

# Heat-and-Eat supermarket meals

## Woolworths

### Woolworth's Home-brand

Type: Single-serve microwave meal

Price: under \$10

Suitable options in the range:

- Fettuccine Carbonara
- Macaroni & Cheese
- Sweet & sour pork with rice
- Spaghetti bolognese
- Tasmanian Salmon with rice
- Beef tortellini in mushroom sauce



## Easy Eats

Type: Single-serve microwave meal

Price: under \$10

Suitable options in the range:

- Teriyaki chicken with hokkien noodles
- Chipotle chicken burrito bowl
- Beef stroganoff



## Yummy Karma - Gluten Free

Type: Single-serve microwave meal

Price: around \$10

Suitable options in the range:

- Chicken fried rice with assorted vegetables
- Classic butter chicken with long-grain basmati rice
- Thai to go satay chicken curry



Please note that this information is for general use only and it is not to be used as a personal medical advice



# Coles

## Coles Kitchen

Type: Single-serve microwave meal

Price: Below \$10

Suitable options in the range:

- Spaghetti Carbonara
- Chicken Korma
- Special Fried Rice
- Beef Stroganoff and rice
- Beef Massaman Curry & rice
- Pesto and sun-dried tomato gnocchi (vegetarian)
- Macaroni cheese (vegetarian)



## Coles Finest, Chef-inspired meals

Type: Single-serve microwave meal

Price: Around \$10

Suitable options in the range:

- Creamy Butter Chicken
- Beef Ragu Fettucine
- Thai Green Chicken Curry



## Coles 'Nature's Kitchen' - Vegan

Type: Exclusively plant-based single-serve microwave meal

Price: \$10 - \$15

NOTE: All options in the range should also be consumed with an energy-rich drink such as a fruit juice, smoothie, or milk-based drink to provide enough energy for health and activity. A suitable option could be a 350 mL juice from coles, such as YouJuice.



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## Coco & Lucas' Kitchen - Gluten Free Range

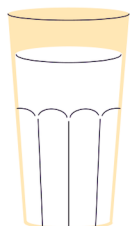
Type: Gluten Free single-serve microwave meal

Price: \$5-10

NOTE: All options in the range should also be consumed with an energy-rich drink such as a smoothie, or milk-based drink to provide enough energy for health and activity. A suitable option could be a 250 mL glass of cows milk or a 350 mL juice from coles, such as YouJuice.



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# Aldi

## World Kitchen

Type: Single-serve microwave meal

Price: \$5-10

Suitable options in the range:

- Portuguese style chicken with spicy rice
- Butter chicken with rice
- Spaghetti bolognese
- Beef stroganoff
- Chicken and chorizo paella
- Quiche lorraine



## International Cuisine

Type: Single-serve microwave meal (Frozen)

Price: Below \$5

Suitable options in the range:

- Big feed banger and mash
- Asian style satay chicken
- Butter chicken
- Beef lasagne
- Macaroni and cheese

