

KATRINA'S KITCHEN

Specialising in Home Style Nutritious Frozen Meals - Home Delivery Available

Nutritional information per 100g

Products	Serving size	Energy(kJ)	Protein(g)	TotFat(g)	SatFat(g)	Carb(g)	Sugars(g)	Sodium (mg)
<u>Main meals—serves 1</u>								
Apricot Chicken	475g	500	7.9	1.8	0.3	17.1	4.9	123
Baked Pork Chop	500g	517	10.9	5.9	1.9	6.1	2.4	67
Beefsteak Pie	500g	573	11.2	6.5	2.3	8.6	1.7	123
Beef Stroganoff	500g	502	14.3	4.2	1.4	6.3	2.0	174
Brains & Bacon	400g	806	8.7	8.6	2.4	19	3.3	221
Braised Lamb Chops	425g	844	11.3	14.6	4.0	5.8	1.6	71
Braised Steak	500g	492	11.0	5.8	2.0	6.4	1.7	145
Chicken & Asparagus	500g	474	7.9	2.6	0.9	14.2	2.0	194
Chicken Casserole	550g	512	9.3	6.0	1.8	7.1	2.2	68
Chicken Parmigiana	500g	751	11.2	9.3	2.9	12.0	2.5	145
Chicken Schnitzel	450g	619	9.7	6.9	1.1	11.0	1.8	68
Chop Suey	550g	466	8.9	5.4	2.0	6.2	1.3	54
Cornish Pastie	450g	627	6.6	5.7	2.2	16.9	2.1	115
Crumbed Whiting	400g	743	11.9	8.7	1.5	12.0	2.0	79
Curried Beef	475g	516	7.6	3.0	1.1	16.7	4.1	86
Curried Sausages	500g	376	4.3	3.8	1.3	9.2	3.6	168
Curried Tuna Mornay	475g	467	6.0	3.2	0.9	14.1	2.0	191
Farmhouse Stew	500g	442	9.1	4.8	1.6	7.3	2.0	141
Grilled Perch	425g	787	11.0	11.5	2.5	9.6	2.3	50
Ham Steak & Pineapple	400g	402	6.8	3.5	1.1	8.4	4.2	534
Herbed Stuffed Chicken Legs	475g	499	9.7	5.5	1.5	6.9	1.2	89
Honey Soy Chicken Wings	600g	802	9.2	9.9	2.8	16.2	8.0	546
Hungarian Goulash	500g	526	10.3	6.4	2.0	8.8	2.2	235
Irish Stew	650g	674	8.6	10.4	3.9	7.8	0.8	57
Lamb's Fry & Bacon	500g	596	10.3	8.2	2.1	6.3	1.3	135
Lasagne	500g	626	10.1	7.3	3.7	10.4	3.1	124
Lemon Chicken	425g	492	8.7	2.3	0.4	14.8	1.8	143
Meatloaf & Savoury Sauce	475g	561	9.9	5.7	2.2	12.4	5.2	276
Minted Lamb	500g	463	10.1	4.4	1.7	6.3	3.4	56
Pork Patties & Stirfry Vegetables	525g	474	8.4	4.4	1.3	9.4	3.8	258
Rissoles & Chilli Sauce	550g	565	10.1	6.4	2.3	11.7	3.4	292
Rissoles & Gravy	500g	626	11.5	7.4	2.6	11.2	2.7	248
Roast Beef	425g	706	12.9	9.1	3.2	7.4	1.5	53
Roast Chicken	525g	704	14.8	8.3	2.4	7.7	1.4	86
Roast Lamb	400g	620	12.0	8.0	2.9	6.3	1.5	78
Roast Pork	400g	656	11.5	8.0	2.8	8.7	2.3	77
Salmon Patties	475g	719	7.9	7.6	1.3	16.8	2.4	146
Sausages & Plum Sauce	500g	485	7.0	5.8	2.3	9.0	4.0	314
Savoury Lamb	500g	526	9.6	4.4	1.6	11.4	8.6	202
Shepherd's Pie	500g	431	8.3	4.6	1.8	6.6	2.7	86
Silverside & Mustard Sauce	450g	495	11.3	2.8	1.0	6.8	2.7	80
Smoked Cod & Parsley Sauce	500g	435	10.7	2.7	1.5	8.6	3.2	260
Spaghetti Bolognese	550g	540	8.3	4.6	1.7	13.1	1.4	63
Steak & Kidney	525g	544	11.2	5.7	1.8	8.7	1.8	143
Steak in Pepper Sauce	500g	541	11.4	6.2	2.2	10.4	2.7	276
Steamed Lamb	500g	506	10.6	5.0	2.1	7.6	2.7	62
Stir Fry Beef	450g	434	9.7	2.3	0.5	9.8	3.7	472
Sweet & Sour Chicken	500g	513	7.9	2.2	0.4	17.1	5.7	170
Tripe & Onions	550g	334	6.5	2.3	0.9	7.4	2.8	64
Tuna Mornay	475g	505	7.2	3.5	1.0	14.3	2.3	207
Veggie Burger	500g	380	2.9	3.3	0.8	10.8	2.5	107
Vegetable Medley	525g	270	2.9	1.4	0.3	8.6	3.1	181

Desserts—serves 2

Apple Crumble (700g)	350g	530	2.1	2.6	0.9	23.8	13.6	92
Apple Dumplings (500g)	250g	599	2.6	2.9	1.2	27.0	13.3	97
Bread & Butter Custard (500g)	250g	626	4.8	4.8	2.1	21.9	16.7	115
Golden Syrup Dumplings (500g)	250g	689	2.5	3.3	1.2	31.2	19.3	123
Sago Plum Pudding (500g)	250g	747	3.0	3.8	1.4	32.9	19.3	121
Steamed Ginger Pudding (450g)	250g	693	3.2	3.6	1.4	30.2	17.0	140
Steamed Jam Pudding (525g)	263g	763	2.7	3.9	1.4	34.0	23.4	113

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