




Y's Bites Product Specification Details

Our products are classified against the traffic light system as applied in the National Healthy School Canteen Guidelines 2010. As per the Food and Drink in ACT Public Schools Policy canteens are required to have 52% of their menu **GREEN**

-  **GREEN** – These foods contain a wide range of nutrients and are generally low in saturated fats &/or sugar &/or salt (sodium). These foods are the best choice to be offering in your canteen.
-  **AMBER** – These foods contain some valuable nutrients. They are not as healthy a choice as **GREEN** foods so keep these items limited on your canteen menu in small portion sizes.
-  **RED** – These foods are low in nutritional value and generally high in saturated fats &/or sugar &/or sodium. These items should not be sold in a healthy school canteen

Chicken Enchilada Bake

Ingredients: Chicken Breast, Tomatoes, Dried Beans (Red kidney beans, Great northern beans, Borlotti beans), **Tortilla Wraps** [Wheat flour (thiamine, folic acid), water, vegetable shortening (antioxidant 320), sugar, baking powder (mineral salts 450,500,341), food acid (297), iodised salt, preservatives (282), yeast, may contain traces of soy] Corn, Carrot, Onion, Light Cheese, Garlic, Cumin, Paprika, Olive Oil,

Nutrition Information			
Servings per package:	1.00		
Serving size:	260.00 g		
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1680 kJ	646 kJ	
Protein	37.1 g	14.3 g	
Fat, total	10.6 g	4.1 g	
- saturated	4.2 g	1.6 g	
Carbohydrate	31.2 g	12.0 g	
- sugars	6.5 g	2.5 g	
Sodium	147 mg	57 mg	

Beef and Vegetable Curry

Ingredients: Beef, Rice, Tomatoes, Water, Dried Chickpeas, Peas, Onion, Carrot, Zucchini, Spinach, Garlic, Olive Oil, Coriander, Curry Powder, Turmeric, Cumin,

Nutrition Information			
Servings per package:	1.00		
Serving size:	200.00 g		
	Average Quantity per Serving	Average Quantity per 100 g	
Energy	1100 kJ	551 kJ	
Protein	20.1 g	10.0 g	
Fat, total	8.7 g	4.4 g	
- saturated	2.6 g	1.3 g	
Carbohydrate	23.5 g	11.8 g	
- sugars	3.3 g	1.6 g	
Sodium	102 mg	51 mg	



Vegetable Curry

Ingredients: Tomatoes, Rice, Chickpeas, Water, Green Peas, Carrot, Zucchini, Onion, Spinach, Garlic, Coriander, Olive Oil, Curry Powder (Cumin, Coriander Seed, Turmeric)

Nutrition Information		
Servings per package:	1.00	
Serving size:	200.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	687 kJ	344 kJ
Protein	5.2 g	2.6 g
Fat, total	2.5 g	1.3 g
- saturated	0.3 g	0.2 g
Carbohydrate	27.2 g	13.6 g
- sugars	3.4 g	1.7 g
Sodium	95 mg	47 mg



Beef Lasagne

Ingredients: Skim milk, Tomatoes, Beef, Cheese, Dried Beans (Red kidney beans, Great northern beans, Borlotti beans), Lasagne (durum wheat, semolina, water), Carrot, Zucchini, Onion, Flour, Unsalted Butter, Garlic, Mixed herbs.

Nutrition Information		
Servings per package:	1.00	
Serving size:	220.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	998 kJ	454 kJ
Protein	20.7 g	9.4 g
Fat, total	8.1 g	3.7 g
- saturated	4.6 g	2.1 g
Carbohydrate	17.3 g	7.9 g
- sugars	5.7 g	2.6 g
Sodium	108 mg	49 mg



Fruit Muffin

Ingredients: Complete Muffin Premix [Wheat Flour, Sugar, Vegetable Oil, Wheat Fibre, Dextrose, Non-Fat Milk Solids, Mineral Salts (541, 500), Emulsifiers (475, 471, 481), Modified Starch (1442), Iodised Salt, Egg Powder, Vegetable Gum (412), Flavour, Colour (102), Antioxidant (Vitamin E)], Water, Fruit

Nutrition Information		
Servings per package:	1.00	
Serving size:	60.00 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	633 kJ	1060 kJ
Protein	2.0 g	3.3 g
Fat, total	3.3 g	5.6 g
- saturated	0.5 g	0.8 g
Carbohydrate	25.8 g	42.9 g
- sugars	14.0 g	23.4 g
Sodium	81 mg	135 mg

Plain Wrap

Ingredients: Wheat flour [(59%), Thiamine, Folic Acid], Water, Vegetable Shortening [Antioxidant (307b)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast. May contain traces of Soy.

Nutrition Information		
Servings per package: 1.00 Serving Size: 63.00 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	819 kJ	1300 kJ
Protein	5.0 g	8.0 g
Fat, total	5.9 g	9.4 g
- saturated	2.9 g	4.6 g
Carbohydrate	29.4 g	46.7 g
- sugars	2.0 g	3.1 g
Sodium	347 mg	550 mg

Gluten Free Wrap

Ingredients: Flour [Rice Flour, Corn Starch, Corn Flour, Dextrose Monohydrate, Sucrose, Iodised Salt, Vegetable Fibre, Thickeners (460, 415, 412, 406), Emulsifier (471)] Water, Vegetable Oil

Nutrition Information		
Servings per package: 1.00 Serving Size: 44.00 g		
	Average Quantity per Serving	Average Quantity per 100 g
Energy	493 kJ	1120 kJ
Protein	1.5 g	3.3 g
Fat, total	1.1 g	2.6 g
- saturated	0.2 g	0.4 g
Carbohydrate	24.2 g	55.0 g
- sugars	1.7 g	3.8 g
Sodium	276 mg	628 mg