powder (5%) (Thickeners (1442, 1422), Colour (150d), Vegetable Gum (466)), Water, Worcestershire Sauce (Colour (150d)), Tomato Sauce (Food Acid (260))].

Contains Soy, Sulphites

May Contain Wheat, Gluten, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Sesame, Egg, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
1.8KG	OBP015	868131
400G	HAE206	-



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# PRODUCT SPECIFICATION DOCUMENT



## MEDITERRANEAN PASTA SALAD

Orecchiette pasta with marinated peppers, eggplant, semi-dried tomatoes, artichokes and olives in a lemon dressing.



CLASSIC SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	775 kJ	775 kJ
Protein	4.4 g	4.4 g
Fat, total	7.8 g	7.8 g
- Saturated	2.9 g	2.9 g
Carbohydrates	21.5 g	21.5 g
- Sugars	10.9 g	10.9 g
Sodium	370 mg	370 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Orecchiette Pasta (38%) (Durum **Wheat** Semolina), Antipasto Mix [Yellow and Red Pepper Strips (15%), Green and Black Olives (9%), Artichokes (6%), Semi Dried Tomatoes (4.5%), Grilled Eggplant (4%), Fetta (from Milk), Canola Oil, Vinegar, Garlic, Herbs], Lemon Dressing (16%) [Vinegar, Water, Sugar, Canola Oil, Salt, Lemon Juice, Food Acid (262, 330), Dehydrated Vegetables, Vegetable Gum (415), Herbs, Spices, Preservative (202, 211)], Imitation Vinegar (Food Acid (260)), Vegetable Oil (Antifoam (900a)), Sugar, Parsley.

**Contains Wheat, Gluten, Milk.**

**May Contain Soy, Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**May Contain Olive Pips.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL028	685648
400G	SAL030	687530



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# PRODUCT SPECIFICATION DOCUMENT



## MIXED BEAN SALAD

Five beans mixed with fresh veggies in a zesty Italian dressing.



CLASSIC SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	392 kJ	392 kJ
Protein	3.6 g	3.6 g
Fat, total	2.1 g	2.1 g
- Saturated	0.4 g	0.4 g
Carbohydrates	11.8 g	11.8 g
- Sugars	5.3 g	5.3 g
Sodium	154 mg	154 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)

Packed in Australia from at least 46% Australian ingredients

**INGREDIENTS:** Five Bean Mix (48%) [Butter Beans, Cannellini Beans, Chickpeas (9%), Red Kidney Beans, Borlotti Beans, Water, Salt], Italian Dressing (12%) [Vinegar, Water, Sugar, Canola Oil, Salt, Lemon Juice, Food Acid (262, 330), Dehydrated Vegetables, Vegetable Gum (415), Herbs, Spices, Preservative (202, 211)], Vegetables (27%) (Carrot, Brown Onion, Red Capsicum, Green Capsicum, Celery, Spring Onion), Corn Kernels, Imitation Vinegar (Food Acid (260)), Sugar, Vegetable Oil (Antifoaming Agent (900a)).

May Contain Soy, Wheat, Gluten, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL052	164786
400G	SAL054	687315



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# PRODUCT SPECIFICATION DOCUMENT

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## MOROCCAN COUS COUS SALAD

Pearl cous cous with roasted sweet potato, pumpkin and red onion, mixed with toasted almond flakes and sesame seeds.



CLASSIC  
SALADS



Vegan Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	392 kJ	392 kJ
Protein	3.6 g	3.6 g
Fat, total	2.1 g	2.1 g
- Saturated	0.4 g	0.4 g
Carbohydrates	11.8 g	11.8 g
- Sugars	5.3 g	5.3 g
Sodium	154 mg	154 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Pearl Cous Cous (60%) (Durum Wheat Semolina), Sweet Potato (8%), Pumpkin (8%), Red Onion (6%), Carrot (3%), Red Capsicum, Green Capsicum, Olive Oil, Baby Spinach, Currants, Smoked Paprika, Ground Cumin, Crushed Ginger (Food Acid (270)), Brown Sugar, Onion Powder, Almond Flakes (0.5%), Sesame Seeds (0.5%), Parsley, Vegetable Booster (Anticaking Agent (551)), Cinnamon, Garam Masala (contains Sulphites), Turmeric, Salt.

**Contains Wheat, Gluten, Almonds, Sesame, Sulphites.**

**May Contain Soy, Peanuts, Other Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL092	54067
400G	SAL071	50898



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# PRODUCT SPECIFICATION DOCUMENT



## MUSHROOM FETTUCCINE

Sauteed mushrooms, baby spinach, and fettuccine in a rich and creamy garlic sauce.



PASTA FAVES



Vegetarian Friendly | Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3740 kJ	936 kJ
Protein	13.4 g	3.4 g
Fat, total	60.4 g	15.1 g
- Saturated	37.2 g	9.3 g
Carbohydrates	66.0 g	16.5 g
- Sugars	10.8 g	2.7 g
Sodium	448 mg	112 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	18 days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Pasta (46%) (Durum **Wheat** Semolina), Thickened Cream (37%) [Cream (From **Milk**), Mineral Salt (450, 500), Thickener (400)], Mushrooms (7%), Onion, Baby Spinach Leaves (2%), Olive Oil, Vegetable Booster (Anti-Caking Agent (551)), White Sugar, Herb and Garlic Seasoning, Parsley, Spring Onion, Chilli Flakes.

**Contains Wheat, Gluten, Milk.**

**May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Egg, Fish, Mollusc, Soy, Sesame Seeds, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE215	910603
400G	HAE214	436829



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# PRODUCT SPECIFICATION DOCUMENT

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## MUSTARD EGG PASTA SALAD

Pasta, hard-boiled egg, capsicum and celery in a Dijon mustard mayonnaise dressing.



CLASSIC  
SALADS



Vegan Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	392 kJ	392 kJ
Protein	3.6 g	3.6 g
Fat, total	2.1 g	2.1 g
- Saturated	0.4 g	0.4 g
Carbohydrates	11.8 g	11.8 g
- Sugars	5.3 g	5.3 g
Sodium	154 mg	154 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Pasta Spirals (50%) (Durum **Wheat** Semolina), Mayonnaise (29%) [Water, Sugar, Vegetable Oil (Antioxidant (320)), Brown Vinegar (From **Barley** and **Wheat**), **Egg** Yolk, Salt, Food Acid (260), Thickeners (412, 415 (Contains **Soy**)), Mustard Powder, Flavour], **Eggs** (13%) (Food Acid (260, 330)), Sugar, Red Capsicum (1.5%), Green Capsicum (1.5%), Brown Onion, Dijon Mustard (0.5%) (Mustard Seed (0.5%), Food Acid (260)), Celery (0.5%), Mustard Flour (0.5%), Spring Onion, Turmeric, Parsley.

**Contains Wheat, Gluten, Egg, Soy.**

**May Contain Peanuts, Tree Nuts, Milk, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL085	910360
400G	SAL087	264219



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# PRODUCT SPECIFICATION DOCUMENT



## MUSTARD POTATO SALAD

Desiree potato with fresh veggies in a honey mustard and mayonnaise dressing.



CLASSIC SALADS



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### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	392 kJ	392 kJ
Protein	3.6 g	3.6 g
Fat, total	2.1 g	2.1 g
- Saturated	0.4 g	0.4 g
Carbohydrates	11.8 g	11.8 g
- Sugars	5.3 g	5.3 g
Sodium	154 mg	154 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Désirée Potato (72%), Mayonnaise (13%) (Canola Oil, Vinegar, Water, Sugar, Whole **Egg**, Mustard, Thickener (1422), **Milk** Solids, Sour Cream (From **Milk**), Salt, Vegetable Gum (415, Contains Soy), Preservatives (211, 202)), Honey Mustard Dressing (6%) [Water, Vegetable Oil (Antioxidant (320), Honey (0.5%), Sugar, Glucose Syrup, Mustard Seed (0.5%), **Egg** Yolk, Food Acid (260, 330), Salt, Thickeners (Modified Cornstarch, 415 (Contains **Soy**)), Whey Protein (Contains **Milk**), Turmeric, Colour (150c), Marjoram, Thyme, Garlic Extract, Spice Extract], Onion (2.5%), Seeded Mustard (1%) (Mustard Seed (0.5%), Food Acid (260)), Dijon Mustard (1%) (Mustard Seed (0.5%), Food Acid (260)), Celery (1%), Sugar, Red Capsicum (0.5%), Spring Onion (0.5%), Parsley.

Contains **Egg, Milk, Soy**

May Contain **Peanuts, Tree Nuts, Fish, Crustacea, Mollusc, Sesame, Wheat, Gluten, Lupins, Sulphites.**

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL034	685567
400G	SAL036	264227



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# PRODUCT SPECIFICATION DOCUMENT

## PICKLED POTATO SALAD

A tangy potato salad with house-made pickled cucumbers, crispy celery and bacon.



Aussie Made and Owned | Simply Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	355 kJ	355 kJ
Protein	3 g	3 g
Fat, total	1.2 g	1.2 g
- Saturated	0.5 g	0.5 g
Carbohydrates	13.9 g	13.9 g
- Sugars	7.2 g	7.2 g
Sodium	218 mg	218 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Desiree Potato (69%), Bacon (7%) [Pork, Water, Salt, Dextrose, Mineral Salts (451, 452), Sugar, Antioxidant (316), Preservative (250), Hydrolysed Vegetable Protein, Yeast Extract], Imitation Vinegar (5%) (Food Acid (260)), Sugar, Water, Red Onion, Pickled Cucumbers (2.5%), Mustard (Food Acid (260, 330), Emulsifier (322 (contains **Soy**))), Colour (160a)), Thickener (412), Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Parsley, Celery (0.2%), Celery Seed, Salt, Cracked Black Pepper, Green Dill.

**Contains Soy.**

**May Contain Wheat, Gluten, Peanuts, Almond, Cashew, Pine Nut, Walnut, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL128	85966
400G	SAL129	85872



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# PRODUCT SPECIFICATION DOCUMENT



## PESTO PASTA SALAD

Pasta in a fragrant pesto dressing mixed with semi-dried tomatoes and creamy mayonnaise.



CLASSIC SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	970 kJ	970 kJ
Protein	4.3 g	4.3 g
Fat, total	13.9 g	13.9 g
- Saturated	1.3 g	1.3 g
Carbohydrates	22.1 g	22.1 g
- Sugars	3.6 g	3.6 g
Sodium	241 mg	241 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Penne Pasta (63%) (Durum **Wheat** Semolina), Mayonnaise (18%) [Vegetable Oil (Antioxidant (320)), Water, Sugar, **Egg**, Vinegar (from **Barley, Wheat**), **Egg** Yolk, Salt, Vegetable Gums (412, 415 (contains **Soy**)), Food Acid (260), Mustard Powder, Flavour], Basil Pesto (9%) [Canola Oil, **Soy** Flour, Spinach, Water, Parmesan Cheese (**Milk**, Salt, Cultures, Rennet, Tapioca Starch), **Cashew** Nuts, Basil (0.5%), Vinegar, Salt, Garlic, Food Acid (270, 330), Preservative (202, 211)], Bell Peppers (Food Acid (330), Firming Agent (509)), Semi Dried Tomatoes (4.5%) (contains **Sulphites**), Spring Onion, Parsley.

Contains **Wheat, Gluten, Egg, Milk, Cashew, Sulphites**

May Contain **Peanuts, Other Tree Nuts, Fish, Crustacea, Mollusc, Sesame, Lupins**

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL090	53003
400G	SAL069	50924



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# PRODUCT SPECIFICATION DOCUMENT

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## POTATO, EGG AND BACON

Steamed potatoes with eggs and oven-baked bacon, in a lightly spiced mayonnaise dressing.



Good Source of Protein | Aussie Made and Owned | Ready to Eat

CLASSIC  
SALADS



### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	673 kJ	673 kJ
Protein	3.8 g	3.8 g
Fat, total	11.7 g	11.7 g
- Saturated	1.5 g	1.5 g
Carbohydrates	8.9 g	8.9 g
- Sugars	2.3 g	2.3 g
Sodium	130 mg	130 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Potato (68%), Mayonnaise (12%) [Vegetable Oil, Egg, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains Soy)], Eggs (11%) (Food Acid (260, 330)), Bacon (2%) (Pork, Cure (Mineral Salts (451, 450), Antioxidant (316), Preservative (250))), Brown Onion, Red Capsicum, Sugar, Spring Onion, Dijon Mustard (Food Acid (260)), Turmeric Powder, Olive Oil, Parsley, Cracked Pepper.

Contains Egg, Soy

May Contain Milk, Wheat, Gluten, Peanuts, Tree Nuts, Fish, Mollusc, Crustacean, Sesame, Sulphites, Lupins.

REHEATING INSTRUCTIONS: N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	SAL022	164749
400G	SAL024	687284



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# PRODUCT SPECIFICATION DOCUMENT



## SATAY CHICKEN FETTUCCINE

Chargrilled Aussie chicken combined with fettuccine in a lightly spiced satay sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3060 kJ	765 kJ
Protein	29.8 g	7.4 g
Fat, total	32.1 g	8.0 g
- Saturated	17.2 g	4.3 g
Carbohydrates	75.2 g	18.8 g
- Sugars	28.0 g	7.0 g
Sodium	777 mg	194 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Fettuccine (42%) (Durum **Wheat** Semolina), Thickened Cream (Cream (from **Milk**), Mineral Salt (450, 500), Thickener (400)), Satay Sauce (15%) [Sugar, Water, Vinegar, **Peanuts** (1.5%), Salt, Thickener (1412), Tomato, Curry Powder, Vegetable Oil (Contains Antioxidant (320)), Food Acid (270), Vegetable Gum (415), Garlic, Spices], Chargrilled Chicken [Chicken Fillets (14%), Olive Oil, Salt, Pepper], Onion, Carrot, Red Capsicum, Green Capsicum, Olive Oil, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Sugar, Spring Onion.

**Contains Wheat, Gluten, Milk, Peanuts.**

**May Contain Tree Nuts, Egg, Fish, Crustacea, Mollusc, Sesame, Soy, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE235	432723
400G	HAE230	436955



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# PRODUCT SPECIFICATION DOCUMENT



## SEAFOOD COCKTAIL SALAD

Succulent seafood, mild spring onion, celery, and parsley in a classic mayonnaise dressing.



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	723 kJ	723 kJ
<b>Protein</b>	5.6 g	5.6 g
<b>Fat, total</b>	9.1 g	9.1 g
- Saturated	1.0 g	1.0 g
<b>Carbohydrates</b>	17.4 g	17.4 g
- Sugars	7.8 g	7.8 g
<b>Sodium</b>	604 mg	604 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	35 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Seafood Extender (63%) [Water, Surimi (Processed White **Fish** Meat (Mineral Salts (450, 451, 452))), **Wheat** Starch, Sugar, Salt, Crab Flavour (contains **Crustacea**), Soy Oil, Crab Extract (contains **Crustacea**, **Fish**, **Soy**, Flavour Enhancer (635)), Mineral Salt (170), Natural Colour (120, 160c)], Mayonnaise (28%) [Vegetable Oil, **Egg**, Water, Sugar, Salt, Food Acid (260), Vegetable Gum (415, contains **Soy**)], Shrimp (**Crustacea**) (4%) (Mineral Salts (451, 452)), Celery (4%), Spring Onion (0.5%), Parsley (0.2%).

**Contains Wheat, Gluten, Egg, Soy, Milk.**

**May Contain Peanuts, Tree Nuts, Fish, Mollusc, Crustacea, Sesame, Lupins, Sulphites.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL013	183450
800g	SAL014	437587
400G	SAL076	434903



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# PRODUCT SPECIFICATION DOCUMENT



## SINGAPORE NOODLES

Stir-fried noodles with garlic prawns and pork in a lightly spiced satay curry sauce.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2240 kJ	559 kJ
Protein	30.3 g	7.6 g
Fat, total	17.6 g	4.4 g
- Saturated	2.3 g	0.6 g
Carbohydrates	62.8 g	15.7 g
- Sugars	16.7 g	4.2 g
Sodium	1360 mg	340 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Noodles (28%) [Wheat Flour, Water, Canola Oil, Mineral Salt (501), Salt, Colour (160b)], Garlic Prawns (**Crustacea**) (10%) [Prawns (Mineral Salts (145, 452)), Crushed Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Sugar, Salt, Olive Oil, Cracked Pepper], Cabbage (9%), Carrot (9%), Onion (9%), Pork Fillet (9%), Water, Scrambled **Egg** (Contains **Milk**, Stabiliser (415), Emulsifier (451)), Satay Sauce (3%) (**Peanuts**, Thickener (1412), Antioxidant (320), Food Acid (270), Vegetable Gum (415)), Olive Oil, Oyster Sauce [Thickener (1422), Oyster Extract (**Mollusc**), **Soy** Sauce (**Wheat**), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Red Capsicum (1.5%), **Sesame** Oil (Contains **Soy**), Bok Choy (1%), Spring Onion (1%), Brown Sugar, Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Curry Powder (0.5%), Red Chilli (0.5%), Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Cooking Wine (**Wheat**, 150c), Cornflour, **Fish** Sauce, Fried Shallots, Ginger (Food Acid (270)), **Soy** Sauce (Contains Sulphites, Colour (150d)), Salt, Sambal Oelek (Preservative (202, 222 (Contains **Sulphites**)), Thickener (415)), Sugar, Beetroot Powder, Chinese 5 Spice, Colour (122, 102, 110), Pepper.

Contains Wheat, Gluten, Crustacea, Mollusc, Egg, Milk, Peanuts, Sesame, Soy, Sulphites, Fish.

May Contain Tree Nuts, Lupins

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer. For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE203	177551
400G	HAE226	436989



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JL King & Co / Simply Tasty Product Specifications

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Issue Date: 01 Jan 2022

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# PRODUCT SPECIFICATION DOCUMENT



## SMOKY CHICKEN CARBONARA

Spaghetti and Aussie chicken in a rich and smoky cream sauce with bacon and Parmesan cheese.



PASTA FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3300 kJ	824 kJ
Protein	36.0 g	9.0 g
Fat, total	43.2 g	10.8 g
- Saturated	24.8 g	6.2 g
Carbohydrates	55.6 g	13.9 g
- Sugars	7.6 g	1.9 g
Sodium	1240 mg	309 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened) 25 Days (Bulk - 28 Days)

Shelf Life (Opened) 4 Days

Storage At or below 4°C

Transportation At or below 4°C

Batch Code Location Front of pack label. Left of NIP  
Side of pack (400g)

Used By Location Front of pack label. Left of NIP  
Side of pack (400g)



**INGREDIENTS:** Carbonara Sauce (43%) [Thickened Cream (19%) (From **Milk**, Mineral Salts (450, 500), Thickener (400)), Water, Bacon (5%) [Pork, Water, Cure (Salt, Sugar, Mineral Salts (451, 450), Antioxidant (316), Preservative (250))], Onion (5%), Parmesan Cheese (1%) (**Milk**, Non-Animal Rennet, Starter Culture, Preservative (202)), Frozen Spinach, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Smoked Powder (Smoke Flavour, Anti-Caking Agent (551), Colour (150d), Acidity Regulator (262)), **Egg** Yolk Powder (0.5%), Olive Oil, Cracked Pepper, Salt], Spaghetti (42%) (Durum **Wheat** Semolina), Chargrilled Chicken (15%) [Chicken Fillets (15%), Olive Oil, Salt, Pepper], Spring Onion (1%).

Contains Wheat, Gluten, Milk, Egg.

May contain Sulphites, Tree Nuts, Peanuts, Crustacea, Fish, Mollusc, Soy, Sesame Seeds, Lupins.

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	HAE283	492304
400G	HAE284	523532



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# PRODUCT SPECIFICATION DOCUMENT



## SPAGHETTI & MEATBALLS

Meatballs with spaghetti in a rich Napoli sauce.

400g



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2140 kJ	535 kJ
Protein	24.8 g	6.2 g
Fat, total	23.8 g	6.0 g
- Saturated	9.8 g	2.4 g
Carbohydrates	47.2 g	11.8 g
- Sugars	9.1 g	2.3 g
Sodium	831 mg	208 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	25 days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack



**INGREDIENTS:** Spaghetti (41%) (Durum **Wheat** Semolina), Meatballs (30%) [Sausage Mince (17%) [Pork, Beef, Lamb, Water, Salt, **Soy** Protein (contains **Sulphites**), Rice Flour, Mineral Salt (451), Vegetable Oil, Colour (160c), Herb Extract, Vitamin E (307b), Natural Flavour], Beef Mince (6%), Onion, Carrot, Tomato Sauce (Food Acid (260)), Celery, Worcestershire Sauce (Water, Vinegar, Molasses, Rehydrated Vegetables, Salt, Spices, Natural Flavours, Colour (150d), Spice Extract), Onion Powder, Salt, Cracked Pepper], Napoli Sauce (29%) [Crushed Tomato (12%) (Reconstituted Tomato Paste, Acidity Regulator (330)), Onion, Water, Red Capsicum, Green Capsicum, Sugar, Olive Oil, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Basil].

**Contains Wheat, Gluten, Soy, Sulphites.**

**May contain Peanuts, Tree Nuts, Milk, Egg, Fish, Crustacea, Mollusc, Sesame, Lupins.**

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	-	-
400G	HAE204	436918



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# PRODUCT SPECIFICATION DOCUMENT



## SPAGHETTI BOLOGNESE

Spaghetti with a rich, hearty beef bolognese made with onion, garlic and carrot.



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2390 kJ	596 kJ
Protein	26.7 g	6.7 g
Fat, total	17.8 g	4.4 g
- Saturated	6.8 g	1.7 g
Carbohydrates	70.8 g	17.7 g
- Sugars	21.5 g	5.4 g
Sodium	968 mg	242 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Bolognese Sauce (55%) [Tomato Sauce (24%) (Reconstituted Tomato Paste, Sugar, Salt, Vinegar, Spices, Food Acid (330), Preservative (202, 211)), Beef Mince (15%), Water, Onion (4%), Carrot (3%), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Onion Powder, Chicken Booster (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Salt, Oregano Leaves, Cracked Pepper, Bay Leaves], Spaghetti (45%) (Durum **Wheat** Semolina).

**Contains Wheat, Gluten**

**May contain Peanuts, Tree Nuts, Milk, Egg, Fish, Crustacea, Mollusc, Sesame, Soy, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE205	177569
400G	HAE219	437448



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# PRODUCT SPECIFICATION DOCUMENT

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## TABBOULEH SALAD

Tomato, bulgur, wheat, parsley and mild spring onion with a zesty dressing.



CLASSIC  
SALADS



Vegetarian Friendly | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 20 (Bulk) / 3 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	189 kJ	189 kJ
Protein	2.0 g	2.0 g
Fat, total	0.6 g	0.6 g
- Saturated	0.1 g	0.1 g
Carbohydrates	6.7 g	6.7 g
- Sugars	3.0 g	3.0 g
Sodium	175 mg	175 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Tomato (28%), Parsley (25%), Bulgur (17%) (Cracked **Wheat**), Red Onion, French Dressing (9%) [Water, Vinegar, Sugar, Salt, Garlic, Lemon Juice, Vegetable Gum (415, 410), Parsley, Spices, Preservative (202, 211)], Lemon Juice (6%) [Reconstituted Lemon Juice, Antioxidant (300), Lemon Flavour, Preservative (223, contains **Sulphites**)], Spring Onion (0.5%), Mint, Olive Oil, Salt.

**Contains Wheat, Gluten, Sulphites.**

**May Contain Soy, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
2KG	SAL037	685583
300G	SAL039	687522



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# PRODUCT SPECIFICATION DOCUMENT



## FRIED RICE

Rice with char sui pork, veggies, bacon and scrambled egg seasoned with sesame oil and soy.



ASIAN FAVES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	2030 kJ	507 kJ
Protein	15.3 g	3.8 g
Fat, total	7.8 g	2.0 g
- Saturated	1.7 g	0.4 g
Carbohydrates	87.4 g	21.9 g
- Sugars	12.5 g	3.1 g
Sodium	1240 mg	311 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Basmati Rice (63%), Onion (5%), Water, Pork Fillet, Carrot (4%), Oyster Sauce [Thickener (1422), Oyster Extract (**Mollusc**), **Soy** Sauce (Contains **Wheat**), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Scrambled Egg (2%) (Contains **Milk**, Stabiliser (415), Emulsifier (451)), Bacon (2%) (Pork, Mineral Salts (451, 450), Antioxidant (316), Preservative (250)), Peas (2%), **Soy** Sauce (1%) (Contains Sulphites, Colour (150d)), Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Spring Onion (1%), Mirin (Preservative (202)), Sesame Oil (1%) (Contains Soy), Green Capsicum (1%), Salt, Sugar, Fried Shallots, **Fish** Sauce, Minced Ginger (Food Acid (270)), Cornflour, Chicken Booster (Flavour Enhancer (635), Anti-Caking Agent (551), Food Acid (330)), Sugar, Food Acid (260), Raising Agent (500), Pepper, Cooking Wine (**Wheat**, 150c), Chinese 5 Spice, Colour (122, 102, 110), Beetroot Powder.

**Contains Mollusc, Soy, Wheat, Gluten, Egg, Milk, Sulphites, Sesame, Fish.**

**May Contain Peanuts, Tree Nuts, Crustacea, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HA058	183413
400G	HAE218	436866



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# PRODUCT SPECIFICATION DOCUMENT



## THAI BEEF & NOODLE SALAD

Aussie beef marinated in a tangy Thai style dressing with chow mien noodles and fresh veggies.



CLASSIC SALADS



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
Energy	701 kJ	701 kJ
Protein	8.3 g	8.3 g
Fat, total	3.2 g	3.2 g
- Saturated	0.4 g	0.4 g
Carbohydrates	27.6 g	27.6 g
- Sugars	14.4 g	14.4 g
Sodium	399 mg	399 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)
Use By Location	Front of pack label. Left of NIP (Bulk) Side of pack (400g)



**INGREDIENTS:** Chow Mein Noodles (33%) [Egg, Wheat Flour, Water, Salt, Mineral Salt (501), Colour(102), Preservatives (281), Vegetable Oil], Thai Lime and Soy Dressing (33%) [Water, Sugar, Vinegar, Reconstituted Lime Juice (Preservative (223, Sulphites)), Salt, Soy Sauce (Soy Beans, Salt, Wheat Flour), Fish Sauce, Dehydrated Vegetables, Thickener (1442), Herbs, Spices, Food Acid (270), Vegetable Gum (415), Preservative (202, 211)], Marinated Beef (18%) [Sliced Beef (14%), Soy Sauce (1%) (Contains Sulphites, Colour (150d)), Oyster Sauce [Thickener (1422), Oyster Extract (Mollusc), Soy Sauce (Contains Wheat), Flavour Enhancer (621), Colour (150c), Food Acid (330), Preservative (202), Vegetable Gum (415)], Brown Sugar, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Sesame Oil (contains Soy Oil)], Carrot (3%), Red Onion (3%), Red Capsicum (2%), Green Capsicum (2%), Almond Flakes, Spring Onion (0.5%), Sesame Seeds, Parsley.

Contains Egg, Wheat, Gluten, Soy, Sulphites, Fish, Mollusc, Sesame, Almond.

May Contain Peanuts, Other Tree Nuts, Milk, Crustacea, Lupins.

REHEATING INSTRUCTIONS: N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL107	685494
400G	SAL109	435315



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# PRODUCT SPECIFICATION DOCUMENT



## THAI GREEN CURRY WITH RICE

Marinated chicken in a fragrant coconut, ginger, and kaffir lime curry with crunchy veg, served with fluffy white rice. \* Bulk excludes rice



CLASSIC CURRIES



Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g Pre-Pack

Serving Size: 400g Servings Per Pack: 1	Average Quantity per Serving	Average Quantity per 100g
Energy	2170 kJ	542 kJ
Protein	44.4 g	11.1 g
Fat, total	14.3 g	3.6 g
- Saturated	11.2 g	2.8 g
Carbohydrates	52.0 g	13.0 g
- Sugars	11.1 g	2.8 g
Sodium	688 mg	172 mg

### IMPORTANT PRODUCT INFORMATION - PRE-PACK

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Printed on side of container
Used By Location	Printed on side of container



**INGREDIENTS:** Marinated Chicken [Diced Chicken Fillet (38%), Corn Flour, White Sugar, Fish Sauce, **Soy** Sauce (Contains **Sulphites**, Colour (150d)), Lime Powder (Food Acid (330), Natural Flavour (Contains Soy), Lime Juice Solids), Crushed Garlic (0.5%), (Thickener (414), Food Acid (270), Mineral Salt (509)), Crushed Ginger (0.5%) (Food Acid (270))], Basmati Rice (35%), Coconut Cream (10%) (Stabilisers (415, 412, 407)), Sliced Brown Onions (3%), Carrot Batons (3%), Zucchini Batons (3%), Thai Green Curry Paste (Shrimp Paste (**Crustacea**), Kaffir Lime Peel), Sliced Red Capsicum (1%), Sliced Green Capsicum (1%), Bamboo Shoots, White Sugar, Olive Oil, Sliced Red Chilli.

Contains Fish, Crustacea, Soy, Sulphites.

May Contain Gluten, Mollusc, Egg, Milk, Peanuts, Tree Nuts, Sesame, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE251	704183
400G	HAE258	7594



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# PRODUCT SPECIFICATION DOCUMENT



## TOMATO & GARLIC PASTA SALAD

Pasta spirals in a tangy and totally moreish tomato sauce with a hint of garlic.



Good Source of Protein | Aussie Made and Owned | Simply Ready to Eat

### NUTRITIONAL INFORMATION - 3kg BULK, 800g & 400g

Serving Size: 100g Servings Per Pack: 30 (Bulk) / 4 (400g)	Average Quantity per Serving	Average Quantity per 100g
<b>Energy</b>	704 kJ	704 kJ
<b>Protein</b>	3.4 g	3.4 g
<b>Fat, total</b>	5.3 g	5.3 g
- Saturated	1.0 g	1.0 g
<b>Carbohydrates</b>	26.1 g	26.1 g
- Sugars	9.6 g	9.6 g
<b>Sodium</b>	448 mg	448 mg

IMPORTANT PRODUCT INFORMATION	
<b>Shelf Life (Unopened)</b>	21 Days
<b>Shelf Life (Opened)</b>	4 Days
<b>Storage</b>	At or below 4°C
<b>Transportation</b>	At or below 4°C
<b>Batch Code Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)
<b>Use By Location</b>	Front of pack label. Left of NIP (Bulk) Side of pack (400g + 800g)



**INGREDIENTS:** Pasta (60%) (Durum **Wheat** Semolina), Tangy Tomato Dressing (17%) [Vinegar, Tomato, Tomato Paste (Salt, Food Acid (330)), Sugar, Canola Oil, Salt, Food Acid (262), Thickeners (1416), Spices, Vegetable Gum (415), Preservative (202, 211)], Tomato Sauce (13%) (Tomatoes (69%), Sugar, Food Acid (260), Salt, Onion, Spice Extract), Imitation Vinegar (Food Acid (260)), Vegetable Oil (Antifoam (900a)), Sugar, Minced Garlic (1%) (Thickener (414), Food Acid (270), Mineral Salt (509)), Garlic and Herb Powder (0.5%), Parsley.

**Contains Wheat, Gluten**

**May Contain Soy, Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacean, Sesame, Sulphites, Lupins.**

**REHEATING INSTRUCTIONS:** N/A

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	SAL058	183413
800g	SAL059	439466
400G	SAL074	434709



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# PRODUCT SPECIFICATION DOCUMENT



## VEGAN ENCHILADA WITH MEXICAN STYLE RICE

Tofu, spiced rice and black beans wrapped in tortillas, topped with a rich tomato sauce and vegan cheese.

400g

PLANT BASED



Vegan Friendly | Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	3240 kJ	811 kJ
Protein	20.4 g	5.1 g
Fat, total	16.8 g	4.2 g
- Saturated	4.4 g	1.1 g
Carbohydrates	130 g	32.4 g
- Sugars	16.4 g	4.1 g
Sodium	944 mg	236 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack



**INGREDIENTS:** Enchilada [Filling (45%) [Black Beans (8%) (Black Beans, Water, Salt, Firming Agent (509)), Crushed Tomato (8%) (Reconstituted Tomato Paste, Acidity Regulator (330)), Red Onion, Zucchini (6%), Tofu (6%) (**Soy** Beans, Firming Agent (516), Acidity Regulator (575)), Water, Red Capsicum, Yellow Capsicum, Green Capsicum, Olive Oil, Frozen Spinach, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Cornflour, Minced Ginger (Food Acid (270)), Brown Sugar, Vegetable Stock Powder (Flavour Enhancer (635), Anticaking Agent (551)), Onion Powder, Cumin, Lime Powder (Contains Soy, Food Acid (330)), Smoked Paprika, Red Chilli, Ground Cardamom, Oregano, Cayenne Pepper, Salt, Pepper], Tortilla (14%) [**Wheat** Flour, Water, Canola Oil, **Wheat** Starch (1412), Raising Agents (341, 450, 500), Sugar, Thickener (412), Preservatives (281, 200), Emulsifier (471), Acidity Regulator (297), **Wheat Gluten**, Salt]], Spiced Rice (31%) [Basmati Rice (23%) [Basmati Rice (23%), Onion, Red Capsicum, Green Capsicum, Olive Oil, Fajita Seasoning (Flavour Enhancer (635), Anticaking Agent (551), Food Acid (330)), Tomato Powder (Anticaking Agent (551)), Smoked Paprika, Cumin, Onion Powder, Brown Sugar, Smoke Powder (Anticaking Agent (551), Colour (150d), Acidity Regulator (262)), Cinnamon], Tomato Sauce (4%) (Food Acid (260)), Vegan Cheese (2.5%) (Modified Starch (1404, 1450), Anticaking Agent (Tapioca Starch), Colour (160a)], Water, Plant Based Spread (Emulsifier (471, Sunflower Lecithin), Natural Flavour, Vitamins (A, D, E), Natural Colour (160a)), Garlic Chives, Wheat Flour (Vitamins (Thiamin, Folic Acid)), Smoked Paprika, Vegetable Stock Powder (Flavour Enhancer (635), Anticaking Agent (551)), Cumin, Tomato Powder (Anticaking Agent (551)), Smoke Powder (Anticaking Agent (551), Colour (150d), Acidity Regulator (262)), Smoked Paprika, Cinnamon, Cayenne Pepper, Oregano, Salt, Pepper.

Contains Soy, Wheat, Gluten

May Contain Peanuts, Tree Nuts, Milk, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.

### REHEATING INSTRUCTIONS:

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout**  before serving.

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	-	-
400G	HAE279	436793



Manufactured by Simply Tasty

93 MacDougall Road, Golden Square VIC 3555

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JL King & Co / Simply Tasty Product Specifications

Issued By: QA Department

Issue Date: 05 March 2022

This version supersedes all previous versions. Please refer to issue date.

Page Number: 1 of 1

# PRODUCT SPECIFICATION DOCUMENT



## VEGAN PARMA WITH MASHED POTATO

Vegan schnitzel topped with a rich Napoli sauce and vegan cheese with fluffy mashed potato.

350g

PLANT BASED



Vegan Friendly | Good Source of Protein | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 400g

Serving Size: 350g	Average Quantity per Serving	Average Quantity per 100g
Energy	2700 kJ	770 kJ
Protein	17.0 g	4.9 g
Fat, total	37.8 g	10.8 g
- Saturated	17.9 g	5.1 g
Carbohydrates	53.9 g	15.4 g
- Sugars	7.3 g	2.1 g
Sodium	2060 mg	588 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	21 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Side of pack
Used By Location	Side of pack



**INGREDIENTS:** Vegan Schnitzel (40%) [Filling [Water, **Soy** Protein (Emulsifier (322)), Coconut Oil, Rice Flour, Thickener (460, Pea Fibre), Vegetable Gum (461), Yeast Extract, Salt, Dehydrated Vegetables (Onion, Garlic), Sugar, Pepper, Natural Flavouring, Preservatives (326, 262, 202, 234)], Crumb [**Wheat** Flour, Water, Salt, **Wheat** Semolina, Yeast, **Wheat** Gluten, Canola Oil, Sugar, Olive Oil, **Wheat**, Spices, Flavour Enhancer (635), Dehydrated Vegetables, Rice Bran Oil, Herbs, Vegetable Gum (412), Garlic Powder], Canola Oil], Mashed Potato (43%) [Potato (36%), Plant Based Spread (Emulsifier (471), Sunflower Lecithin), Natural Flavour, Vitamins (A, D, E), Natural Colour (160a)), **Soy** Milk (**Soy** Protein Isolate, Emulsifier (450), Mineral Salt (509, 504), Acidity Regulator (338, 332, 526), Thickener (460, 466), Natural Flavour), Salt, Pepper], Napoli Sauce (8%) [Tomato Paste (6%) (Reconstituted Tomato Paste, Salt, Sugar, Herbs, Spice, Garlic, Onion, Canola Oil, Acidity Regulator (330)), Water, Onion, Red Capsicum, Green Capsicum, Olive Oil, Brown Sugar, Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Oregano, Pepper], Vegan Cheese (8%) [Water, Coconut Oil, Modified Starch (1404, 1450), Starch, Sea Salt, Anticaking Agent (Tapioca Starch), Vegan Mozzarella Flavours, Olive Extract, Colour (160a)], Smoked Paprika

Contains **Wheat, Gluten, Soy.**

May Contain **Peanut, Tree Nuts, Milk, Egg, Fish, Crustacea, Mollusc, Sesame, Sulphites, Lupins** **REHEATING INSTRUCTIONS:**

**Microwave Instructions for 400g size.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 2 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 30 seconds. Stand for 1 minute.

**Microwave Instructions for 400g size FROM FROZEN.** Remove outer packaging. Peel back film lid from one corner and re-cover. Place on a microwavable plate. Heat on full power for 3 minutes. Peel back film lid and stir gently. Recover. Heat on full power for 3 minutes. Stand for 1 minute.

Heating times are based on a 700W microwave and are guidelines only. CAUTION: Container will be hot after reheating. Check food is  **piping hot throughout** before serving.

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	-	-
400G	HAE239	855489



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# PRODUCT SPECIFICATION DOCUMENT



## VEGETABLE LASAGNE

A hearty blend of pasta and garden vegetables, infused with garlic and baked with a classic mix of herbs and spices including chilli flakes and cracked pepper.

3kg  
bulk

PASTA  
FAVES



Vegetarian Friendly | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK

Serving Size: 100g	Average Quantity per Serving	Average Quantity per 100g
Energy	743 kJ	743 kJ
Protein	7.0 g	7.0 g
Fat, total	6.4 g	6.4 g
- Saturated	3.2 g	3.2 g
Carbohydrates	21.4 g	21.4 g
- Sugars	8.3 g	8.3 g
Sodium	301 mg	301 mg

### IMPORTANT PRODUCT INFORMATION

Shelf Life (Unopened)	35 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP
Used By Location	Front of pack label. Left of NIP



**INGREDIENTS:** Tomato Sauce [Tomato Concentrate, Sugar, Salt, Vinegar, Spices, Food Acid (330), Preservatives (202, 211)], Pasta Sheets (Durum **Wheat** Semolina), White Sauce [Water, **Wheat** Flour (Vitamins (Thiamin, Folic Acid)), Skim **Milk** Powder, Margarine (Emulsifiers (471, **Soy** Lecithin), Preservative (202), Food Acid (330), Vitamins (A and D), Natural Colour (160a)), Parmesan Cheese (from Milk, Starter Culture, Enzymes (Non-Animal Rennet), Onion Powder, Salt], Mozzarella Cheese [Cheese (from **Milk**), Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (Starch), Preservative (200), Analogue Cheese (Water, Vegetable Oil, **Milk** Protein, Potato Starch, Salt, Emulsifiers (339, 341), Colour (160a))], Water, Vegetables (22%) [Green Capsicum, Red Capsicum, Carrot, Onion, Zucchini, Pumpkin, Eggplant, Spinach, Tomato], Minced Garlic (Thickener (414), Food Acid (270), Mineral Salt (509)), Parmesan Cheese (from **Milk**, Starter Culture, Enzymes (Non-Animal Rennet), Cracked Pepper.

**Contains Wheat, Gluten, Milk, Soy.**

**May Contain Peanuts, Tree Nuts, Egg, Fish, Mollusc, Crustacea, Sesame, Sulphites, Lupins.**

### REHEATING INSTRUCTIONS: BULK

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

### REORDER CODES

SIZE	SIMPLY TASTY	METCASH
3KG	OBP007	589630

Manufactured by Simply Tasty

93 MacDougall Road, Golden Square VIC 3555

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JL King & Co / Simply Tasty Product Specifications

Issued By: QA Department

Issue Date: 01 Jan 2022

This version supersedes all previous versions. Please refer to issue date.

Page Number: 1 of 1



# PRODUCT SPECIFICATION DOCUMENT

## VEGGIE SATAY NOODLES

Noodles with fresh veggies in a lightly spiced satay curry sauce



ASIAN FAVES



Good Source of Protein | Vegetarian Friendly | Aussie Made and Owned | Simply Heat and Eat

### NUTRITIONAL INFORMATION - 3kg BULK & 400g

Serving Size: 400g	Average Quantity per Serving	Average Quantity per 100g
Energy	2680 kJ	670 kJ
Protein	16.6 g	4.2 g
Fat, total	9.2 g	2.3 g
- Saturated	2.0 g	0.5 g
Carbohydrates	117.0 g	29.2 g
- Sugars	45.6 g	11.4 g
Sodium	1300 mg	325 mg

IMPORTANT PRODUCT INFORMATION	
Shelf Life (Unopened)	28 Days
Shelf Life (Opened)	4 Days
Storage	At or below 4°C
Transportation	At or below 4°C
Batch Code Location	Front of pack label. Left of NIP Side of pack (400g)
Used By Location	Front of pack label. Left of NIP Side of pack (400g)



**INGREDIENTS:** Spaghetti (63%) (Durum **Wheat** Semolina), Satay Sauce (28%) [Sugar, Water, Vinegar, **Peanuts** (3%), Salt, Thickener (1412), Tomato, Curry Powder, Vegetable Oils (Antioxidant (320)), Food Acid (270), Vegetable Gum (415), Garlic, Spice], Carrot (5%), Red Capsicum (2.5%), Green Capsicum (2.5%), Spring Onion (0.5%).

**Contains Wheat, Gluten, Peanuts.**

**May Contain Sulphites, Tree Nuts, Milk, Soy, Crustacea, Fish, Mollusc, Sesame, Egg, Lupins.**

### REHEATING INSTRUCTIONS: BULK (SEE PACK OF PACK FOR 400g REHEATING INSTRUCTIONS)

Use a microwave, oven, or stove top to rapidly to at least 60°C. Don't heat food using Bain Marie's, pie warmers or other equipment designed only to hold food hot - this is likely to take too long or not heat the food enough to keep it safe.

Heat food to 60°C or hotter before transferring to hot-holding equipment. Ensure product is heated evenly throughout, not just at the edge.

Avoid reheating potentially hazardous food more than once, so it doesn't go through multiple warming periods

Check temperature with a probe thermometer.

For more information on cooling and reheating food safely, visit [foodstandards.gov.au](http://foodstandards.gov.au).

REORDER CODES		
SIZE	SIMPLY TASTY	METCASH
3KG	HAE281	492320
400G	HAE282	523540



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