



Healthcare Favourites

Nutrition - per serve

Texture Mods

Light Dairy Desserts	Weight	Energy	Protein	Fat						New 2022 Band	Allergens	Texture Mods			
				Total	Fat Sat.	Carb.	Sugars	Sodium	Calcium			Regular IDDSI Level 7	Soft & Bite Sized IDDSI Level 6	Minced Moist IDDSI Level 5**	Smooth Pureed IDDSI Level 4
Crème Caramel	110g	590.0kJ	5.0g	5.3g	3.6g	18.2g	17.7g	63mg	204.0mg	2	Milk	Y	Y	Y	
Panna Cotta Passionfruit	110g	598.3kJ	5.0g	6.0g	3.8g	16.6g	15.9g	57mg	200.0mg	2	Milk	Y	Y	Y	
Panna Cotta Chocolate	110g	615.3kJ	5.0g	7.0g	4.5g	15.9g	15.7g	56.4mg	204.4mg	2	Milk	Y	Y	Y	Y
Panna Cotta Mango	110g	590.0kJ	5.0g	5.9g	3.8g	16.6g	16.0g	56.1mg	200.0mg	2	Milk	Y	Y	Y	
Panna Cotta Vanilla	110g	575.8kJ	5.5g	6.5g	4.2g	14.1g	13.9g	61.6mg	213.0mg	2	Milk	Y	Y	Y	Y
Panna Cotta Vanilla Bean	110g	817.0kJ	5.0g	10.7g	7.0g	19.2g	18.0g	66.8mg	205.2mg	1	Milk	Y	Y	Y	Y
Dense Dairy Desserts															
Lemon Cheesecake (Gluten Free)	100g	1313.5kJ	5.0g	23.7g	16.1g	20.8g	17.6g	138.4mg	207.2mg	1	Milk, Egg	Y	Y		
Lemon Cheesecake (no base)	100g	1251.1kJ	5.4g	22.2g	15.1g	18.0g	17.5g	128.9mg	230.2mg	1	Milk	Y	Y	Y	Y
Strawberry Cheesecake (Gluten Free)	100g	1384.0kJ	5.0g	24.3g	16.3g	21.3g	18.3g	113.6mg	200.0mg	1	Milk, Egg	Y	Y		
Strawberry Cheesecake (no base)	100g	1296.2kJ	5.5g	22.8g	15.3g	18.5g	18.3g	101.4mg	222.7mg	1	Milk	Y	Y	Y	Y
Vanilla Cheesecake (Gluten Free)	100g	1271.5kJ	5.0g	22.8g	15.3g	20.3g	17.3g	119.3mg	204.2mg	1	Milk, Egg	Y	Y		
Vanilla Cheesecake (no base)	100g	1207.5kJ	5.4g	21.1g	14.3g	17.4g	17.2g	107.7mg	226.9mg	1	Milk	Y	Y	Y	Y
Raspberry Flavoured Cream	100g	1202.0kJ	5.0g	22.2g	15.0g	17.4g	17.1g	106.0mg	208.0mg	1	Milk	Y	Y	Y	Y
Mango Flavoured Cream	100g	1203.0kJ	5.0g	22.1g	15.0g	17.4g	17.1g	105.6g	207.5mg	1	Milk	Y	Y	Y	Y
Mousse Desserts															
Crème Cappuccino	80g	1072.6kJ	5.0g	21.3g	14.2g	11.8g	11.7g	75.8mg	204.4mg	1	Milk	Y	Y	Y	Y
Choc Tops Duet	85g	1071.0kJ	5.0g	20.1g	13.4g	14.0g	13.8g	82.0mg	209.0mg	1	Milk & Soy. May contain traces of tree	Y	Y	Y	Y
Choc Mousse	85g	1129.0kJ	5.0g	20.7g	13.7g	15.8g	15.4g	61.0mg	207.0mg	1	Milk & Soy. May contain traces of tree	Y	Y	Y	Y
Lemon Dessert	90g	987.0kJ	5.0g	19.0g	12.8g	11.5g	11.4g	93.0mg	205.0mg	1	Milk	Y	Y	Y	Y
Red Velvet Cream	85g	1083.0kJ	5.0g	19.4g	13.3g	16.0g	15.4g	24.2mg	206.4mg	1	Milk & Soy. May contain traces of tree	Y	Y	Y	Y
Tiramisu Cream	90g	1066.4kJ	5.0g	18.9g	12.7g	16.6g	13.8g	88.9mg	200.9mg	1	Milk	Y	Y	Y	Y
Strawberry Mousse Premium	90g	1094.0kJ	5.0g	21.2g	14.3g	13.0g	12.9g	103.0mg	206.0mg	1	Milk	Y	Y	Y	Y

* Verify with own Dietetics/Speech teams for validation ** May need to be broken down into single pieces



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Texture Mods

Custard Desserts	Weight	Energy	Protein	Nutrition - per serve						New 2022 Band	Allergens	Texture Mods			
				Fat Total	Fat Sat.	Carb.	Sugars	Sodium	Calcium			Regular IDDSI Level 7	Soft & Bite Sized IDDSI Level 6	Minced Moist IDDSI Level 5**	Smooth Pureed IDDSI Level 4
Vanilla Custard	110g	499.0kJ	5.0g	3.0g	2.0g	17.7g	14.8g	70.9mg	233.9mg		Milk	Y	Y	Y	Y
Vanilla Coconut Custard Vegan	110g	835.0kJ	4.0g	13.1g	12.0g	16.5g	14.0g	160mg	NA	2	Vegan	Y	Y	Y	Y
Chocolate Coconut Custard Vegan	110g	848.0kJ	4.1g	11.7g	10.8g	18.7g	16.3g	143mg	NA	2	Vegan	Y	Y	Y	Y
Tropical Punch Custard Vegan	110g	886.0kJ	4.0g	13.1g	12.0g	19.1g	16.7g	159.8mg	NA	2	Vegan	Y	Y	Y	Y
Baked Custard	110g	498.0kJ	5.0g	3.2g	2.1g	17.4g	14.8g	66.6mg	205.8mg		Milk	Y	Y	Y	Y
Banana Custard	110g	496.0kJ	5.0g	3.0g	1.9g	17.7g	14.8g	66.8mg	204.6mg		Milk	Y	Y	Y	Y
Other Dairy Desserts															
Vanilla Creamed Rice	110g	609.9kJ	5.0g	2.7g	1.8g	24.9g	15.8g	60.8mg	215.9mg	2	Milk	Y	Y	Y*	
Tiramisu	90g	1074.0kJ	5.0g	18.6g	12.4g	17.6g	14.2g	100.7mg	214mg	1	Milk, Egg, & Gluten. May contain Tree Nuts.	Y	Y*		
Trifle Gluten Free	110g	335.2kJ	4.6g	0.2	0.1g	15.0g	13.3g	71.6mg	201.4mg		Milk & Sulphites	Y	Y*		
Trifle	110g	402.0kJ	5.0g	0.4g	0.2g	18.0g	14.3g	77.0mg	208.0mg		Milk, Egg, Sulphites & Gluten. May contain Tree Nuts.	Y	Y*		
Jelly Desserts															
Sugar Jelly Lime	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg				Y	Y*	Y*	
Sugar Jelly Orange	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg				Y	Y*	Y*	
Sugar Jelly Raspberry	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg				Y	Y*	Y*	
Sugar Strawberry Jelly	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg				Y	Y*	Y*	
Sugar Pineapple	110g	413.0kJ	1.8g	0.0g	0.0g	22.3g	22.0g	89.0mg				Y	Y*	Y*	
Sugar Mango Vegan Jelly	110g	394.0kJ	0.0g	0.0g	0.0g	23.0g	22.1g	71.0mg			Vegan	Y	Y*	Y*	Y*
Low Joule Jelly Lemon	110g	166.0kJ	2.0g	<0.1g	<0.1g	7.6g	7.5g	58.0mg			Sulphites	Y	Y*	Y*	
Low Joule Jelly Lime	110g	166.0kJ	2.0g	<0.1g	<0.1g	7.6g	7.5g	58.0mg			Sulphites	Y	Y*	Y*	
Low Joule Jelly Orange	110g	166.0kJ	2.0g	<0.1g	<0.1g	7.6g	7.5g	58.0mg			Sulphites	Y	Y*	Y*	
Low Joule Jelly Pineapple	110g	166.0kJ	2.0g	<0.1g	<0.1g	7.6g	7.5g	58.0mg			Sulphites	Y	Y*	Y*	
Low Joule Jelly Raspberry	110g	166.0kJ	2.0g	<0.1g	<0.1g	7.6g	7.5g	58.0mg			Sulphites	Y	Y*	Y*	
Diet Jelly Lime	110g	33.0kJ	1.9g	0.0g	0.0g	0.0g	0.0g	<6.0mg			Phenylalanine	Y	Y*	Y*	
Diet Jelly Orange	110g	33.0kJ	1.9g	0.0g	0.0g	0.0g	0.0g	<6.0mg			Phenylalanine	Y	Y*	Y*	
Diet Jelly Raspberry	110g	33.0kJ	1.9g	0.0g	0.0g	0.0g	0.0g	<6.0mg			Phenylalanine	Y	Y*	Y*	

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