



Nutritious Cuisine

HEALTH AND AGED CARE



History

Established in 1993 by Rodger Graf, Nutritious Cuisine is a dynamic food manufacturer using state-of-the-art techniques and equipment to produce delicious clean label Foodservice solutions for the Health and Aged Care Sector using fresh, local ingredients.

Over the past few years, Nutritious Cuisine has been recognised within the industry having taken out many industry awards including National Food Innovation Award and several Fine Food Best of Show awards.

Our partnership approach to business allows us to design and developed products for major companies including Emirates, Virgin, Air India, Air Canada, AVEO, Mater Hospital, Queensland Health SE Region and The Spirit Hotel Group to name a few.

Our Executive Chef Team have over 75 years experience in Production and Food Design, working in the industry Globally over the past 40 years.





We are passionate about providing delicious, High quality meals to the Foodservice Industry.

With more than 25 years manufacturing experience using Fresh locally sourced ingredients, we create, source and supply not only delicious food, but also systems and menus to make your business more profitable.

We pride ourselves on working in partnership with our customers to ensure mutually beneficial outcomes. After all your success is ours!



Facilities and Certification

Based in the Brisbane suburb of Salisbury we operate over 2,500 sq. meters of facilities which includes Bakery, Butchery, Seafood Processing, Deep Fry Line, Sous Vide, Traditional Commercial Kitchen and Pack lines. This allows us the flexibility to create a huge range of products from Raw to Individually packed meals, and everything in between.

Of course this means that not only is quality and flavour a vital part of what we do, but also certification for Food Safety and Manufacturing. We are proud to be certified HACCP with SGS, Australian Organic, Eat Safe, GMP and can also produce HALAL Certified Meals.



Why Nutritious Cuisine?



With an array of competitors in the market, we stand alone, offering Nutritionally Balanced, Clean Label Meals.

- We provide a Range of...
 - Sous Vide Meats.
 - Soups to Qld Band 1, 2 and 3.
 - Sauces to allow multiple dish options.
 - Pre Packaged Meals.
 - Special Dietary Requirements.
 - Clean Label, Fresh Ingredients.
 - Dietician and Speech Pathologist Approved.
 - Texture Modified Soft Texture, Mince and Moist and Full Puree that meet IDDSI standards.
 - Nutritionally Balanced delivering required Protein for Health, Recovery and Aged Care.



Health & Nutrition

Nutritious Cuisines Range

- Meets the minimum required Protein of 25.9g per serve*
- Our Wet Dishes Contain over 60% Australian Meat
- Our menu contains NO Artificial Colours or Flavours
- We don't use fillers such as Hydrolysed Vegetable Proteins
- Lower Sodium from Natural Stocks made in House
- Australian owned and Operated Company based in QLD
- Our range is specifically designed for Health Care, Recovery and Aged Care use

* According to Derby University, NSW Health and Nutrition Australia





Complete Meals

Amazing Choice of over 40 complete meals, snap frozen and ready to heat and serve. Our meals are Healthy, Delicious and Nutritious, made from fresh local ingredients and are branded Nu Foods.

Our Tamper Proof Microwavable and Oven able containers offer product security from cross contamination, as well as freshness and are available in a wide range of dietary versions including Vegetarian, Gluten Free, Lactose Free, Vegan and HALAL.



Texture modified Meals

Texture Modified meals that look great and taste delicious!

We are serious, and passionate about providing real food, vibrant menus and delicious food for those requiring a modified diet.

From Fork Crushable (Texture A) in a wide choice of Ragouts, Casseroles and Curry's, to Mince and Moist (Texture B), in a huge range of Chicken, Beef, Lamb and Pork Dishes especially formulated to meet IDDSI Standards and Dietary Requirements.

Our specialist Full Puree (Texture C) range of Beef, Pork, Lamb, Chicken and Salmon Main dishes plus a full range of Vegetables and Potato sides. No more need to serve food that looks and tastes unappetising, we use a unique Natural Vegetable Fibre that heats to 120°C and still holds shape. Looks great, tastes delicious.

From this...



To this...



Clean Label

To make it easy we have taken a classic dish, Beef Goulash and done an actual comparison of ingredients as specified by the manufacturer. To make it easier we highlighted all the things we didn't use!

So what's the difference?

- 50% less Carbohydrates,
- 20mg per 100g less Sodium,
- 17% more Protein, and a lot more meat and natural ingredients...

Others...

Beef, diced, crushed tomatoes (tomatoes (98%), salt, thickener (1422), sugar, food acid (citric acid)), potato - fresh (potato, sodium metabisulphite (223)), diced onions, carrots - diced, frozen, meat pie gel (modified tapioca starch (1414), sulphite), tomato paste, butter, dairy soft (cream, canola oil (27%)), water, salt, vitamins a & d, 58% milk fat.), paprika, red wine (preservatives (220, 202) antioxidant (300)), salt, pepper black / white, minced garlic (minced garlic, water, food acid (330)), beef booster gluten free (salt, sugar, flavour enhanced (621), rice flour, hydrolysed vegetable protein (contains soy), colour (150d), vegetable oil (contains soy) flavour, thickening agent (551)), chicken booster - gluten free (salt, sugar, starch (maize), flavour enhancer (621), onion powder, hydrolysed vegetable protein (contains soy), chicken fat (1.2%), spice, flavour.), lemon juice (lemon juice, vitamin c, preservatives (211, 233)), olive oil



Ours...

Beef (61%), Beef Stock (from bones) (Water, Beef, Vegetables, Sea Salt), Onion, Mirepoix (Onion, Celery, Carrot), Tomato Paste, Modified Tapioca Starch (1414), White Wine, Tomato Pulp, Garlic, Beef, Sea Salt, Seasoning, Spices, Canola Oil, Herbs, Yeast Extract.



Others Chicken Texture C (Puree)...

Chicken mince, bechamel sauce (water, plain wheat flour, catering margarine spread (animal fat and vegetable oil, water, salt, milk solids, emulsifiers (471, soya bean lecithin), antioxidant (320), flavour, colour (160a)), meat pie gel (modified tapioca starch (1414), sulphite), milk powder, full cream (milk, emulsifier (322 (soy lecithin)) contains: milk, soy product), chicken booster (salt, sugar, rice flour, hydrolysed vegetable protein (soy derivative), rendered chicken fat, flavours (contains dairy and wheat derivatives), dehydrated chicken meat (contains wheat derivatives), vegetable powder (onion), spice, anticaking agent (551), flavour enhancer (635), spice extract, colour (contains sulphites (150d))), onion, salt, pepper, bay leaves, nutmeg), long grain rice, potato - fresh (potato, sodium metabisulphite (223)), carrots - diced, diced onions, salt, chicken booster (salt, sugar, rice flour, hydrolysed vegetable protein (soy derivative), rendered chicken fat, flavours (contains dairy and wheat derivatives), dehydrated chicken meat (contains wheat derivatives), vegetable powder (onion), spice, anticaking agent (551), flavour enhancer (635), spice extract, Tarragon

OUR Chicken Texture C (Puree)...

Chicken, Chicken Stock (From Bones) (Water, Chicken, Vegetables, Seasoning, Yeast Extract), Modified Tapioca Starch (1414), Faba Bean Flour, Mirepoix (Onion, Celery, Carrot), Seasoning, Vegetable Fibre, Milk Powder, Herbs, Butter (Milk), Garlic, Yeast Extract

Serving Size 120g	NUTRITIONAL INFORMATION			
	Average Per Serve		Average per 100g	
	OTHERS	OURS	OTHERS	OURS
ENERGY	524KJ	692KJ	473KJ	577KJ
PROTEIN	8.1g	20.6g	6.7g	17.2g
FAT TOTAL	4.6g	5.6g	3.8g	4.6g
SATURATED	1.6g	1.9g	1.3g	1.6g
CARBOHYDRATE	12.3g	8.1g	10.3g	6.8g
SUGAR	1.4g	0.5g	1.2g	0.4g
SODIUM	835mg	320mg	695mg	267mg

CLEAN LABEL?

- OTHERS Protein is more than 220% less than recommended per serve
- OTHERS Sodium is well over the maximum 400mg per 100g as recommended by Nutritionists OURS nearly 3 times lower
- OTHERS Energy Intake per serve is 63% lower than the equivalent Nutritious Cuisine meal
- OTHERS Carbohydrate is 10.3% of the total ingredients because of fillers
- OTHERS Saturated Fats are 35% of Total Fats
- OTHERS Sugars make up 12% of the total meal compared to OURS being 4%



Why Choose Nutritious?

- Clean Label Fresh Local Ingredients
- Meets National Nutritional Standards for Health and Aged Care
- Unique System combining Sous Vide Meats, Sauces and Soups with traditional cooking methods to reduce costs and compliance
- Full Range of Products a true One-Stop-Shop
- Pre portioned packs to ensure every patient or resident gets their daily nutritional needs
- National Delivery
- Australian owned and operated business
- No fillers or Artificial Colours or Flavours
- Allows kitchen staff to focus on service and hospitality





www.nutritiouscuisine.com.au

Questions?

