

Savoury Foods Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SOUPS		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cup-a-Soup*														
Chicken & Vegetable	250mL	234 / 58	0.5	0.4	0.1	-	-	-	12.8	8.3	-	750	25	-
Chicken Noodle	250mL	188 / 45	1.1	0.6	0.1	-	-	-	8.5	1.5	-	765	-	-
Cream of Chicken	250mL	367 / 88	0.8	2.9	1.2	-	-	-	14.4	8.8	-	585	70	-
Cream of Mushroom	250mL	342 / 82	0.7	2.7	1.3	-	-	-	13.3	9.2	-	780	95	-
Hearty Beef	250mL	231 / 55	0.6	0.6	0.2	-	-	-	11.6	1.1	-	860	135	-
Pea & Ham	250mL	321 / 77	3.0	1.5	1.3	-	-	-	11.3	1.1	-	670	100	-
Pumpkin	250mL	324 / 77	0.8	1.5	0.6	-	-	-	14.8	4.7	-	800	105	-
Spring Vegetable	250mL	240 / 57	0.4	0.2	<0.1	-	-	-	13.4	1.4	-	730	45	-
Tomato	250mL	332 / 79	0.7	0.9	0.3	-	-	-	16.5	8.7	-	825	-	-
Continental Cup-a-Soup Asian*														
Chinese Chicken & Corn	250mL	550 / 131	2.2	1.7	0.6	-	-	-	26.3	3.9	-	920	125	-
Laksa	250mL	604 / 145	2.3	4.1	2.0	-	-	-	23.4	2.2	-	820	-	-
Thai Red Curry	250mL	678 / 162	2.4	3.4	1.4	-	-	-	29.8	5.7	-	745	335	-
Continental Cup-a-Soup Croutons*														
Creamy Chicken	250mL	598 / 143	0.8	5.6	2.9	-	-	-	22.1	2.0	-	710	-	-
Creamy Chicken & Corn	250mL	569 / 136	0.8	3.6	1.9	-	-	-	24.7	3.4	-	720	-	-
Creamy Mushroom	250mL	522 / 125	1.2	5.0	2.5	-	-	-	18.3	5.1	-	840	180	-
Creamy Mushroom Bacon & Sour Cream	250mL	552 / 132	1.6	5.0	2.6	-	-	-	19.7	2.1	-	715	165	-
Creamy Potato & Bacon	250mL	529 / 126	1.5	3.9	1.9	-	-	-	20.7	3.2	-	645	240	-
Creamy Pumpkin	250mL	510 / 122	0.9	3.2	1.5	-	-	-	21.9	6.1	-	755	360	-
Creamy Vegetable	250mL	591 / 141	1.8	6.2	2.8	-	-	-	18.9	5.0	-	750	345	-

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SOUPS		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cup-a-Soup Hearty*														
Chilli Con Carne	250mL	450 / 108	3.0	0.7	0.2	-	-	-	21.5	3.3	-	720	205	-
Dutch Curry & Rice	250mL	510 / 122	1.6	3.1	1.4	-	-	-	21.5	3.0	-	720	350	-
Garden Vegetable	250mL	719 / 172	3.5	5.9	2.7	-	-	-	24.9	6.3	-	750	135	-
Italian Minestrone	250mL	610 / 146	2.5	0.6	0.2	-	-	-	31.1	8.1	-	815	-	-
Pea & Ham	250mL	473 / 113	3.2	1.8	0.7	-	-	-	20.5	2.2	2.0	780	65	-
Roast Chicken	250mL	684 / 164	2.1	3.8	2.0	-	-	-	29.7	2.4	-	695	-	-
Spanish Tomato	250mL	617 / 147	3.1	0.6	0.2	-	-	-	31.4	7.6	-	740	110	-
Tomato, Bacon & Chilli	250mL	606 / 145	3.7	0.9	0.3	-	-	-	29.0	7.3	-	705	-	-
Vegetable & Beef	250mL	574 / 137	2.7	1.6	0.7	-	-	-	27.0	2.9	-	855	325	-
Winter Vegetable	250mL	551 / 132	3.1	1.3	0.4	-	-	-	25.6	3.8	-	665	185	-
Continental Cup-A-Soup Vegifull*														
	AUS Only													
Eight Vegetable	250mL	420 / 101	2.3	2.1	0.9	<0.1	0.7	0.4	16.9	2.8	1.8	615	240	-
Potato & Leek	250mL	416 / 100	2.2	2.5	1.1	<0.1	0.8	0.4	16.1	1.4	1.8	625	215	-
Rich Tomato	250mL	465 / 111	2.6	0.6	0.1	<0.1	0.1	0.4	22.2	10.1	2.8	555	335	-
Winter Vegetable	250mL	414 / 166	2.5	1.2	0.4	<0.1	0.3	0.4	18.2	4.6	2.2	550	370	-
Continental Cup-A-Soup Vegifull*														
	N.Z. Only													
Eight Vegetable	300mL	501 / 120	2.7	2.6	1.0	<0.1	0.8	0.7	20.1	3.5	1.5	800	305	-
Potato & Leek	300mL	495 / 119	2.6	2.9	1.3	<0.1	0.9	0.6	19.3	1.9	1.7	725	270	-
Rich Tomato	300mL	552 / 132	3.0	0.5	0.1	<0.1	0.1	0.3	26.6	12.6	3.4	675	420	-
Winter Vegetable	300mL	497 / 119	3.0	1.4	0.5	0.1	0.4	0.4	21.9	5.6	2.7	660	465	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SOUPS		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cup-a-Soup Xtra Full*	AUS Only													
Beef Stroganoff	250mL	552 / 129	3.4	2.4	1.3	-	-	-	23.2	2.0	-	680	-	-
Flame Grilled BBQ Chicken	250mL	510 / 122	3.1	1.0	0.3	-	-	-	23.9	1.9	-	810	-	-
Pepper Steak	250mL	526 / 124	2.7	3.2	1.6	-	-	-	20.6	2.0	-	800	-	-
Smoky Beef N Bacon	250mL	507 / 119	2.6	1.7	0.8	-	-	-	22.9	1.9	-	755	-	-
Continental Cup-a-Soup Xtra Full*	NZ Only													
Beef Stroganoff	300mL	662 / 158	4.0	2.8	1.4	-	-	-	27.9	2.6	-	825	-	-
Chicken N Sweet Corn Chowder	300mL	656 / 157	3.8	2.7	1.0	-	-	-	27.8	2.3	-	825	-	-
Flame Grilled BBQ Chicken	300mL	611 / 146	3.7	1.2	0.3	-	-	-	28.7	2.5	-	975	-	-
Pepper Steak	300mL	631 / 151	3.2	3.9	1.9	-	-	-	24.8	2.5	-	965	-	-
Smoky Beef N Bacon	300mL	610 / 146	3.2	2.1	0.9	-	-	-	27.6	2.4	-	910	-	-
Continental Lots-a-Noodles*														
Beef	250mL	497 / 119	2.9	0.9	0.3	-	-	-	23.9	6.5	-	720	400	-
Chicken	250mL	477 / 114	2.5	0.5	0.2	-	-	-	24.2	2.8	-	785	-	-
Chinese Chicken & Corn	250mL	593 / 142	2.4	2.6	1.4	-	-	-	26.5	3.6	-	710	-	-
Cream of Chicken	250mL	548 / 131	2.4	3.0	1.6	-	-	-	23.1	2.2	-	785	-	-
Creamy Chicken & Mushroom	250mL	530 / 127	2.8	2.6	1.2	-	-	-	22.4	1.5	-	605	-	-
Mild Chicken Curry	250mL	536 / 128	3.3	2.8	1.4	-	-	-	21.9	6.6	-	635	105	-
Continental Simmer Soup*														
Chicken Noodle	250mL	187 / 45	1.4	0.4	0.1	-	-	-	8.6	1.0	-	880	-	-
Cream of Chicken	250mL	471 / 113	6.1	2.1	1.2	-	-	-	16.8	8.1	-	640	-	-
Cream of Mushroom	250mL	343 / 82	3.2	1.5	0.8	-	-	-	13.6	4.4	-	790	-	-
Dutch Curry & Rice	250mL	290 / 69	2.1	0.9	0.3	-	-	-	12.7	0.1	-	745	-	-
French Onion	250mL	136 / 33	0.7	0.1	<0.1	-	-	-	7.3	1.8	-	840	-	-
Chicken Noodle Salt Reduced	250mL	180 / 43	1.3	0.4	0.1	-	-	-	8.4	0.9	-	390	-	-
French Onion Salt Reduced	250mL	136 / 33	0.7	0.1	<0.1	-	-	-	7.3	1.8	-	405	-	-
Spring Vegetable	250mL	115 / 28	0.6	0.1	<0.1	-	-	-	5.7	1.2	-	525	-	-
Thick Vegetable	250mL	229 / 55	0.9	0.2	<0.1	-	-	-	11.5	1.5	-	800	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
MEAL BASES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cook-In-Bag														
Honey BBQ Chicken	271g	2440 / 584	55.9	35.0	10.6	-	-	-	11.5	11.3	-	620	-	-
Lemon & Herb Chicken	271g	2440 / 583	55.8	35.2	10.7	-	-	-	11.1	0.7	-	915	-	-
Portuguese Chicken	271g	2410 / 575	56.0	35.1	10.6	-	-	-	9.2	0.6	-	860	-	-
Smoky BBQ Chicken	271g	2430 / 581	55.8	35.3	10.9	-	-	-	10.5	6.7	-	980	-	-
Continental Hot Pot*														
Curry	320g	1818 / 434	30.7	13.3	4.3	-	-	-	45.8	27.9	-	690	-	-
French Onion	275g	1215 / 289	28.1	10.2	2.8	-	-	-	20.1	9.6	-	755	645	-
Savoury	260g	1157 / 276	29.1	10.4	2.9	-	-	-	15.3	4.9	-	690	675	-
Sweet & Sour	300g	1669 / 399	25.6	15.7	3.9	-	-	-	37.2	25.3	-	620	-	-
Continental Meal Bases*														
Apricot Chicken Curry	400g	2070 / 496	50.6	23.1	6.9	-	-	-	20.0	13.9	-	695	-	-
Bangers & Mash	450g	3430 / 818	28.4	57.4	24.9	-	-	-	46.3	7.6	-	1760	-	-
Beef & Red Wine Casserole	275g	1070 / 256	28.9	9.7	3.3	-	-	-	12.0	4.7	-	665	-	-
Beef Goulash	350g	1290 / 308	30.2	10.0	3.4	-	-	-	21.8	6.1	-	755	-	-
Beef Stroganoff	260g	1170 / 279	28.1	13.8	6.2	-	-	-	10.0	5.1	-	685	-	-
Butter Chicken	255g	4	42.0	21.0	10.1	-	-	-	9.3	6.9	-	975	-	-
Chilli Con Carne	324g	1330 / 318	30.8	12.0	4.0	-	-	-	18.4	6.7	-	805	-	-
Chow Mein Mince	350g	1570 / 377	30.0	11.9	4.1	-	-	-	33.1	7.1	-	625	-	-
Chunky Beef Pie	257g	2170 / 520	44.2	25.4	10.4	-	-	-	27.6	5.9	-	730	-	-
Creamy Chicken Curry	360g	1940 / 464	32.4	11.8	3.8	-	-	-	53.6	4.5	-	605	-	-
Creamy Chicken & Vegetables	410g	1940 / 465	39.9	17.8	5.6	-	-	-	32.8	7.3	-	825	-	-
Creamy Mushroom Chicken	240g	1330 / 318	29.7	17.1	7.1	-	-	-	10.5	5.4	-	650	-	-
Creamy Potato Bake	271g	1570 / 376	10.9	21.7	13.9	-	-	-	32.7	5.8	-	640	-	-
Creamy Tuna Mornay	220g	1780 / 444	25.2	5.7	2.8	-	-	-	30.8	4.4	-	480	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
		<small>kJ / Cal</small>	<small>g</small>	<small>g</small>	<small>g</small>	<small>g</small>	<small>g</small>	<small>g</small>	<small>g</small>	<small>g</small>	<small>mg</small>	<small>mg</small>	<small>mg</small>	
MEAL BASES														
Continental Meal Bases*														
Curried Sausages	347g	2650 / 634	23.6	50.7	23.3	-	-	-	18.3	9.1	-	1800	-	-
Devilled Sausages	300g	2750 / 659	23.6	50.6	23.3	-	-	-	25.0	16.6	-	1830	-	-
Homestyle Meatloaf	188g	1220 / 293	31.7	14.8	6.8	-	-	-	7.1	3.1	-	590	-	-
Lamb & Potato Casserole	329g	1450 / 346	31.2	13.1	4.3	-	-	-	23.6	5.4	-	470	-	-
Lite Beef Stroganoff	296g	1040 / 250	29.3	9.5	4.6	-	-	-	10.4	5.5	-	470	885	-
Lite Beef & Vegetable Casserole	327g	1250 / 299	30.5	7.3	3.0	-	-	-	25.0	6.9	-	560	1190	-
Lite Country Chicken Casserole	348g	1210 / 290	31.1	7.4	2.2	-	-	-	22.5	5.4	-	375	975	-
Lite Mediterranean Chicken	342g	1050 / 251	30.2	7.4	2.1	-	-	-	14.0	7.9	-	555	785	-
Malaysian Creamy Satay	225g	1400 / 334	32.3	18.0	4.1	-	-	-	10.3	4.3	-	600	-	-
Mild Mince Curry	220g	1140 / 272	27.5	12.8	4.6	-	-	-	10.0	3.8	-	535	-	-
Rich Beef Casserole	360g	1130 / 271	30.5	7.4	3.0	-	-	-	17.8	7.0	-	670	-	-
Rich Beefy Mince	200g	1160 / 289	27.1	11.6	4.0	-	-	-	14.7	2.5	-	655	-	-
Rissoles	131g	1170 / 281	28.0	15.3	4.7	-	-	-	7.5	3.9	-	545	-	-
Shepherd's Pie	425g	1560 / 464	32.4	15.7	5.5	-	-	-	40.1	4.9	-	690	-	-
Smoky Beef Casserole	378g	1640 / 292	42.8	16.3	5.2	-	-	-	16.9	10.9	-	565	-	-
Spaghetti Bolognaise	450g	2040 / 489	34.3	12.2	4.1	-	-	-	57.4	9.4	-	545	-	-

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SIDE DISHES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Couscous*														
Mediterranean Vegetables & Herbs	95g	601 / 144	4.3	2.6	0.3	<0.1	1.2	1.1	24.5	1.4	-	220	120	-
Moroccan Spices	95g	596 / 142	4.1	2.6	0.4	<0.1	1.1	1.1	24.8	2.0	-	280	195	-
Mushroom & Garlic	95g	588 / 140	4.2	2.6	0.4	<0.1	1.1	1.1	24.0	0.5	-	270	170	-
Tomato & Basil	95g	602 / 144	4.2	2.6	0.1	<0.1	1.1	1.2	24.7	1.7	-	280	120	-
Continental Deb*														
Instant Mashed Potato	190g	633 / 150	3.4	3.0	0.6	-	-	-	26.2	1.9	-	570	435	-
Instant Mashed Potato with Onion	190g	629 / 150	3.6	2.9	0.6	-	-	-	26.0	1.9	-	540	445	-
Continental Macaroni Cheese*														
Cheese & Bacon	110g	673 / 152	6.5	3.3	1.4	<0.1	0.9	1	23.7	4.7	-	330	-	200
Nacho Cheese	110g	646 / 154	6.7	3.4	1.5	<0.1	0.9	1	23.6	5.9	-	325	-	200
Super Saucy	125g	666 / 159	6.7	3.5	1.5	<0.1	0.9	1.1	24.7	4.9	-	380	-	200
Continental Pasta & Sauce*														
Alfredo	95g	523 / 125	5.5	2.4	1.1	<0.1	0.3	0.3	20.0	4.7	-	245	305	-
Cheese & Black Pepper	95g	437 / 105	4.1	2.2	1.0	<0.1	0.6	0.7	16.7	3.2	-	230	280	-
Chicken & Mushroom	110g	532 / 127	5.4	2.3	0.9	<0.1	0.6	0.5	21.0	4.0	-	340	265	-
Chicken Curry	95g	464 / 110	3.5	2.4	0.7	<0.1	0.7	0.4	18.5	2.0	-	300	180	-
Creamy Bacon Carbonara	95g	489 / 117	4.9	2.1	0.9	<0.1	0.4	0.3	19.1	3.4	-	250	205	-
Creamy Mushroom & Bacon	95g	474 / 113	4.7	1.8	0.7	<0.1	0.6	0.5	19.1	5.1	-	295	265	-
Four Cheeses	110g	577 / 138	5.9	2.7	1.3	<0.1	0.3	0.3	22.1	4.2	-	275	270	-
Macaroni Cheese	110g	580 / 139	5.3	2.2	0.9	<0.1	0.4	0.3	23.9	3.6	-	320	185	-
Mushroom, Garlic & Black Pepper	110g	546 / 130	5.7	3.1	1.5	<0.1	0.7	0.8	19.6	5.2	-	255	230	-
Savoury Tomato & Onion	105g	389 / 93	2.7	1.3	0.3	<0.1	0.5	0.4	16.9	3.1	-	235	205	-
Sour Cream & Chives	95g	516 / 123	4.7	3.5	1.6	<0.1	0.7	0.6	18.1	3.3	-	310	315	-
Sour Cream & Mushroom	95g	433 / 103	3.9	2.3	1.1	<0.1	0.5	0.5	16.4	2.3	-	250	225	-

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SIDE DISHES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Pasta & Sauce Lite*														
Alfredo	100g	424 / 101	4.4	1.7	0.9	<0.1	0.2	0.5	16.7	3.6	-	275	315	-
Bacon Carbonara	95g	437 / 104	4.4	1.7	0.9	<0.1	0.1	0.5	17.4	3.6	-	270	195	-
Chicken Curry	100g	381 / 91	2.9	2.0	0.9	<0.1	0.5	0.8	15.0	1.7	-	270	170	-
Continental Potato Mash*														
Homestyle	150g	602 / 144	5.0	4.0	1.5	<0.1	0.9	1.6	20.4	3.7	-	195	475	-
Cheese	150g	616 / 147	5.3	4.0	1.6	<0.1	0.9	1.5	21.6	4.9	-	205	460	-
Pumpkin	150g	611 / 145	4.9	3.7	1.2	0.1	1.2	1.2	22.3	5.6	-	175	495	-
Smooth & Creamy	165g	611 / 146	5.1	4.4	1.8	0.2	0.7	1.8	20.7	5.4	-	235	485	-
Sour Cream & Herb	150g	609 / 145	5.1	4.0	1.5	0.1	0.7	1.7	21.4	4.6	-	195	485	-
Continental Rices*														
Cheesy	90g	575 / 138	2.7	2.7	1.0	<0.1	0.9	0.7	25.2	2.1	-	230	175	-
Chicken	90g	526 / 126	2.6	1.4	0.4	<0.1	0.5	0.4	25.3	1.3	-	265	200	-
Chicken & Sweetcorn	90g	535 / 128	2.4	2.0	0.5	<0.1	0.8	0.6	24.4	0.3	-	185	415	-
Chicken & Vegetable	85g	539 / 129	2.6	1.6	0.4	<0.1	0.7	0.5	25.3	1.8	-	220	325	-
Rich Beef & Mushroom	95g	557 / 133	2.3	2.3	0.9	<0.1	0.8	0.5	25.1	0.6	-	205	255	-
Continental Rices Asian*														
Chinese	85g	483 / 115	2.1	1.9	0.6	<0.1	0.6	0.7	24.2	1.7	-	210	175	-
Oriental Fried Rice	85g	491 / 117	2.2	1.4	0.3	<0.1	0.6	0.4	23.7	1.2	-	215	170	-
Satay	90g	580 / 139	2.8	2.0	0.6	<0.1	0.2	1.0	26.6	2.4	-	245	135	-

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Savoury Foods Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SIDE DISHES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Rices of the World*														
Indian Mild Curry	95g	554 / 132	2.4	2.0	0.5	<0.1	0.6	0.9	25.5	2.2	-	270	100	-
Italian Sun Dried Tomato & Basil	95g	536 / 128	2.3	1.4	0.2	<0.1	0.5	0.7	25.8	2.0	-	270	100	-
Spanish Roasted Vegetables	95g	521 / 124	2.5	1.4	0.2	<0.1	0.5	0.7	24.4	1.8	-	290	100	-
Thai Coconut & Lime	95g	535 / 128	2.3	2.2	1.0	<0.1	0.5	0.7	24.3	1.5	-	230	150	-
Continental Risotto*														
Cheese & Bacon	140g	560 / 134	3.0	1.1	0.6	<0.1	0.2	0.3	27.3	1.9	-	380	65	-
Mushroom & Garlic	140g	558 / 134	2.8	1.1	0.5	<0.1	0.3	0.3	27.4	0.9	-	375	90	-
Classic Cheese	140g	560 / 134	3.2	1.2	0.7	0.1	0.2	0.3	26.9	1.7	-	375	85	-
Continental Surprise Vegetables*														
Garden Peas	40g	150 / 36	2.1	0.1	<0.1	-	-	-	4.6	2.4	-	65	-	-
Minted Peas	40g	200 / 48	1.9	0.2	<0.1	-	-	-	7.8	5.8	-	60	-	-
Peas & Carrots	40g	135 / 37	1.7	0.1	<0.1	-	-	-	4.6	2.5	-	55	-	-
Peas & Corn	40g	155 / 37	2.0	0.2	<0.1	-	-	-	5.3	2.4	-	65	-	-
Sliced Beans	35g	70 / 18	0.9	0.1	<0.1	-	-	-	2.4	2.4	-	25	-	-

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Savoury Foods Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
MEAL SAUCES														
Continental Asian Tonic														
Chicken Honey Soy	125g	398 / 95	1.4	0.6	0.1	-	-	-	20.9	14.4	1.3	790	-	-
Chicken Honey Teryaki	127g	514 / 123	1.7	0.6	0.1	-	-	-	27.1	21.5	0.8	880	-	-
Chinese Sweet and Sour	133g	545 / 130	0.4	0.3	0.1	-	-	-	38.0	25.7	0.8	505	-	-
Malay Satay	126g	372 / 89	2.1	3.4	0.5	-	-	-	12.0	8.0	1.5	770	-	-
Thai Sweet Chilli	130g	679 / 162	1.0	1.3	0.1	-	-	-	32.1	25.4	1.2	790	-	-
Continental Chicken Tonic														
Apricot Chicken	125g	309	1.1	0.2	<0.1	-	-	-	16.5	10.7	-	570	-	-
Chicken Cacciatore	125g	295 / 70	1.8	2.5	0.4	-	-	-	10.1	7.6	-	430	-	-
Country French Chicken	118g	569 / 136	1.1	12.5	2.2	-	-	-	5.2	1.7	-	580	-	-
Creamy Cheese & Bacon	122g	525 / 126	1.1	10.1	3.0	-	-	-	7.7	2.0	-	505	-	-
Creamy Chicken & Mushroom	118g	503 / 120	0.6	11.2	1.6	-	-	-	4.6	1.3	-	530	-	-
Creamy Herb & Mustard	122g	503 / 120	0.8	10.4	2.1	-	-	-	6.1	1.7	-	490	-	-
Creamy Lemon Chicken	120g	526 / 126	2.2	10.2	4.7	-	-	-	8.6	4.7	-	550	-	-
Curried Chicken with Vegetables	120g	244 / 58	1.0	1.8	0.8	-	-	-	9.5	3.4	-	580	-	-
Golden Honey Mustard	122g	714 / 171	1.1	13.6	2.8	-	-	-	11.5	6.1	-	590	-	-
Lite Creamy Chicken with Mushrooms	120g	231 / 55	0.6	3.4	0.8	-	-	-	5.4	1.3	-	550	-	-
Lite Golden Honey Mustard	122g	390 / 93	0.6	3.6	0.7	-	-	-	13.3	9.3	-	585	-	-
Continental Indian Tonic														
Butter Chicken	123g	603 / 144	2.2	10.1	2.6	-	-	-	11.2	5.0	-	550	-	-
Creamy Tandoori	120g	456 / 109	1.6	7.7	2.2	-	-	-	8.8	1.8	-	440	-	-
Lite Butter Chicken	121g	378 / 90	1.4	3.6	0.7	-	-	-	13.7	4.9	-	615	-	-
Continental Sausages Tonic														
Curried Sausages	123g	297 / 71	0.7	3.2	1.1	-	-	-	9.5	4.4	-	475	-	-
Devilled Sausages	121g	286 / 68	1.5	1.4	0.2	-	-	-	12.3	7.4	-	405	-	-
Continental Stroganoff Tonic														
Stroganoff Tonic	119g	519 / 124	1.3	10.6	2.0	-	-	-	6.2	1.4	-	510	-	-
Stroganoff Tonic Lite	118g	241 / 58	1.3	2.9	0.6	-	-	-	6.0	1.4	-	510	-	-

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Savoury Foods Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
INSTANT SAUCES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Gravies*														
Brown Onion	60mL	114 / 27	0.1	0.4	0.2	-	-	-	5.9	0.5	-	295	-	-
Light Brown	60mL	147 / 35	0.2	0.6	0.3	-	-	-	7.2	0.7	-	250	-	-
Rich Brown	60mL	136 / 32	0.2	0.5	0.3	-	-	-	6.7	0.8	-	320	-	-
Roast Chicken	60mL	142 / 34	0.2	0.9	0.4	-	-	-	6.3	0.6	-	245	-	-
Roast Meat & Mushroom	60mL	160 / 38	0.3	0.9	0.5	-	-	-	7.3	0.9	-	275	-	-
Roast Meat	60mL	120 / 29	0.1	0.4	0.2	-	-	-	6.1	0.5	-	240	-	-
Roast Beef with Red Wine	60mL	157 / 38	0.2	0.5	0.1	-	-	-	8.1	0.8	-	270	-	-
Continental Sauces*														
Cheese	60mL	213 / 51	0.6	1.8	1.0	-	-	-	7.9	1.9	-	215	-	-
Cheese, Bacon & Chives	60mL	165 / 40	0.5	1.2	0.7	-	-	-	6.7	1.3	-	275	-	-
Four Cheeses	60mL	152 / 36	0.4	1.0	0.5	-	-	-	6.4	1.2	-	270	-	-
Hollandaise	60mL	261 / 62	0.8	2.9	1.5	-	-	-	8.3	3.3	-	315	-	-
Mushroom	60mL	153 / 36	0.3	1.3	0.6	-	-	-	5.9	1.2	-	215	-	-
Pepper	60mL	147 / 35	0.2	0.4	0.1	-	-	-	7.5	1.1	-	200	-	-
Steak Diane	60mL	149 / 36	0.1	0.3	0.1	-	-	-	7.9	1.0	-	355	-	-
White	60mL	190 / 45	0.2	1.5	0.7	-	-	-	7.7	1.5	-	185	-	-

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Savoury Foods Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
STOCKS														
Continental Stock Cubes*		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Bacon	250mL	35 / 8	0.3	0.5	0.5	-	-	-	1.0	0.8	-	940	-	-
Beef	250mL	38 / 9	0.2	0.4	0.4	-	-	-	1.1	0.8	-	860	-	-
Chicken	250mL	36 / 9	0.1	0.4	0.4	-	-	-	1.0	0.8	-	900	-	-
Continental Stock Powder*														
Beef	250mL	67 / 16	0.2	0.2	0.1	-	-	-	3.3	1.5	-	865	10	-
Beef Salt Reduced	250mL	69 / 17	0.3	0.2	0.1	-	-	-	3.3	1.2	-	560	35	-
Chicken Salt Reduced	250mL	63 / 15	0.2	0.1	<0.1	-	-	-	3.2	1.6	-	630	25	-
Chicken	250mL	61 / 15	0.1	0.2	<0.1	-	-	-	3.1	1.7	-	945	10	-
Vegetable	250mL	65 / 15	0.3	0.1	<0.1	-	-	-	3.2	1.4	-	730	80	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SOUPS														
		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cup-a-Soup*														
Chicken & Vegetable	100mL	94 / 23	0.2	0.2	<0.1	-	-	-	5.1	3.3	-	300	10	-
Chicken Noodle	100mL	75 / 18	0.5	0.2	<0.1	-	-	-	3.4	0.6	-	305	-	-
Cream of Chicken	100mL	147 / 35	0.3	1.2	0.5	-	-	-	5.8	3.5	-	235	25	-
Cream of Mushroom	100mL	137 / 33	0.3	1.1	0.5	-	-	-	5.3	3.7	-	310	40	-
Hearty Beef	100mL	92 / 22	0.2	0.2	<0.1	-	-	-	4.6	0.4	-	345	55	-
Pea & Ham	100mL	128 / 31	1.2	0.6	0.5	-	-	-	4.5	0.4	-	270	40	-
Pumpkin	100mL	130 / 31	0.3	0.6	0.2	-	-	-	5.9	1.9	-	320	40	-
Spring Vegetable	100mL	96 / 23	0.2	<0.1	<0.1	-	-	-	5.4	0.6	-	290	20	-
Tomato	100mL	133 / 32	0.3	0.4	0.1	-	-	-	6.6	3.5	-	330	-	-
Continental Cup-a-Soup Asian*														
Chinese Chicken & Corn	100mL	220 / 52	0.9	0.7	0.2	-	-	-	10.5	1.6	-	370	50	-
Laksa	100mL	242 / 58	0.9	1.6	0.8	-	-	-	9.4	0.9	-	330	-	-
Thai Red Curry	100mL	271 / 65	1.0	1.4	0.6	-	-	-	11.9	2.3	-	300	135	-
Continental Cup-a-Soup Croutons*														
Creamy Chicken	100mL	239 / 57	0.3	2.2	1.2	-	-	-	8.9	0.8	-	285	-	-
Creamy Chicken & Corn	100mL	227 / 54	0.3	1.5	0.7	-	-	-	9.9	1.4	-	290	-	-
Creamy Mushroom	100mL	209 / 50	0.5	2.0	1.0	-	-	-	7.3	2.0	-	335	70	-
Creamy Mushroom Bacon & Sour Cream	100mL	221 / 53	0.6	2.0	1.1	-	-	-	7.9	0.8	-	285	65	-
Creamy Potato & Bacon	100mL	212 / 50	0.6	1.6	0.8	-	-	-	8.3	1.3	-	260	95	-
Creamy Pumpkin	100mL	204 / 49	0.4	1.3	0.6	-	-	-	8.8	2.4	-	300	145	-
Creamy Vegetable	100mL	236 / 56	0.7	2.5	1.1	-	-	-	7.6	2.0	-	300	140	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SOUPS		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cup-a-Soup Hearty*														
Chilli Con Carne	100mL	180 / 43	1.2	0.3	0.1	-	-	-	8.6	1.3	-	290	80	-
Dutch Curry & Rice	100mL	205 / 50	0.6	1.2	0.5	-	-	-	8.6	1.2	-	290	140	-
Garden Vegetable	100mL	288 / 69	1.4	2.4	1.1	-	-	-	10.0	2.5	-	300	55	-
Italian Minestrone	100mL	244 / 58	1.0	0.3	0.1	-	-	-	12.4	3.2	-	325	-	-
Pea & Ham	100mL	189 / 45	1.3	0.7	0.3	-	-	-	8.2	0.9	0.8	310	25	-
Roast Chicken	100mL	274 / 65	0.8	1.5	0.8	-	-	-	11.9	1.0	-	275	-	-
Spanish Tomato	100mL	247 / 59	1.2	0.2	<0.1	-	-	-	12.6	3.0	-	295	45	-
Tomato, Bacon & Chilli	100mL	242 / 58	1.5	0.4	0.1	-	-	-	11.6	2.9	-	280	-	-
Vegetable & Beef	100mL	230 / 55	1.1	0.6	0.3	-	-	-	10.8	1.2	-	340	130	-
Winter Vegetable	100mL	220 / 53	1.2	0.5	0.2	-	-	-	10.2	1.5	-	265	75	-
Continental Cup-A-Soup Vegifull*														
AUS Only														
Eight Vegetable	100mL	168 / 40	0.9	0.9	0.4	<0.1	0.3	0.2	6.8	1.1	0.7	245	95	-
Potato & Leek	100mL	166 / 40	0.9	1.0	0.5	<0.1	0.3	0.2	6.4	0.6	0.7	250	85	-
Rich Tomato	100mL	186 / 44	1.0	0.2	<0.1	<0.1	<0.1	0.1	8.9	4.0	1.1	220	135	-
Winter Vegetable	100mL	166 / 40	0.9	1.0	0.5	<0.1	0.1	0.2	7.3	1.8	0.9	220	150	c
Continental Cup-A-Soup Vegifull*														
N.Z. Only														
Eight Vegetable	100mL	167 / 40	0.9	0.9	0.3	<0.1	0.3	0.2	6.7	1.2	0.5	265	100	-
Potato & Leek	100mL	165 / 40	0.9	1.0	0.4	<0.1	0.3	0.2	6.4	0.6	0.6	240	90	-
Rich Tomato	100mL	184 / 44	1.0	0.2	<0.1	<0.1	<0.1	0.2	8.9	4.2	1.1	225	140	-
Winter Vegetable	100mL	166 / 40	1.0	0.5	0.2	<0.1	0.1	0.2	7.3	1.9	0.9	220	155	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SOUPS		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cup-a-Soup Xtra Full*	AUS Only													
Beef Stroganoff	100mL	221 / 52	1.3	1.0	0.5	-	-	-	9.3	0.8	-	275	-	-
Flame Grilled BBQ Chicken	100mL	204 / 49	1.2	0.4	0.1	-	-	-	9.6	0.8	-	325	-	-
Pepper Steak	100mL	210 / 50	1.1	1.3	0.6	-	-	-	8.2	0.8	-	320	-	-
Smoky Beef N Bacon	100mL	203 / 48	1.1	0.7	0.3	-	-	-	9.2	0.8	-	300	-	-
Continental Cup-a-Soup Xtra Full*	NZ Only													
Beef Stroganoff	100ml	221 / 53	1.3	0.9	0.5	-	-	-	9.3	0.9	-	275	-	-
Chicken N Sweet Corn Chowder	100ml	219 / 52	1.2	0.9	0.3	-	-	-	9.3	0.8	-	275	-	-
Flame Grilled BBQ Chicken	100ml	203 / 49	1.2	0.4	0.1	-	-	-	9.6	0.8	-	325	-	-
Pepper Steak	100ml	210 / 50	1.1	1.3	0.6	-	-	-	8.3	0.8	-	320	-	-
Smoky Beef N Bacon	100ml	203 / 49	1.0	0.7	0.3	-	-	-	9.2	0.8	-	305	-	-
Continental Lots-a-Noodles*														
Beef	100mL	199 / 48	1.2	0.4	0.1	-	-	-	9.6	2.6	-	290	160	-
Chicken	100mL	191 / 46	1.0	0.2	0.1	-	-	-	9.7	1.1	-	315	-	-
Chinese Chicken & Corn	100mL	237 / 57	1.0	1.1	0.5	-	-	-	10.6	1.4	-	285	-	-
Cream of Chicken	100mL	219 / 52	1.0	1.2	0.6	-	-	-	9.2	0.9	-	315	-	-
Creamy Chicken & Mushroom	100mL	212 / 51	1.1	1.1	0.5	-	-	-	9.0	0.6	-	240	-	-
Mild Chicken Curry	100mL	214 / 51	1.3	1.1	0.6	-	-	-	8.8	2.6	-	255	40	-
Continental Simmer Soup*														
Chicken Noodle	100mL	75 / 18	0.5	0.2	<0.1	-	-	-	3.5	0.4	-	355	-	-
Cream of Chicken	100mL	188 / 45	2.4	0.8	0.5	-	-	-	6.7	3.2	-	255	-	-
Cream of Mushroom	100mL	137 / 33	1.3	0.6	0.3	-	-	-	5.4	1.8	-	315	-	-
Dutch Curry & Rice	100mL	116 / 28	0.8	0.4	<0.1	-	-	-	5.1	<0.1	-	300	-	-
French Onion	100mL	54 / 13	0.3	<0.1	<0.1	-	-	-	2.9	0.7	-	335	-	-
Chicken Noodle Salt Reduced	100mL	72 / 17	0.5	0.1	<0.1	-	-	-	3.3	0.4	-	155	-	-
French Onion Salt Reduced	100mL	54 / 13	0.3	<0.1	<0.1	-	-	-	2.9	0.7	-	165	-	-
Spring Vegetable	100mL	46 / 11	0.2	0.1	<0.1	-	-	-	2.3	0.5	-	210	-	-
Thick Vegetable	100mL	92 / 22	0.4	0.1	<0.1	-	-	-	4.6	0.6	-	320	-	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
MEAL BASES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cook-In-Bag														
Honey BBQ Chicken	100g	900 / 215	20.6	12.9	3.9	-	-	-	4.2	4.2	-	229	-	-
Lemon & Herb Chicken	100g	900 / 215	20.6	13.0	3.9	-	-	-	4.1	0.3	-	338	-	-
Portuguese Chicken	100g	889 / 212	20.7	13.0	3.9	-	-	-	3.4	0.2	-	317	-	-
Smoky BBQ Chicken	100g	897 / 215	20.6	13.0	4.0	-	-	-	3.9	2.5	-	362	-	-
Continental Hot Pot*														
Curry	100g	413 / 99	7.7	2.7	0.7	-	-	-	10.5	7.0	-	195	220	-
French Onion	100g	442 / 106	10.2	3.7	1.0	-	-	-	7.3	3.5	-	275	235	-
Savoury	100g	445 / 106	11.2	4.0	1.1	-	-	-	5.9	1.9	-	265	260	-
Sweet & Sour	100g	556 / 133	8.5	5.2	1.3	-	-	-	12.4	8.4	-	205	-	-
Continental Meal Bases*														
Apricot Chicken Curry	100g	518 / 124	12.7	5.8	1.7	-	-	-	5.0	3.5	-	174	-	-
Bangers & Mash	100g	760 / 182	6.3	12.8	5.5	-	-	-	10.3	1.7	-	391	-	-
Beef & Red Wine Casserole	100g	389 / 93	10.5	3.5	1.2	-	-	-	4.4	1.7	-	242	-	-
Beef Goulash	100g	369 / 88	8.6	2.9	1.0	-	-	-	6.2	1.7	-	216	-	-
Beef Stroganoff	100g	450 / 107	10.8	5.3	2.4	-	-	-	3.8	2.0	-	263	-	-
Butter Chicken	100g	653 / 155	16.5	8.2	4.0	-	-	-	3.6	2.7	-	382	-	-
Chilli Con Carne	100g	410 / 98	9.5	3.7	1.2	-	-	-	5.7	2.1	-	248	-	-
Chow Mein Mince	100g	449 / 108	8.6	3.4	1.2	-	-	-	9.5	2.0	-	179	-	-
Chunky Beef Pie	100g	844 / 202	17.2	9.9	4.0	-	-	-	10.7	2.3	-	284	-	-
Creamy Chicken Curry	100g	539 / 129	9.0	3.3	1.1	-	-	-	14.9	1.3	-	168	-	-
Creamy Chicken & Vegetables	100g	473 / 113	9.7	4.3	1.4	-	-	-	8.0	1.8	-	201	-	-
Creamy Mushroom Chicken	100g	554 / 133	12.4	7.1	3.0	-	-	-	4.4	2.3	-	271	-	-
Creamy Potato Bake	100g	579 / 139	4.0	8.0	5.1	-	-	-	12.1	2.1	-	236	-	-
Creamy Tuna Mornay	100g	809 / 202	11.5	2.6	1.3	-	-	-	14.0	2.0	-	218	-	-

* When prepared as directed using listed recipe ingredients.
Information correct at time of publication: December 2010.



Savoury Foods

Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
MEAL BASES														
Continental Meal Bases*														
Curried Sausages	100g	764 / 183	6.8	14.6	6.7	-	-	-	5.3	2.6	-	519	-	-
Devilled Sausages	100g	917 / 220	7.9	16.9	7.7	-	-	-	8.3	5.5	-	610	-	-
Homestyle Meatloaf	100g	649 / 156	16.9	7.9	3.6	-	-	-	3.8	1.6	-	314	-	-
Lamb & Potato Casserole	100g	441 / 105	9.5	4.0	1.3	-	-	-	7.2	1.6	-	143	-	-
Lite Beef Stroganoff	100g	351 / 84	9.9	3.2	1.6	-	-	-	3.5	1.9	-	159	299	-
Lite Beef & Vegetable Casserole	100g	382 / 91	9.3	2.2	0.9	-	-	-	7.6	2.1	-	171	364	-
Lite Country Chicken Casserole	100g	347 / 83	8.9	2.1	0.6	-	-	-	6.5	1.6	-	108	280	-
Lite Mediterranean Chicken	100g	307 / 73	8.8	2.2	0.6	-	-	-	4.1	2.3	-	162	230	-
Malaysian Creamy Satay	100g	622 / 148	14.4	8.0	1.8	-	-	-	4.6	1.9	-	267	-	-
Mild Mince Curry	100g	518 / 124	12.5	5.8	2.1	-	-	-	4.5	1.7	-	243	-	-
Rich Beef Casserole	100g	314 / 75	8.5	2.1	0.8	-	-	-	4.9	1.9	-	186	-	-
Rich Beefy Mince	100g	580 / 145	13.6	5.8	2.0	-	-	-	7.4	1.3	-	328	-	-
Rissoles	100g	893 / 214	21.4	11.7	3.6	-	-	-	5.7	3.0	-	416	-	-
Shepherd's Pie	100g	367 / 109	7.6	3.7	1.3	-	-	-	9.4	1.2	-	162	-	-
Smoky Beef Casserole	100g	434 / 77	11.3	4.3	1.4	-	-	-	4.5	2.9	-	149	-	-
Spaghetti Bolognese	100g	453 / 109	7.6	2.7	0.9	-	-	-	12.8	2.1	-	121	-	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SIDE DISHES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Couscous*														
Mediterranean Vegetables & Herbs	100g	633 / 151	4.5	2.7	0.3	<0.1	1.3	1.2	25.8	1.5	-	230	125	-
Moroccan Spices	100g	627 / 150	4.3	2.7	0.4	<0.1	1.2	1.2	26.1	2.1	-	295	205	-
Mushroom & Garlic	100g	618 / 147	4.4	2.7	0.4	<0.1	1.2	1.2	25.3	0.5	-	285	180	-
Tomato & Basil	100g	634 / 152	4.4	2.7	0.1	<0.1	1.2	1.3	26.0	1.8	-	295	125	-
Continental Deb*														
Instant Mashed Potato	100g	333 / 79	1.8	1.6	0.3	-	-	-	13.8	1.0	-	275	230	-
Instant Mashed Potato with Onion	100g	331 / 79	1.9	1.5	0.3	-	-	-	13.7	1.0	-	285	235	-
Continental Macaroni Cheese*														
Cheese & Bacon	100g	612 / 138	5.9	3.0	1.3	<0.1	0.8	0.9	21.5	4.3	-	300	-	182
Nacho Cheese	100g	587 / 140	6.1	3.1	1.4	<0.1	0.8	0.9	21.5	5.4	-	295	-	182
Super Saucy	100g	533 / 38	5.4	2.8	1.2	<0.1	0.7	0.9	19.8	3.9	-	305	-	160
Continental Pasta & Sauce*														
Alfredo	100g	551 / 132	5.8	2.5	1.2	<0.1	0.3	0.3	21.1	4.9	-	258	321	-
Cheese & Black Pepper	100g	460 / 111	4.3	2.3	1.1	<0.1	0.6	0.7	17.6	3.4	-	242	295	-
Chicken & Mushroom	100g	484 / 116	4.9	2.1	0.8	<0.1	0.5	0.5	19.1	3.6	-	309	241	-
Chicken Curry	100g	488 / 117	3.7	2.5	0.7	<0.1	0.7	0.4	19.5	2.1	-	316	189	-
Creamy Bacon Carbonara	100g	515 / 123	5.1	2.2	0.9	<0.1	0.4	0.3	20.1	3.5	-	263	216	-
Creamy Mushroom & Bacon	100g	499 / 119	4.9	1.9	0.7	<0.1	0.6	0.5	20.1	5.4	-	311	279	-
Four Cheeses	100g	525 / 125	5.4	2.5	1.2	<0.1	0.3	0.3	20.1	3.8	-	250	245	-
Macaroni Cheese	100g	528 / 126	4.8	2.0	0.8	<0.1	0.4	0.3	21.7	3.3	-	291	168	-
Mushroom, Garlic & Black Pepper	100g	496 / 119	5.2	2.8	1.4	<0.1	0.6	0.7	17.8	4.7	-	232	209	-
Savoury Tomato & Onion	100g	370 / 89	2.6	1.2	0.3	<0.1	0.5	0.4	16.1	3.0	-	224	195	-
Sour Cream & Chives	100g	543 / 130	4.9	3.7	1.7	<0.1	0.7	0.6	19.1	3.5	-	326	332	-
Sour Cream & Mushroom	100g	456 / 109	4.1	2.4	1.2	<0.1	0.5	0.5	17.3	2.4	-	263	237	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SIDE DISHES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Pasta & Sauce Lite*														
Alfredo	100g	424 / 101	4.4	1.7	0.9	<0.1	0.2	0.5	16.7	3.6	-	275	315	-
Bacon Carbonara	100g	460 / 110	4.6	1.8	0.9	<0.1	0.1	0.5	18.3	3.8	-	284	205	-
Chicken Curry	100g	381 / 91	2.9	2.0	0.9	<0.1	0.5	0.8	15.0	1.7	-	270	170	-
Continental Potato Mash*														
Homestyle	100g	401 / 96	3.3	2.7	1.0	<0.1	0.6	1.1	13.6	2.5	-	130	315	-
Cheese	100g	411 / 98	3.5	2.7	1.1	<0.1	0.6	1.0	14.4	3.3	-	135	305	-
Pumpkin	100g	407 / 97	3.3	2.5	0.8	0.1	0.8	0.8	14.9	3.7	-	115	330	-
Smooth & Creamy	100g	370 / 89	3.1	2.7	1.1	0.1	0.4	1.1	12.5	3.3	-	140	295	-
Sour Cream & Herb	100g	406 / 97	3.4	2.7	1.0	0.1	0.5	1.1	14.3	3.1	-	130	325	-
Continental Rices*														
Cheesy	100g	639 / 153	3.0	3.0	1.1	<0.1	1.0	0.8	28.0	2.3	-	255	195	-
Chicken	100g	584 / 140	2.9	1.6	0.4	<0.1	0.6	0.4	28.1	1.4	-	295	220	-
Chicken & Sweetcorn	100g	594 / 142	2.7	2.2	0.6	<0.1	0.9	0.7	27.1	0.3	-	205	460	-
Chicken & Vegetable	100g	634 / 152	3.1	1.9	0.5	<0.1	0.8	0.6	29.8	2.1	-	260	380	-
Rich Beef & Mushroom	100g	586 / 140	2.4	2.4	0.9	<0.1	0.8	0.5	26.4	0.6	-	215	270	-
Continental Rices Asian*														
Chinese	100g	568 / 136	2.5	2.2	0.7	<0.1	0.7	0.8	28.5	2.0	-	245	205	-
Oriental Fried Rice	100g	578 / 138	2.6	1.6	0.4	<0.1	0.7	0.5	27.9	1.4	-	255	200	-
Satay	100g	644 / 154	3.1	2.2	0.7	<0.1	0.2	1.1	29.6	2.7	-	270	150	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SIDE DISHES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Rices of the World*														
Indian Mild Curry	100g	583 / 140	2.5	2.1	0.5	<0.1	0.6	0.9	26.8	2.3	-	285	105	-
Italian Sun Dried Tomato & Basil	100g	564 / 135	2.4	1.5	0.2	<0.1	0.5	0.7	27.2	2.1	-	285	105	-
Spanish Roasted Vegetables	100g	548 / 131	2.6	1.5	0.2	<0.1	0.5	0.7	25.7	1.9	-	305	105	-
Thai Coconut & Lime	100g	563 / 135	2.4	2.3	1.1	<0.1	0.5	0.7	25.6	1.6	-	240	160	-
Continental Risotto*														
Cheese & Bacon	100g	400 / 96	2.1	0.8	0.4	<0.1	0.1	0.2	19.5	1.4	-	270	45	-
Mushroom & Garlic	100g	399 / 95	2.0	0.8	0.4	<0.1	0.2	0.2	19.6	0.6	-	270	65	-
Classic Cheese	100g	400 / 96	2.3	0.9	0.5	<0.1	0.4	0.2	19.2	1.2	-	270	60	-
Continental Surprise Vegetables*														
Garden Peas	100g	375 / 90	5.2	0.4	<0.1	-	-	-	11.5	6.0	-	160	-	-
Minted Peas	100g	495 / 118	4.7	0.4	0.1	-	-	-	19.5	14.5	-	145	-	-
Peas & Carrots	100g	335 / 80	4.3	0.4	0.1	-	-	-	11.5	6.2	-	135	-	-
Peas & Corn	100g	390 / 93	4.9	0.4	0.1	-	-	-	13.2	6.1	-	165	-	-
Sliced Beans	100g	205 / 49	2.5	0.2	<0.1	-	-	-	6.9	6.9	-	65	-	-

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Savoury Foods

Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
MEAL SAUCES														
Continental Asian Tonight														
Chicken Honey Soy	100g	318 / 76	1.1	0.5	0.1	-	-	-	16.7	11.5	1.0	632	-	-
Chicken Honey Teryaki	100g	405 / 97	1.3	0.5	0.1	-	-	-	21.3	16.9	0.6	693	-	-
Chinese Sweet and Sour	100g	410 / 98	0.3	0.2	0.1	-	-	-	28.6	19.3	0.6	380	-	-
Malay Satay	100g	295 / 71	1.7	2.7	0.4	-	-	-	9.5	6.3	1.2	611	-	-
Thai Sweet Chilli	100g	522 / 125	0.8	1.0	0.1	-	-	-	24.7	19.5	0.9	608	-	-
Continental Chicken Tonight														
Apricot Chicken	125g	309	1.1	0.2	<0.1	-	-	-	16.5	10.7	-	570	-	-
Chicken Cacciatore	125g	295 / 70	1.8	2.5	0.4	-	-	-	10.1	7.6	-	430	-	-
Country French Chicken	118g	569 / 136	1.1	12.5	2.2	-	-	-	5.2	1.7	-	580	-	-
Creamy Cheese & Bacon	122g	525 / 126	1.1	10.1	3.0	-	-	-	7.7	2.0	-	505	-	-
Creamy Chicken & Mushroom	118g	503 / 120	0.6	11.2	1.6	-	-	-	4.6	1.3	-	530	-	-
Creamy Herb & Mustard	122g	503 / 120	0.8	10.4	2.1	-	-	-	6.1	1.7	-	490	-	-
Creamy Lemon Chicken	120g	526 / 126	2.2	10.2	4.7	-	-	-	8.6	4.7	-	550	-	-
Curried Chicken with Vegetables	120g	244 / 58	1.0	1.8	0.8	-	-	-	9.5	3.4	-	580	-	-
Golden Honey Mustard	122g	714 / 171	1.1	13.6	2.8	-	-	-	11.5	6.1	-	590	-	-
Lite Creamy Chicken with Mushrooms	120g	231 / 55	0.6	3.4	0.8	-	-	-	5.4	1.3	-	550	-	-
Lite Golden Honey Mustard	122g	390 / 93	0.6	3.6	0.7	-	-	-	13.3	9.3	-	585	-	-
Continental Indian Tonight														
Butter Chicken	100g	490 / 117	1.8	8.2	2.1	-	-	-	9.1	4.1	-	447	-	-
Creamy Tandoori	100g	380 / 91	1.3	6.4	1.8	-	-	-	7.3	1.5	-	367	-	-
Lite Butter Chicken	100g	312 / 75	1.2	3.0	0.6	-	-	-	11.3	4.0	-	508	-	-
Continental Sausages Tonight														
Curried Sausages	100g	242 / 58	0.6	2.6	0.9	-	-	-	7.7	3.6	-	385	-	-
Devilled Sausages	100g	236 / 57	1.2	1.2	0.2	-	-	-	10.2	6.1	-	335	-	-
Continental Stroganoff Tonight														
Stroganoff Tonight	100g	436 / 104	1.1	8.9	1.7	-	-	-	5.2	1.2	-	429	-	-
Stroganoff Tonight Lite	100g	204 / 49	1.1	2.5	0.5	-	-	-	5.1	1.2	-	432	-	-

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Savoury Foods Per 100g as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
INSTANT SAUCES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Gravies*														
Brown Onion	100mL	190 / 43	0.2	0.6	0.3	-	-	-	9.4	0.8	-	472	-	-
Light Brown	100mL	235 / 56	0.3	1.0	0.5	-	-	-	11.5	1.1	-	400	-	-
Rich Brown	100mL	218 / 51	0.3	0.8	0.5	-	-	-	10.7	1.3	-	512	-	-
Roast Chicken	100mL	227 / 54	0.3	1.4	0.6	-	-	-	10.1	1.0	-	392	-	-
Roast Meat & Mushroom	100mL	256 / 61	0.5	1.4	0.8	-	-	-	11.7	1.4	-	440	-	-
Roast Meat	100mL	192 / 46	0.2	0.6	0.3	-	-	-	9.8	0.8	-	384	-	-
Roast Beef with Red Wine	100mL	251 / 61	0.3	0.8	0.2	-	-	-	12.7	1.3	-	432	-	-
Continental Sauces*														
Cheese	100mL	341 / 82	1.0	2.9	1.6	-	-	-	12.6	3.0	-	344	-	-
Cheese, Bacon & Chives	100mL	264 / 64	0.8	1.9	1.1	-	-	-	10.7	2.1	-	440	-	-
Four Cheeses	100mL	243 / 58	0.6	1.6	0.8	-	-	-	10.2	1.9	-	432	-	-
Hollandaise	100mL	418 / 99	1.3	4.6	2.4	-	-	-	13.3	5.3	-	504	-	-
Mushroom	100mL	245 / 58	0.5	2.1	1.0	-	-	-	9.4	1.9	-	344	-	-
Pepper	100mL	235 / 56	0.3	0.6	0.2	-	-	-	12.0	1.8	-	320	-	-
Steak Diane	100mL	238 / 58	0.2	0.5	0.2	-	-	-	12.6	1.6	-	568	-	-
White	100mL	304 / 72	0.3	2.4	1.1	-	-	-	12.3	2.4	-	296	-	-
Roast Beef with Red Wine	100mL	251 / 61	0.3	0.8	0.2	-	-	-	13.0	1.3	-	432	-	-

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Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
STOCKS														
		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Stock Cubes*														
Bacon	100mL	14 / 3	0.1	0.2	0.2	-	-	-	0.4	0.3	-	375	-	-
Beef	100mL	15 / 4	0.1	0.2	0.2	-	-	-	0.4	0.3	-	345	-	-
Chicken	100mL	14 / 3	0.1	0.2	0.1	-	-	-	0.4	0.3	-	360	-	-
Continental Stock Powder*														
Beef	100mL	27 / 6	0.1	0.1	<0.1	-	-	-	1.3	0.6	-	345	5	-
Beef Salt Reduced	100mL	28 / 7	0.1	0.1	<0.1	-	-	-	1.3	0.5	-	225	15	-
Chicken Salt Reduced	100mL	25 / 6	0.1	<0.1	<0.1	-	-	-	1.3	0.6	-	250	10	-
Chicken	100mL	25 / 5	<0.1	<0.1	<0.1	-	-	-	1.3	0.7	-	380	5	-
Vegetable	100mL	26 / 7	0.1	<0.1	<0.1	-	-	-	1.3	0.5	-	290	35	-

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