



KEY						KILOJOULES	SUGARS gm
Soft	S						
Low Fat (less than 3gm per 100gm)		LF					
Low Salt (less than 120mg per 100 gm)			LS				
Gluten Free				GF			
Dairy Free					DF		
<b>SOUPS 200-250g</b>						Av per serve	
Chicken and Vegetable	S	LF		GF	DF	354	3.4
Hearty Cauliflower & Bacon	S			GF		592	4.0
Classic Potato & Leek	S	LF		GF		470	4.8
Pea & Ham	S	LF		GF	DF	558	1.6
Pumpkin	S	LF		GF		472	6.2

<b>FLAGSTAFF MINIS 200g</b>						Av per serve	
Curried Chicken with Rice	S	LF	LS	GF		719	3.7
Sausages with Mashed Potato				GF		1100	3.3
Roast Lamb with Potato and Gravy			LS	GF	DF	1030	3.6
Corned Silverside with Parsley Sauce		LF		GF		667	5.8
Roast Pork with Potato and Gravy		LF	LS	GF	DF	762	4.0
Spinach & Fetta Omelette	S			GF		1120	5.9
Macaroni & Cheese with Vegetables	S					807	3.4
Noodle Stir Fry with Mixed Vegetables		LF			DF	708	8.9

<b>MYCHEF MINIS 270-280g</b>						Av per serve	
Pork & Apple Casserole with Mash	S	LF	LS	GF		836	5.8
Beef & Red Wine Casserole with Mash	S					1240	4.2
Sweet & Sour Pork with Steamed Rice		LF	LS	GF	DF	1230	14.4
Creamy Chicken & Mushroom <small>with Couscous</small>	S					1360	4.4
Beef Lasagne with Seasonal Vegetables			LS			902	4.4
Tuna Mornay with Mashed Potato	S	LF				1020	4.0
Shepherd's Pie with Seasonal Vegetables	S			GF		1396	6.8
Apricot Chicken with Mashed Potato	S	LF	LS			1140	10.5
Curried Prawns with Steamed Rice		LF			DF	1040	5.3
Indian Butter Chicken with Steamed Rice			LS	GF		1540	5.0
Curry Sausages & Creamy Mash	S					1055	6.0
Beef Stroganoff with Macaroni		LF	LS			1250	5.0
Chicken Honey Curry with Steamed Rice		LF			DF	1540	10.6
Savoury Beef Mince with Creamy Mash	S			GF		1160	6.6

The dietary information pack is correct as of the 29th May 2023.  
If you do notice any discrepancies between the number here versus on the meals, please let us know on 4474 4464.



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<b>FLAGSTAFF MAIN MEALS 360g-370g</b>						Av per serve	
Roast Pork & gravy		LF	LS	GF	DF	1310	7.8
Rissoles w onion gravy		LF				1570	7.0
Crumbed Fish & Chips	S				DF	1740	6.6
Sausages & gravy				GF		1780	6.6
Honey Soy Chicken				GF	DF	2230	20.4
Curried Sausages				GF		1390	9.1
Roast Lamb & gravy			LS	GF	DF	1710	7.1
Pasta Bake	S	LF	LS			822	9.0
Macaroni and Cheese	S					1390	7.6
Yellow Vegetable Curry				GF		1470	8.1
Vegetarian Cottage Pie	S	LF	LS	GF		1040	12.2

<b>MYCHEF MAINS 375 - 400g</b>						Av per serve	
Baked Fish Fillet, parsley lemon butter	S		LS	GF		1630	4.3
Sweet & Sour Pork, steamed rice		LF	LS	GF	DF	1947	18.5
Apricot Chicken w mash potato	S		LS			1680	12.0
Shepherd's Pie & veg	S			GF		1397	6.8
Spaghetti Bolognese	S	LF				1661	8.4
Beef Lasagne						1790	6.7
Curried Prawns w steamed rice		LF			DF	1020	8.1

<b>FAIRFIELD MAINS 350 - 455 g</b>						Av per serve	
Chicken Chowmein with Hokkein Noodles					DF	2030	9.7
Irish Lamb Stew with Mashed Potato				GF		1980	8.3
Bacon & Potato Slice with Vegetables				GF		2500	10.3
Sweet Soy Ginger Fish with Rice		LF			DF	2150	12.3
Chicken with Tomato & Capers with Mash	S			GF		2710	9.5
Lamb & Cauliflower Casserole with Rice						1790	7.7
Chicken Frittata with Vegetables						2150	10.1
Vegetarian Casserole	S			GF		1810	11.0

<b>DESSERTS 90g-160g</b>						Av per serve	
Lemon Cheesecake						1800	19.1
Peaches & Custard	S	LF	LS	GF		286	12.2
Tiramisu coffee-flavoured Italian dessert	S		LS			1080	17.8
Apple Pie and Cream			LS			1370	27.9
Tropical Pavlova	S		LS	GF		927	33.0
Apple Rhubarb Crumble	S		LS			1100	21.9
Sticky Date Pudding	S					981	11.2
Vanilla Slice	S					779	11.2