

Nourishing Solutions

Kindness, Connection & Compassion



Homestyle Roast Pumpkin & Garden Spinach Lasagne

Oven-roasted pumpkin layered between sheets of pasta, with a creamy blend of crumbled feta, onion, spices, spinach, silverbeet and Napolitana sauce.

Vegetarian



Helen's
EUROPEAN CUISINE®

Nourishing Solutions For Your Menu

FROM OUR IN-HOUSE DIETITIAN

Handmade, with love, from our kitchen to yours...

Product Name	Weight Per Portion	Good Source of Protein*	Vegetarian	Gluten Free	Vegan & Dairy Free
Sweet Corn & Potato Soup	250mL	✓	✓	✓	
Sweet Potato & Pumpkin Soup	250mL		✓	✓	✓
Baby Spinach & Fetta Frittata	200g	✓	✓	✓	
Sweet Potato, Pumpkin, Spinach & Fetta Frittata	200g	✓	✓	✓	
Bacon & Egg Breakfast Tart	150g	✓			
Rustic Potato Rosti	85g		✓	✓	✓
Corn & Zucchini Fritters	60g		✓	✓	
Tomato & Fetta Puff	85g		✓		
Roasted Pumpkin & Spinach Lasagne	250g	✓	✓		
Traditional Beef Lasagne	250g	✓			
Garden Spinach & Fetta Gourmet Scroll	180g	✓	✓		
Oven Roasted Vegetable Gourmet Scroll	180g	✓	✓		
Spinach & Fetta Savoury Muffin	180g	✓	✓		
Pumpkin & Bacon Savoury Muffin	180g	✓			
Vegan Mexican Filo	165g	✓	✓		✓
Vegan Curry Filo	165g		✓		✓
Butter Chicken Premium Filo	180g	✓			
Tender Steak & Guinness Premium Filo	180g	✓			
Tender Steak & Mushroom Premium Filo	180g	✓			
Garden Spinach & Fetta Premium Filo	180g	✓	✓		
Rosemary Lamb Premium Filo	180g	✓			
Creamy Chicken & Mushroom Gourmet Filo	200g	✓			
Chicken Parmigiana Gourmet Filo	200g	✓			
Creamy Chicken & Camembert Gourmet Filo	200g	✓			
Chicken, Bacon & Avocado Gourmet Filo	200g	✓	✓		
Pumpkin, Spinach & Fetta Gourmet Filo	200g	✓			
Tender Steak & Guinness Deep Dish Pies	180g	✓			
Individual Quiche Lorraine with Streaky Bacon	210g	✓	✓		
Garden Spinach & Fetta Individual Quiche	210g	✓			
La Grande Quiche Lorraine	166g	✓			
Lean Beef Gourmet Roll	180g	✓	✓		
Garden Spinach & Fetta Gourmet Rolls	180g		✓		
Roasted Pumpkin & Ricotta Gourmet Rolls	180g		✓		
Chocolate Raspberry Muffin	110g			✓	✓
Lemon Cake with Blueberry Frosting	150g			✓	
Carrot & Ginger Individual Cake	140g			✓	
Orange Almond & Rose Individual Cake	140g			✓	
Chocolate Brownie Cake w. Raspberry Frosting	150g			✓	

*>10g protein per serve
Details are accurate as of 31/10/2025



Contact your Distributor or the Helen's team to
place an order today!

info@helens.com.au • (07) 3272 2722 • helens.com.au

Thanks Mum x