

Nutrient Content Per Portion FROZEN MEALS

Frozen Meal	Code	Size g	Energy cal	Pro g	Cho g	Fat g	Ca mg	P mg	Iron mg	Na mg	K mg	Vit A re	Vit C mg	Fibre g
Apple Braised Pork	12004	365	465	28	49	17	71	319	3	436	1453	259	40	7
Beef Stew	12008	415	352	24	43	10	75	351	5	484	1180	461	57	6
Beef Stroganoff	12030	345	314	22	34	11	64	313	5	598	715	59	12	4
Breaded Chicken Breast	12057	355	452	19	53	19	74	87	2	748	351	1928	21	5
Breaded Chicken Nuggets	12002	275	455	18	47	23	26	109	2	548	472	713	18	6
Breaded Veal Cutlet	12009	322	484	24	47	23	36	350	4	1243	677	414	13	4
Chicken A La King	12001	355	316	19	35	13	98	272	3	471	748	1416	38	5
Chicken Cacciatore	12078	390	269	22	34	7	77	237	3	635	988	1329	36	3
Chopped Swiss Steak	12046	395	308	22	35	10	61	257	4	372	1044	351	22	4
Fish & Chips	12013	285	503	22	61	20	47	307	3	698	772	415	18	6
Fish Florentine	12003	345	355	27	31	14	282	333	3	419	888	1663	23	4
Ham with Maple Sauce	12015	308	388	20	46	15	116	307	3	560	805	921	14	5
Hawaiian Pork	12075	380	472	31	56	15	60	362	6	605	813	134	58	3
Macaroni Meat & Cheese	12005	405	490	26	49	22	347	392	4	398	645	561	55	6
Meat Loaf	12062	335	335	18	40	12	91	117	1	593	756	53	19	4
Pork with Stuffing	12020	385	454	23	51	18	80	276	3	426	1070	2446	22	6
Salisbury Steak	12017	332	408	17	34	23	32	84	1	829	603	38	43	4
Salmon In Lemon Sauce	12063	300	277	22	28	7	49	297	2	234	525	76	34	4
Sheperd's Pie	12006	455	389	25	51	10	88	286	4	378	1228	784	36	9
Sweet & Sour Chicken	12014	340	288	16	51	3	52	222	3	440	491	545	41	3
Traditional Pot Roast	12010	320	345	25	33	13	53	256	4	230	771	661	21	5
Turkey Casserole	12076	380	483	19	57	13	151	261	4	632	620	1654	18	7
Turkey with Stuffing	12007	348	349	24	51	7	98	173	2	670	577	69	14	7
Vegetable Lasagna	12021	378	423	19	52	17	331	360	3	534	572	451	48	8