

## **Menu: Childcare Week 3**

Monday - 31/05/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Monday - 31/05/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Monday - 31/05/2021

## Macaroni & Cheese (Lunch)

Serving Size: 200g



### Ingredients

Macaroni (44%), Skim Milk (Skim Milk, Milk Solids), Cauliflower, Plain Flour, Unsalted Butter (Cream, Water), Cheddar Cheese (2.5%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennet), Onion, Parsley, White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	30.7g
Dairy Free:	No	Sugar:	5.9g
Lactose Free:	No	Sodium:	84mg
Soy Free:	Yes	Energy (per 100g):	493kJ (118Cal)
Egg Free:	Yes	Protein (per 100g):	5.4g
Vegetarian:	Yes	Fat (total, per 100g):	3.4g
Energy:	986kJ (235Cal)	Fat (Sat, per 100g):	2.2g
Protein:	10.7g	Carbohydrates (per 100g):	15.4g
Fat (total):	n/a	Sugar (per 100g)	2.9g
Fat (Sat):	4.3g	Sodium (per 100g):	42mg

Monday - 31/05/2021

## Gf & Df Vegetable Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Pasta (15%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Filtered Water, Leek, Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.4g
Dairy Free:	Yes	Sugar:	8.5g
Lactose Free:	Yes	Sodium:	62mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	1.2g
Energy:	700kJ (167Cal)	Fat (Sat, per 100g):	0.3g
Protein:	4.6g	Carbohydrates (per 100g):	16.7g
Fat (total):	n/a	Sugar (per 100g)	4.2g
Fat (Sat):	0.5g	Sodium (per 100g):	31mg

Monday - 31/05/2021

## Cheddar Cheese & Multigrain Vita-Weats (Afternoon Tea)

Serving Size: 45g



### Ingredients

Vita-Weat Crackers (56%) (Wholegrain (50%) [Whole-Wheat Flour], Wheat Flour, Vegetable Oil, Cornflour, Sugar, Salt, Malt Extract [From Barley], Emulsifier (Soy Lecithin), Yeast), Cheddar Cheese (44%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennet)

### Allergy Information

Contains Wheat, Barley, Milk, Soybean, Gluten:May Contain Egg, Peanuts, Tree Nuts, Sesame Seeds

### Nutrition Info

Gluten Free:	No	Carbohydrates:	17.4g
Dairy Free:	No	Sugar:	0.9g
Lactose Free:	No	Sodium:	308mg
Soy Free:	No	Energy (per 100g):	1800kJ (429Cal)
Egg Free:	Yes	Protein (per 100g):	15.8g
Vegetarian:	Yes	Fat (total, per 100g):	21.0g
Energy:	809kJ (193Cal)	Fat (Sat, per 100g):	10.4g
Protein:	7.1g	Carbohydrates (per 100g):	38.7g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	4.7g	Sodium (per 100g):	685mg

Monday - 31/05/2021

## Lf Cheddar Cheese & Multigrain Vita-Weats (AI) (Afternoon Tea) [Allergy]

Serving Size: 30g



### Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Vita-Weat Crackers (47%) (Wholegrain (50%) [Whole-Wheat Flour], Wheat Flour, Vegetable Oil, Cornflour, Sugar, Salt, Malt Extract [From Barley], Emulsifier (Soy Lecithin), Yeast)

### Allergy Information

Contains Wheat, Barley, Contains Gluten, Milk, Soybeans:May Contain Egg, Peanuts, Tree Nuts, Sesame Seeds

### Nutrition Info

Gluten Free:	No	Carbohydrates:	9.9g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	Yes	Sodium:	194mg
Soy Free:	No	Energy (per 100g):	1740kJ (415Cal)
Egg Free:	Yes	Protein (per 100g):	16.9g
Vegetarian:	Yes	Fat (total, per 100g):	23.2g
Energy:	521kJ (124Cal)	Fat (Sat, per 100g):	13.0g
Protein:	5.1g	Carbohydrates (per 100g):	32.9g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	3.9g	Sodium (per 100g):	645mg

Monday - 31/05/2021

## Gf & Lf Cheddar Cheese & Brown Rice Crackers (Al) (Afternoon Tea) [Allergy]

Serving Size: 30g



### Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Brown Rice Crackers (Brown Rice Flour, Rice Bran Oil (10%))

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.8g
Dairy Free:	No	Sugar:	0.3g
Lactose Free:	Yes	Sodium:	105mg
Soy Free:	Yes	Energy (per 100g):	1740kJ (415Cal)
Egg Free:	Yes	Protein (per 100g):	16.9g
Vegetarian:	Yes	Fat (total, per 100g):	22.3g
Energy:	521kJ (124Cal)	Fat (Sat, per 100g):	13.7g
Protein:	5.1g	Carbohydrates (per 100g):	36.0g
Fat (total):	n/a	Sugar (per 100g)	0.9g
Fat (Sat):	4.1g	Sodium (per 100g):	350mg



Monday - 31/05/2021

## Sweet Potato Hummus & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



### Ingredients

Brown Rice Crackers (30%) (Brown Rice Flour, Rice Bran Oil (10%)), Sweet Potato (24%), Chickpeas (24%), Filtered Water, Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.0g
Dairy Free:	Yes	Sugar:	1.0g
Lactose Free:	Yes	Sodium:	43mg
Soy Free:	Yes	Energy (per 100g):	803kJ (192Cal)
Egg Free:	Yes	Protein (per 100g):	4.5g
Vegetarian:	Yes	Fat (total, per 100g):	5.8g
Energy:	401kJ (96Cal)	Fat (Sat, per 100g):	1.2g
Protein:	2.2g	Carbohydrates (per 100g):	30.0g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	0.6g	Sodium (per 100g):	86mg

Tuesday - 01/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Tuesday - 01/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Tuesday - 01/06/2021

## Wholemeal Tuna Pasta Bake (Lunch)

Serving Size: 200g



### Ingredients

Wholemeal Pasta (30%) (Durum Wheat Semolina), Skim Milk (Skim Milk, Milk Solids), Tuna (15%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour, Unsalted Butter (Cream, Water), Onion, Parsley, Bay Leaf, Whole Peppercorns

### Allergy Information

Contains Wheat, Contains Gluten, Fish, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	23.4g
Dairy Free:	No	Sugar:	4.7g
Lactose Free:	No	Sodium:	213mg
Soy Free:	Yes	Energy (per 100g):	493kJ (118Cal)
Egg Free:	Yes	Protein (per 100g):	8.5g
Vegetarian:	No	Fat (total, per 100g):	3.4g
Energy:	986kJ (236Cal)	Fat (Sat, per 100g):	2.0g
Protein:	16.9g	Carbohydrates (per 100g):	11.7g
Fat (total):	n/a	Sugar (per 100g)	2.4g
Fat (Sat):	4.0g	Sodium (per 100g):	106mg

Tuesday - 01/06/2021

## Wholemeal Chicken Pasta Bake (Lunch)

Serving Size: 200g



### Ingredients

Skim Milk (Skim Milk, Milk Solids), Wholemeal Pasta (25%) (Durum Wheat Semolina), Chicken Breast, Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour, Unsalted Butter (Cream, Water), Onion, Parsley, Bay Leaf, Whole Peppercorns

### Allergy Information

Contains Wheat, Contains Gluten, Milk:May Contain Egg

### Nutrition Info

Gluten Free:	No	Carbohydrates:	22.0g
Dairy Free:	No	Sugar:	5.2g
Lactose Free:	No	Sodium:	144mg
Soy Free:	Yes	Energy (per 100g):	506kJ (121Cal)
Egg Free:	Yes	Protein (per 100g):	9.4g
Vegetarian:	No	Fat (total, per 100g):	3.9g
Energy:	1010kJ (242Cal)	Fat (Sat, per 100g):	2.2g
Protein:	18.7g	Carbohydrates (per 100g):	11.0g
Fat (total):	n/a	Sugar (per 100g)	2.6g
Fat (Sat):	4.5g	Sodium (per 100g):	72mg

Tuesday - 01/06/2021

## Gf & Df Vegetable Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Pasta (15%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Filtered Water, Leek, Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.4g
Dairy Free:	Yes	Sugar:	8.5g
Lactose Free:	Yes	Sodium:	62mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	1.2g
Energy:	700kJ (167Cal)	Fat (Sat, per 100g):	0.3g
Protein:	4.6g	Carbohydrates (per 100g):	16.7g
Fat (total):	n/a	Sugar (per 100g)	4.2g
Fat (Sat):	0.5g	Sodium (per 100g):	31mg

Tuesday - 01/06/2021

## GF & DF Tuna & Tomato Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (15%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Tuna (10%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Peas, Corn, Onion, Carrot, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Italian Mixed Herbs, Parsley, White Pepper

### Allergy Information

Contains Fish

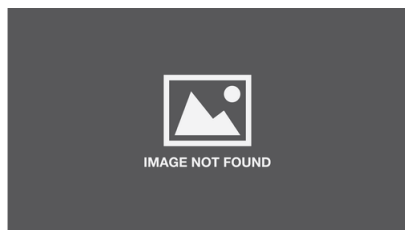
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.7g
Dairy Free:	Yes	Sugar:	6.2g
Lactose Free:	Yes	Sodium:	93mg
Soy Free:	No	Energy (per 100g):	481kJ (115Cal)
Egg Free:	No	Protein (per 100g):	5.3g
Vegetarian:	No	Fat (total, per 100g):	2.4g
Energy:	962kJ (230Cal)	Fat (Sat, per 100g):	0.5g
Protein:	10.6g	Carbohydrates (per 100g):	16.3g
Fat (total):	n/a	Sugar (per 100g)	3.1g
Fat (Sat):	0.9g	Sodium (per 100g):	47mg

Tuesday - 01/06/2021

## Gf Tuna & Tomato Pasta W/ Cheese (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (15%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Broccoli, Tuna (8%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Cheddar Cheese (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Onion, Carrot, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Italian Mixed Herbs, Parsley, White Pepper

### Allergy Information

Contains Fish, Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.6g
Dairy Free:	No	Sugar:	5.4g
Lactose Free:	No	Sodium:	153mg
Soy Free:	No	Energy (per 100g):	522kJ (125Cal)
Egg Free:	Yes	Protein (per 100g):	5.8g
Vegetarian:	No	Fat (total, per 100g):	3.9g
Energy:	1040kJ (250Cal)	Fat (Sat, per 100g):	1.5g
Protein:	11.6g	Carbohydrates (per 100g):	14.8g
Fat (total):	n/a	Sugar (per 100g)	2.7g
Fat (Sat):	3.1g	Sodium (per 100g):	76mg



Tuesday - 01/06/2021

## GF & DF Chicken & Vegetable Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Chicken Thigh, Gluten Free Pasta (14%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Filtered Water, Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Peas, Corn, Leek, Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.9g
Dairy Free:	Yes	Sugar:	6.6g
Lactose Free:	Yes	Sodium:	81mg
Soy Free:	Yes	Energy (per 100g):	475kJ (114Cal)
Egg Free:	Yes	Protein (per 100g):	6.3g
Vegetarian:	Yes	Fat (total, per 100g):	2.5g
Energy:	950kJ (227Cal)	Fat (Sat, per 100g):	0.7g
Protein:	12.6g	Carbohydrates (per 100g):	16.5g
Fat (total):	n/a	Sugar (per 100g)	3.3g
Fat (Sat):	1.4g	Sodium (per 100g):	41mg

Tuesday - 01/06/2021

## Cheese & Spinach Gozleme (Afternoon Tea)

Serving Size: 50g



### Ingredients

Yoghurt (Skim Milk, Cream, Milk Solids, Acidophilus, Bifidus), Wholemeal Self Raising Flour, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Fetta (12%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture, Rennet, Water, Salt), Mozzarella Cheese (12%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Spinach (8%)

### Allergy Information

Contains Wheat, Contains Gluten, Milk

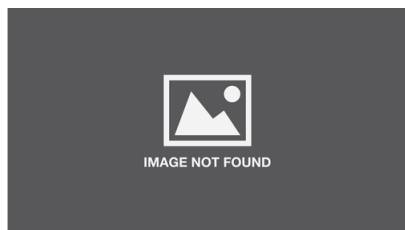
### Nutrition Info

Gluten Free:	No	Carbohydrates:	17.1g
Dairy Free:	No	Sugar:	0.7g
Lactose Free:	No	Sodium:	284mg
Soy Free:	No	Energy (per 100g):	1210kJ (289Cal)
Egg Free:	No	Protein (per 100g):	13.0g
Vegetarian:	No	Fat (total, per 100g):	10.2g
Energy:	606kJ (145Cal)	Fat (Sat, per 100g):	5.7g
Protein:	6.5g	Carbohydrates (per 100g):	34.2g
Fat (total):	n/a	Sugar (per 100g)	1.3g
Fat (Sat):	2.9g	Sodium (per 100g):	567mg

Tuesday - 01/06/2021

## Lf Cheese & Spinach Gozleme (Al) (Afternoon Tea) [Allergy]

Serving Size: 50g



### Ingredients

Yoghurt (Certified Organic Unhomenised Milk, Certified Organic Non-Fat Milk Solids, Lactase Enzyme, Cultures), Lactose Free Cheese (22%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Wholemeal Self Raising Flour, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Spinach (9%)

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	17.6g
Dairy Free:	No	Sugar:	1.3g
Lactose Free:	Yes	Sodium:	266mg
Soy Free:	Yes	Energy (per 100g):	1200kJ (287Cal)
Egg Free:	Yes	Protein (per 100g):	12.9g
Vegetarian:	No	Fat (total, per 100g):	9.6g
Energy:	602kJ (144Cal)	Fat (Sat, per 100g):	6.2g
Protein:	6.5g	Carbohydrates (per 100g):	35.2g
Fat (total):	n/a	Sugar (per 100g)	2.6g
Fat (Sat):	3.1g	Sodium (per 100g):	533mg

Tuesday - 01/06/2021

## Gf & Lf Cheese & Spinach Gozleme (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



### Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Lactose Free Cheese (24%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Spinach (8%), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.1g
Dairy Free:	No	Sugar:	2.3g
Lactose Free:	Yes	Sodium:	154mg
Soy Free:	No	Energy (per 100g):	1140kJ (273Cal)
Egg Free:	No	Protein (per 100g):	7.9g
Vegetarian:	Yes	Fat (total, per 100g):	13.7g
Energy:	571kJ (137Cal)	Fat (Sat, per 100g):	6.9g
Protein:	3.9g	Carbohydrates (per 100g):	40.1g
Fat (total):	n/a	Sugar (per 100g)	4.5g
Fat (Sat):	3.4g	Sodium (per 100g):	308mg

Tuesday - 01/06/2021

## Mexican Bean Dip & Corn Chips (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



### Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Red Kidney Beans (Red Kidney Beans, Water, Salt), Tomato Puree, Celery, Carrot, Onion, Olive Oil, Paprika, Turmeric, Garlic, Cumin

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.1g
Dairy Free:	Yes	Sugar:	1.2g
Lactose Free:	Yes	Sodium:	177mg
Soy Free:	Yes	Energy (per 100g):	1290kJ (307Cal)
Egg Free:	Yes	Protein (per 100g):	6.3g
Vegetarian:	Yes	Fat (total, per 100g):	14.4g
Energy:	771kJ (184Cal)	Fat (Sat, per 100g):	6.0g
Protein:	3.8g	Carbohydrates (per 100g):	35.2g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	3.6g	Sodium (per 100g):	296mg

Wednesday - 02/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Wednesday - 02/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

## Cheesy Meatball Sub (Lunch)

Serving Size: 145g



### Ingredients

Wholemeal Mini Torp (Unbleached Wholemeal Wheat Flour (56%), Water, Baker's Yeast, Wheat Gluten, Iodised Salt, Vegetable Oil, Soy Flour, Vinegar, Sugar, Emulsifiers From Vegetable Source (481, 472 (E)), Vitamins (Thiamin, Folic Acid)), Beef (14%), Tomato Puree, Onion, Carrot, Cheddar Cheese (7%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Zucchini, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Spinach, Filtered Water, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Garlic Powder, Italian Mixed Herbs, Paprika, Parsley, White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans:May Contain Sesame Seeds

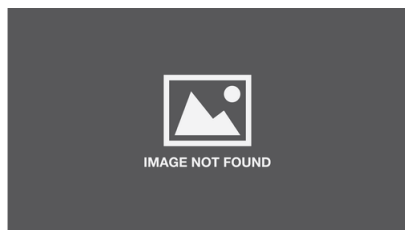
### Nutrition Info

Gluten Free:	No	Carbohydrates:	27.0g
Dairy Free:	No	Sugar:	3.7g
Lactose Free:	No	Sodium:	397mg
Soy Free:	No	Energy (per 100g):	764kJ (182Cal)
Egg Free:	Yes	Protein (per 100g):	9.9g
Vegetarian:	No	Fat (total, per 100g):	6.1g
Energy:	1110kJ (265Cal)	Fat (Sat, per 100g):	2.4g
Protein:	14.3g	Carbohydrates (per 100g):	18.6g
Fat (total):	n/a	Sugar (per 100g)	2.5g
Fat (Sat):	3.5g	Sodium (per 100g):	274mg



## Gf & Df Mumma`s Meat Balls & Sweet Potato (Al) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Sweet Potato, Beef, Tomato Puree, Onion, Carrot, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Filtered Water, Zucchini, Gluten Free Bread (Water, Organic Rice Flour, Tapioca Starch, Organic Pumpkin (11%), Organic Rice Flour, Organic Buckwheat Flour, Organic Sunflower Oil, Cultured Rice Flour, Salt (Non-Iodised), Vegetable Gum (Guar)), Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Spring Onion, Parsley, Paprika, Italian Mixed Herbs, White Pepper, Garlic Powder

### Allergy Information

:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.8g
Dairy Free:	Yes	Sugar:	8.8g
Lactose Free:	Yes	Sodium:	87mg
Soy Free:	No	Energy (per 100g):	431kJ (103Cal)
Egg Free:	No	Protein (per 100g):	5.3g
Vegetarian:	No	Fat (total, per 100g):	3.6g
Energy:	862kJ (206Cal)	Fat (Sat, per 100g):	0.8g
Protein:	10.5g	Carbohydrates (per 100g):	10.9g
Fat (total):	n/a	Sugar (per 100g)	4.4g
Fat (Sat):	1.7g	Sodium (per 100g):	43mg

## GF & DF Lentil Veggie Pattie w/ Mash (AL) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Sweet Potato, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Onion, Lentils (4.5%), Carrot, Zucchini, Corn, Potato, Gluten Free Bread (Water, Organic Rice Flour, Tapioca Starch, Organic Pumpkin (11%), Organic Rice Flour, Organic Buckwheat Flour, Organic Sunflower Oil, Cultured Rice Flour, Salt (Non-Iodised), Vegetable Gum (Guar)), Red Capsicum, Olive Oil, Parsley, Garlic Powder, White Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.8g
Dairy Free:	Yes	Sugar:	9.0g
Lactose Free:	Yes	Sodium:	68mg
Soy Free:	Yes	Energy (per 100g):	355kJ (85Cal)
Egg Free:	Yes	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	1.3g
Energy:	710kJ (170Cal)	Fat (Sat, per 100g):	0.2g
Protein:	4.5g	Carbohydrates (per 100g):	14.4g
Fat (total):	n/a	Sugar (per 100g)	4.5g
Fat (Sat):	0.3g	Sodium (per 100g):	34mg

Wednesday - 02/06/2021

## Apricot Danish (Afternoon Tea)

Serving Size: 60g



### Ingredients

Apple (Apple, Antioxidant (Ascorbic Acid), Calcium Chloride), Apricot (Apricot, (Fruit (Pear/apple/peach) Juice, Firming Agent (Calcium Chloride)), Filtered Water, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Sultana, Maize Cornflour (Gluten Free)

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	17.7g
Dairy Free:	No	Sugar:	8.1g
Lactose Free:	No	Sodium:	4mg
Soy Free:	No	Energy (per 100g):	912kJ (218Cal)
Egg Free:	No	Protein (per 100g):	2.8g
Vegetarian:	No	Fat (total, per 100g):	9.6g
Energy:	547kJ (131Cal)	Fat (Sat, per 100g):	6.1g
Protein:	1.7g	Carbohydrates (per 100g):	29.4g
Fat (total):	n/a	Sugar (per 100g)	13.5g
Fat (Sat):	3.6g	Sodium (per 100g):	7mg

## Gf & Df Apricot Muffin (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



### Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana, Organic Dried Apricot (Organic Apricots, Organic Rice Flour (Max 2%)), Olive Oil, Raw Sugar, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.7g
Dairy Free:	Yes	Sugar:	11.4g
Lactose Free:	Yes	Sodium:	112mg
Soy Free:	No	Energy (per 100g):	1240kJ (297Cal)
Egg Free:	No	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	9.8g
Energy:	745kJ (178Cal)	Fat (Sat, per 100g):	1.4g
Protein:	1.4g	Carbohydrates (per 100g):	57.9g
Fat (total):	n/a	Sugar (per 100g)	19.0g
Fat (Sat):	0.9g	Sodium (per 100g):	186mg

Wednesday - 02/06/2021

## GF & LF Yoghurt & Apricot (AI) (Afternoon Tea) [Allergy]

Serving Size: 125g



### Ingredients

Yoghurt (60%) (Certified Organic Unhomgenised Milk, Certified Organic Non-Fat Milk Solids, Lactase Enzyme, Cultures), Apricot (40%) (Apricot, (Fruit (Pear/apple/peach) Juice, Firming Agent (Calcium Chloride))

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.1g
Dairy Free:	No	Sugar:	8.7g
Lactose Free:	Yes	Sodium:	51mg
Soy Free:	Yes	Energy (per 100g):	213kJ (51Cal)
Egg Free:	Yes	Protein (per 100g):	3.4g
Vegetarian:	Yes	Fat (total, per 100g):	0.2g
Energy:	267kJ (64Cal)	Fat (Sat, per 100g):	0.1g
Protein:	4.2g	Carbohydrates (per 100g):	8.9g
Fat (total):	n/a	Sugar (per 100g)	7.0g
Fat (Sat):	0.1g	Sodium (per 100g):	40mg

Wednesday - 02/06/2021

## Gf & Df Coconut Yoghurt & Apricot (AI) (Afternoon Tea) [Allergy]

Serving Size: 125g



### Ingredients

Yoghurt Coconut (60%) (Water, Coconut Cream, Tapioca Starch, Cultures.), Apricot (Apricot, (Fruit (Pear/apple/peach) Juice, Firming Agent (Calcium Chloride))

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.5g
Dairy Free:	Yes	Sugar:	4.6g
Lactose Free:	Yes	Sodium:	6mg
Soy Free:	Yes	Energy (per 100g):	371kJ (89Cal)
Egg Free:	Yes	Protein (per 100g):	0.9g
Vegetarian:	Yes	Fat (total, per 100g):	5.3g
Energy:	464kJ (111Cal)	Fat (Sat, per 100g):	5.1g
Protein:	1.1g	Carbohydrates (per 100g):	9.2g
Fat (total):	n/a	Sugar (per 100g)	3.7g
Fat (Sat):	6.4g	Sodium (per 100g):	5mg

Thursday - 03/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Thursday - 03/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

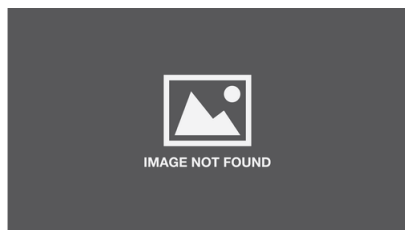
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg



## Chicken & Pumpkin Risotto Bake (Lunch)

Serving Size: 200g



### Ingredients

Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Skim Milk (Skim Milk, Milk Solids), Chicken (15%), Pumpkin (9%), Arborio Rice (9%), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Peas, Onion, Cheddar Cheese (Cows Milk, Salt, Starter Cultures, Non Animal Rennet), Unsalted Butter (Cream, Water), Plain Flour, Parsley, White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk

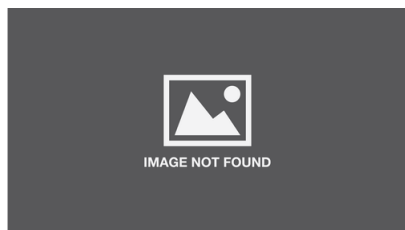
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.3g
Dairy Free:	No	Sugar:	5.1g
Lactose Free:	No	Sodium:	224mg
Soy Free:	Yes	Energy (per 100g):	525kJ (125Cal)
Egg Free:	Yes	Protein (per 100g):	8.3g
Vegetarian:	No	Fat (total, per 100g):	5.2g
Energy:	1050kJ (251Cal)	Fat (Sat, per 100g):	2.8g
Protein:	16.5g	Carbohydrates (per 100g):	10.7g
Fat (total):	n/a	Sugar (per 100g)	2.5g
Fat (Sat):	5.5g	Sodium (per 100g):	112mg

Thursday - 03/06/2021

## Gf & Lf Brown Rice Chicken Bake (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Brown Rice (29%), Lactose Free Milk (Full Cream Milk, Enzyme (Lactase)), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Chicken Thigh, Lactose Free Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Onion, Gluten Free Plain Flour (Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), White Pepper

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.4g
Dairy Free:	No	Sugar:	4.3g
Lactose Free:	Yes	Sodium:	159mg
Soy Free:	No	Energy (per 100g):	633kJ (151Cal)
Egg Free:	No	Protein (per 100g):	7.8g
Vegetarian:	No	Fat (total, per 100g):	7.1g
Energy:	1270kJ (303Cal)	Fat (Sat, per 100g):	3.0g
Protein:	15.7g	Carbohydrates (per 100g):	13.7g
Fat (total):	n/a	Sugar (per 100g)	2.2g
Fat (Sat):	5.9g	Sodium (per 100g):	80mg

Thursday - 03/06/2021

## Gf & Df Vegetable Risotto (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Arborio Rice, Onion, Pumpkin (8%), Carrot, Zucchini, Broccoli, Olive Oil, Garlic, Ground Black Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7g
Dairy Free:	Yes	Sugar:	15.4g
Lactose Free:	Yes	Sodium:	29mg
Soy Free:	Yes	Energy (per 100g):	532kJ (127Cal)
Egg Free:	Yes	Protein (per 100g):	2.2g
Vegetarian:	Yes	Fat (total, per 100g):	6.2g
Energy:	1060kJ (254Cal)	Fat (Sat, per 100g):	1.0g
Protein:	4.4g	Carbohydrates (per 100g):	20.4g
Fat (total):	n/a	Sugar (per 100g)	7.7g
Fat (Sat):	1.9g	Sodium (per 100g):	14mg

Thursday - 03/06/2021

## GF & DF Chicken & Pumpkin Risotto (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Chicken Thigh (18%), Arborio Rice, Onion, Pumpkin (6%), Carrot, Zucchini, Broccoli, Olive Oil, Garlic, Ground Black Pepper

### Allergy Information

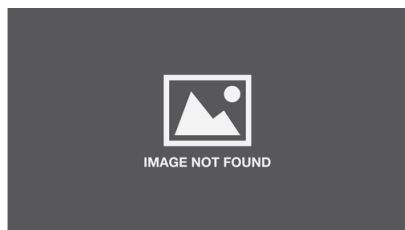
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.6g
Dairy Free:	Yes	Sugar:	13.8g
Lactose Free:	Yes	Sodium:	61mg
Soy Free:	No	Energy (per 100g):	595kJ (142Cal)
Egg Free:	No	Protein (per 100g):	5.7g
Vegetarian:	No	Fat (total, per 100g):	7.1g
Energy:	1190kJ (284Cal)	Fat (Sat, per 100g):	1.3g
Protein:	11.4g	Carbohydrates (per 100g):	18.3g
Fat (total):	n/a	Sugar (per 100g):	6.9g
Fat (Sat):	2.6g	Sodium (per 100g):	31mg

Thursday - 03/06/2021

## Sesame & Poppy Seed Vita-Weats w/ Cheddar Cheese (Afternoon Tea)

Serving Size: 36g



### Ingredients

Vita Weats Sesame & Poppy Seed (56%) (Wholegrain (52%), [Whole-Wheat Flour], Seeds (6.5%) [Sesame, Poppy], Vegetable Oil, Cornflour, Sugar, Yeast, Salt, Malt Extract (From Barley), Emulsifier (Soy Lecithin)), Cheese Slices (44%) ( (Pasturised Milk, Salt, Cultures, Enzyme (Rennet)))

### Allergy Information

Contains Wheat, Barley, Milk, Soybean, Sesame Seeds, Gluten:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	11.2g
Dairy Free:	No	Sugar:	0.5g
Lactose Free:	No	Sodium:	275mg
Soy Free:	No	Energy (per 100g):	1880kJ (448Cal)
Egg Free:	Yes	Protein (per 100g):	14.8g
Vegetarian:	Yes	Fat (total, per 100g):	29.1g
Energy:	676kJ (161Cal)	Fat (Sat, per 100g):	14.1g
Protein:	5.3g	Carbohydrates (per 100g):	31.1g
Fat (total):	n/a	Sugar (per 100g)	1.3g
Fat (Sat):	5.1g	Sodium (per 100g):	765mg

Thursday - 03/06/2021

## Lf Cheddar Cheese & Multigrain Vita-Weats (AI) (Afternoon Tea) [Allergy]

Serving Size: 30g



### Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Vita-Weat Crackers (47%) (Wholegrain (50%) [Whole-Wheat Flour], Wheat Flour, Vegetable Oil, Cornflour, Sugar, Salt, Malt Extract [From Barley], Emulsifier (Soy Lecithin), Yeast)

### Allergy Information

Contains Wheat, Barley, Contains Gluten, Milk, Soybeans:May Contain Egg, Peanuts, Tree Nuts, Sesame Seeds

### Nutrition Info

Gluten Free:	No	Carbohydrates:	9.9g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	Yes	Sodium:	194mg
Soy Free:	No	Energy (per 100g):	1740kJ (415Cal)
Egg Free:	Yes	Protein (per 100g):	16.9g
Vegetarian:	Yes	Fat (total, per 100g):	23.2g
Energy:	521kJ (124Cal)	Fat (Sat, per 100g):	13.0g
Protein:	5.1g	Carbohydrates (per 100g):	32.9g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	3.9g	Sodium (per 100g):	645mg

Thursday - 03/06/2021

## Hummus & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



### Ingredients

Chickpeas, Brown Rice Crackers (30%) (Brown Rice Flour, Rice Bran Oil (10%)), Lemon Juice, Olive Oil, Garlic Powder, White Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.8g
Dairy Free:	Yes	Sugar:	0.5g
Lactose Free:	Yes	Sodium:	98mg
Soy Free:	Yes	Energy (per 100g):	853kJ (204Cal)
Egg Free:	Yes	Protein (per 100g):	5.9g
Vegetarian:	Yes	Fat (total, per 100g):	6.4g
Energy:	427kJ (102Cal)	Fat (Sat, per 100g):	1.2g
Protein:	3.0g	Carbohydrates (per 100g):	31.6g
Fat (total):	n/a	Sugar (per 100g)	0.9g
Fat (Sat):	0.6g	Sodium (per 100g):	196mg

Friday - 04/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg



Friday - 04/06/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Friday - 04/06/2021

## Beef Stroganoff & Brown Rice (Lunch)

Serving Size: 200g



### Ingredients

Brown Rice (35%), Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef (16%), Onion, Cream, Mushrooms, Green Beans, Carrot, Cauliflower, Tomato Paste (Citric Acid), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Tamari (Organic Soya Beans, Rice, Salt, Water), Spring Onion, Maize Cornflour (Gluten Free), Garlic, Paprika

### Allergy Information

Contains Milk, Soybeans

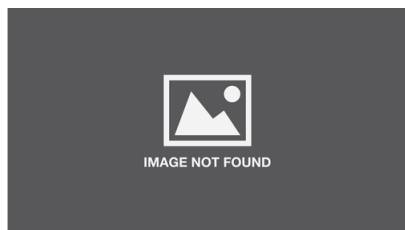
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.7g
Dairy Free:	No	Sugar:	2.4g
Lactose Free:	No	Sodium:	305mg
Soy Free:	No	Energy (per 100g):	547kJ (131Cal)
Egg Free:	Yes	Protein (per 100g):	8.3g
Vegetarian:	No	Fat (total, per 100g):	4.8g
Energy:	1090kJ (261Cal)	Fat (Sat, per 100g):	1.8g
Protein:	16.7g	Carbohydrates (per 100g):	12.8g
Fat (total):	n/a	Sugar (per 100g)	1.2g
Fat (Sat):	3.6g	Sodium (per 100g):	152mg

Friday - 04/06/2021

## Df Beef Stroganoff & Rice (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Brown Rice (35%), Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef (17%), Onion, Mushrooms, Green Beans, Carrot, Cauliflower, Tomato Paste (Citric Acid), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Tamari (Organic Soya Beans, Rice, Salt, Water), Spring Onion, Maize Cornflour (Gluten Free), Garlic, Paprika

### Allergy Information

Contains Soybeans

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.2g
Dairy Free:	Yes	Sugar:	2.0g
Lactose Free:	Yes	Sodium:	301mg
Soy Free:	No	Energy (per 100g):	500kJ (119Cal)
Egg Free:	Yes	Protein (per 100g):	8.2g
Vegetarian:	No	Fat (total, per 100g):	3.7g
Energy:	1000kJ (239Cal)	Fat (Sat, per 100g):	1.1g
Protein:	16.4g	Carbohydrates (per 100g):	12.6g
Fat (total):	n/a	Sugar (per 100g)	1.0g
Fat (Sat):	2.1g	Sodium (per 100g):	151mg

Friday - 04/06/2021

## Vegetable Stroganoff & Rice (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Brown Rice, Vegetable Stock (34%) (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Chickpeas, Coconut Cream (Coconut Extract (63%), Water, Stabiliser (466)), Mushrooms (3.5%), Green Beans, Cauliflower, Onion, Tomato Paste (Citric Acid), Tamari (Organic Soya Beans, Rice, Salt, Water), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Garlic, Spring Onion, Maize Cornflour (Gluten Free), Paprika

### Allergy Information

Contains Soybeans

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.8g
Dairy Free:	Yes	Sugar:	10.0g
Lactose Free:	Yes	Sodium:	191mg
Soy Free:	No	Energy (per 100g):	374kJ (89Cal)
Egg Free:	Yes	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	2.4g
Energy:	748kJ (179Cal)	Fat (Sat, per 100g):	1.0g
Protein:	4.6g	Carbohydrates (per 100g):	18.4g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.0g	Sodium (per 100g):	96mg

Friday - 04/06/2021

## Gf & Df Vegetable Risotto (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Arborio Rice, Onion, Pumpkin (8%), Carrot, Zucchini, Broccoli, Olive Oil, Garlic, Ground Black Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7g
Dairy Free:	Yes	Sugar:	15.4g
Lactose Free:	Yes	Sodium:	29mg
Soy Free:	Yes	Energy (per 100g):	532kJ (127Cal)
Egg Free:	Yes	Protein (per 100g):	2.2g
Vegetarian:	Yes	Fat (total, per 100g):	6.2g
Energy:	1060kJ (254Cal)	Fat (Sat, per 100g):	1.0g
Protein:	4.4g	Carbohydrates (per 100g):	20.4g
Fat (total):	n/a	Sugar (per 100g)	7.7g
Fat (Sat):	1.9g	Sodium (per 100g):	14mg

Friday - 04/06/2021

## Cheese & Tomato Pizza (Afternoon Tea)

Serving Size: 70g



### Ingredients

Mozzarella Cheese (24%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Wholemeal Flour, Plain Flour, Filtered Water, Semi Dried Tomato (7%), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Kalamata Olives (Water, Salt, Lactic Acid), Capers, Olive Oil, Raw Sugar, Yeast (Yeast, Rehydration Agent (Sorbitan Monostearate), Ascorbic Acid), Fresh Herbs, Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase))

### Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

### Nutrition Info

Gluten Free:	No	Carbohydrates:	22.0g
Dairy Free:	No	Sugar:	1.4g
Lactose Free:	No	Sodium:	165mg
Soy Free:	No	Energy (per 100g):	1210kJ (289Cal)
Egg Free:	Yes	Protein (per 100g):	11.3g
Vegetarian:	No	Fat (total, per 100g):	12.7g
Energy:	848kJ (202Cal)	Fat (Sat, per 100g):	4.5g
Protein:	7.9g	Carbohydrates (per 100g):	31.5g
Fat (total):	n/a	Sugar (per 100g)	1.9g
Fat (Sat):	3.1g	Sodium (per 100g):	236mg

Friday - 04/06/2021

## Lf Cheesy Tomato Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



### Ingredients

Filtered Water, Lactose Free Cheese (21%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Semi Dried Tomato (17%), Plain Flour Perfection, Wholemeal Flour 90/10 (Wholemeal Wheat Flour, Wheat Flour, Vitamin (Thiamin)), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Gluten, Yeast (Yeast, Rehydration Agent (Sorbitan Monostearate), Ascorbic Acid), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase))

### Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

### Nutrition Info

Gluten Free:	No	Carbohydrates:	19.5g
Dairy Free:	No	Sugar:	3.1g
Lactose Free:	Yes	Sodium:	161mg
Soy Free:	No	Energy (per 100g):	1290kJ (309Cal)
Egg Free:	Yes	Protein (per 100g):	11.6g
Vegetarian:	Yes	Fat (total, per 100g):	14.4g
Energy:	776kJ (185Cal)	Fat (Sat, per 100g):	6.4g
Protein:	7.0g	Carbohydrates (per 100g):	32.6g
Fat (total):	n/a	Sugar (per 100g)	5.1g
Fat (Sat):	3.8g	Sodium (per 100g):	268mg

Friday - 04/06/2021

## Gf & Df Tomato Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



### Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Onion, Semi Dried Tomato, Spinach, Pepitas, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Olive Oil, Italian Mixed Herbs

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.4g
Dairy Free:	Yes	Sugar:	4.1g
Lactose Free:	Yes	Sodium:	131mg
Soy Free:	Yes	Energy (per 100g):	1030kJ (247Cal)
Egg Free:	Yes	Protein (per 100g):	3.4g
Vegetarian:	Yes	Fat (total, per 100g):	10.6g
Energy:	619kJ (148Cal)	Fat (Sat, per 100g):	1.4g
Protein:	2.0g	Carbohydrates (per 100g):	45.7g
Fat (total):	n/a	Sugar (per 100g)	6.9g
Fat (Sat):	0.8g	Sodium (per 100g):	218mg



Friday - 04/06/2021

## Gf & Lf Cheesy Tomato Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 70g



### Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Lactose Free Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Onion, Semi Dried Tomato (9%), Spinach, Pepitas, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Olive Oil, Italian Mixed Herbs

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.5g
Dairy Free:	No	Sugar:	4.2g
Lactose Free:	Yes	Sodium:	192mg
Soy Free:	Yes	Energy (per 100g):	1120kJ (268Cal)
Egg Free:	Yes	Protein (per 100g):	6.3g
Vegetarian:	Yes	Fat (total, per 100g):	13.9g
Energy:	786kJ (188Cal)	Fat (Sat, per 100g):	4.5g
Protein:	4.4g	Carbohydrates (per 100g):	39.3g
Fat (total):	n/a	Sugar (per 100g)	6.1g
Fat (Sat):	3.2g	Sodium (per 100g):	274mg