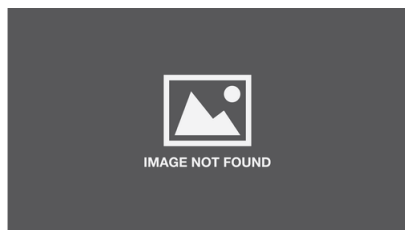


Menu: Childcare Week 3 - 14.10.24 - 18.10.24

Monday - 14/10/2024

Organic Milk, Kiwi, Pear & Rockmelon (Morning Tea)

Serving Size: 180 g



Ingredients

Full Cream **Milk**, Kiwi, Rockmelon, Diced Pear (Diced Pears (62% Min), Refined Fruit Juice).

Allergy Information

Contains Milk.:

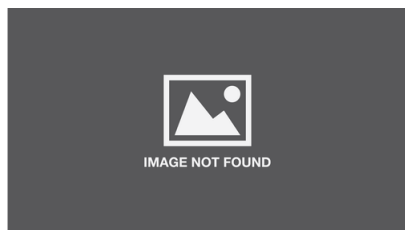
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.6 g
Dairy Free:	No	Sugar:	11.0 g
Lactose Free:	No	Sodium:	43 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.5 g
Fish Free:	Yes	Sugar (per 100g)	6.1 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	443 kJ (106 Cal)	Energy (per 100g):	246 kJ (59 Cal)
Protein:	4.1 g	Protein (per 100g):	2.3 g

Monday - 14/10/2024

LF Milk, Kiwi, Pear & Rockmelon (Morning Tea) [Allergy]

Serving Size: 180 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Kiwi, Rockmelon, Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.5 g
Dairy Free:	No	Sugar:	10.7 g
Lactose Free:	Yes	Sodium:	44 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.4 g
Fish Free:	Yes	Sugar (per 100g)	5.9 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	368 kJ (88 Cal)	Energy (per 100g):	204 kJ (49 Cal)
Protein:	3.8 g	Protein (per 100g):	2.1 g

Monday - 14/10/2024

Organic Rice Milk, Kiwi, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 180 g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Kiwi, Mandarin, Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.).

Allergy Information

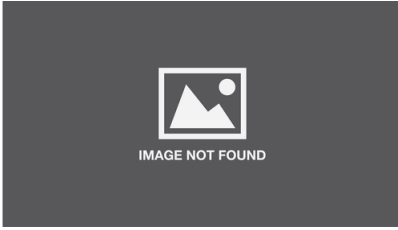
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.5 g
Dairy Free:	Yes	Sugar:	11.1 g
Lactose Free:	Yes	Sodium:	67 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.7 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	37 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	395 kJ (94 Cal)	Energy (per 100g):	219 kJ (52 Cal)
Protein:	1.4 g	Protein (per 100g):	0.8 g

Monday - 14/10/2024

Organic Soy Milk, Kiwi, Pear & Rockmelon (Morning Tea) [Allergy]

Serving Size: 180 g



Ingredients

Soy Milk, Kiwi, Rockmelon, Diced Pear (Diced Pears (62% Min), Refined Fruit Juice).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.6 g
Dairy Free:	Yes	Sugar:	8.7 g
Lactose Free:	Yes	Sodium:	35 mg
Soy Free:	No	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.9 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	403 kJ (96 Cal)	Energy (per 100g):	224 kJ (54 Cal)
Protein:	3.6 g	Protein (per 100g):	2.0 g

Monday - 14/10/2024

Spaghetti Bolognese w/ Cheddar Cheese (Lunch)

Serving Size: 220 g



Ingredients

Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Water, Spaghetti (**Wheat**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Olive Oil Pure, Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.0 g
Dairy Free:	No	Sugar:	4.6 g
Lactose Free:	No	Sodium:	198 mg
Soy Free:	Yes	Fat (total):	13.2 g
Egg Free:	Yes	Fat (Sat):	6.6 g
Vegetarian:	No	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	90 mg
Tomato Free:	No	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	1380 kJ (330 Cal)	Energy (per 100g):	627 kJ (150 Cal)
Protein:	20.8 g	Protein (per 100g):	9.4 g

Monday - 14/10/2024

Spaghetti Bolognese (No Cheese) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Water, Spaghetti (**Wheat**), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Olive Oil Pure, Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.9 g
Dairy Free:	Yes	Sugar:	4.6 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	No	Sodium (per 100g):	34 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1030 kJ (247 Cal)	Energy (per 100g):	516 kJ (123 Cal)
Protein:	15.8 g	Protein (per 100g):	7.9 g

Monday - 14/10/2024

Tomato & Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Water, Tomato Puree, Spaghetti (**Wheat**), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil Pure, Potato Starch, Tomato Paste (Citric Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.0 g
Dairy Free:	Yes	Sugar:	7.4 g
Lactose Free:	Yes	Sodium:	47 mg
Soy Free:	Yes	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.5 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	827 kJ (198 Cal)	Energy (per 100g):	413 kJ (99 Cal)
Protein:	6.0 g	Protein (per 100g):	3.0 g

Monday - 14/10/2024

GF & DF Spaghetti Bolognese (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Tomato Puree, Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Beef Mince, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Maize Cornflour (Gluten Free), Minced Garlic, Olive Oil Pure, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

Allergy Information

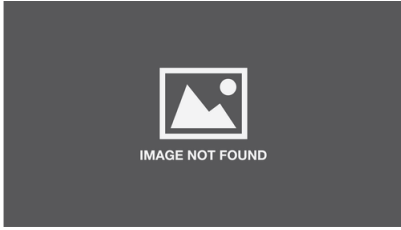
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.3 g
Dairy Free:	Yes	Sugar:	4.0 g
Lactose Free:	Yes	Sodium:	40 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	No	Carbohydrates (per 100g):	18.7 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	20 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	979 kJ (234 Cal)	Energy (per 100g):	490 kJ (117 Cal)
Protein:	10.4 g	Protein (per 100g):	5.2 g

Monday - 14/10/2024

GF & DF Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil Pure, Potato Starch, Tomato Paste (Citric Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.0 g
Dairy Free:	Yes	Sugar:	6.7 g
Lactose Free:	Yes	Sodium:	37 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.0 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	18 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	888 kJ (212 Cal)	Energy (per 100g):	444 kJ (106 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g

Monday - 14/10/2024

GF & DF Banana Scone & Berry Spread (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Gluten Free Self Raising Flour (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)), Water, Frozen Blueberries, Olive Oil Pure, Banana, Sultana (Sultanas, Vegetable Oil), Raw Sugar, Chia Seeds, Honey.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.7 g
Dairy Free:	Yes	Sugar:	5.1 g
Lactose Free:	Yes	Sodium:	88 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	41.0 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	126 mg
Tomato Free:	Yes	Fat (total, per 100g):	10.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	777 kJ (186 Cal)	Energy (per 100g):	1110 kJ (265 Cal)
Protein:	1.1 g	Protein (per 100g):	1.5 g

Monday - 14/10/2024

Sultana Scone w/ Chia Berry Fruit Spread (Afternoon Tea)

Serving Size: 70 g



Ingredients

Milk, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Frozen Blueberries, Currants, Sultana (Sultanas, Vegetable Oil), Unsalted Butter (**Milk**) (Cream, Water), Honey, Chia Seeds, Natural Organic Vanilla Extract (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

Contains Gluten, Wheat, Milk.:

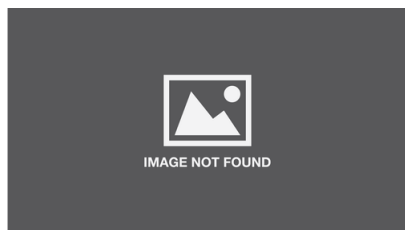
Nutrition Info

Gluten Free:	No	Carbohydrates:	32.0 g
Dairy Free:	No	Sugar:	10.1 g
Lactose Free:	No	Sodium:	237 mg
Soy Free:	Yes	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	45.7 g
Fish Free:	Yes	Sugar (per 100g)	14.4 g
Red Meat Free:	Yes	Sodium (per 100g):	339 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0 g
Energy:	831 kJ (199 Cal)	Energy (per 100g):	1190 kJ (284 Cal)
Protein:	4.6 g	Protein (per 100g):	6.5 g

Monday - 14/10/2024

DF Banana Scone & Berry Spread (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Banana, Frozen Blueberries, Sultana (Sultanas, Vegetable Oil), Nuttalex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Chia Seeds, Honey, Cinnamon.

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.9 g
Dairy Free:	Yes	Sugar:	7.0 g
Lactose Free:	Yes	Sodium:	252 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	44.2 g
Fish Free:	Yes	Sugar (per 100g)	10.0 g
Red Meat Free:	Yes	Sodium (per 100g):	360 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	774 kJ (185 Cal)	Energy (per 100g):	1110 kJ (264 Cal)
Protein:	4.1 g	Protein (per 100g):	5.9 g

Tuesday - 15/10/2024

Apple, Cheese, Corn Thins & Veggie Sticks (Morning Tea)

Serving Size: 100 g



Ingredients

Apple, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Multigrain Corn Thins (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Carrot, Celery.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.5 g
Dairy Free:	No	Sugar:	7.7 g
Lactose Free:	No	Sodium:	153 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.5 g
Fish Free:	Yes	Sugar (per 100g)	7.7 g
Red Meat Free:	Yes	Sodium (per 100g):	153 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.7 g
Energy:	627 kJ (150 Cal)	Energy (per 100g):	627 kJ (150 Cal)
Protein:	5.6 g	Protein (per 100g):	5.6 g

Tuesday - 15/10/2024

GF & LF Cheese & Crudites w/ Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 30 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Capsicum, Celery.

Allergy Information

Contains Milk.:

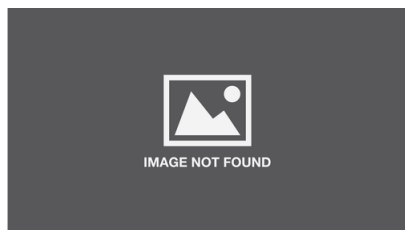
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.7 g
Dairy Free:	No	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	203 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.7 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	678 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	518 kJ (124 Cal)	Energy (per 100g):	1730 kJ (412 Cal)
Protein:	5.3 g	Protein (per 100g):	17.7 g

Tuesday - 15/10/2024

Apple, Sweet Potato Dip, Corn Thins & Veggies (Al) (Morning Tea) [Allergy]

Serving Size: 112 g



Ingredients

Apple, Multigrain Corn Thins (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Carrot, Chickpeas, Sweet Potato, Water, Celery, Lemon Juice, Olive Oil Pure, Cumin, Garlic, Powder, White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.2 g
Dairy Free:	Yes	Sugar:	8.2 g
Lactose Free:	Yes	Sodium:	58 mg
Soy Free:	Yes	Fat (total):	1.5 g
Egg Free:	Yes	Fat (Sat):	0.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.2 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	52 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	456 kJ (109 Cal)	Energy (per 100g):	407 kJ (97 Cal)
Protein:	2.5 g	Protein (per 100g):	2.3 g

Tuesday - 15/10/2024

Cheesy Vegetable Lasagne (Lunch)

Serving Size: 250 g



Ingredients

Water, Tomato Puree, Lasagne Sheet (Durum **Wheat** Semolina, Water), Pumpkin, Zucchini, Red Lentil, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion, Skim **Milk** Powder, Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Capsicum, Carrot, Celery, Tomato Paste (Citric Acid), Potato Starch, Minced Garlic, Olive Oil Pure, White Pepper, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.1 g
Dairy Free:	No	Sugar:	5.2 g
Lactose Free:	No	Sodium:	86 mg
Soy Free:	Yes	Fat (total):	10.6 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.1 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	34 mg
Tomato Free:	No	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1150 kJ (274 Cal)	Energy (per 100g):	459 kJ (110 Cal)
Protein:	12.1 g	Protein (per 100g):	4.8 g

Tuesday - 15/10/2024

LF Cheesy Tomato & Spinach Risoni (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Tomato Puree, Risoni (Durum **Wheat** Semolina, Water), Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Baby Spinach, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil Pure, Potato Starch, Tomato Paste (Citric Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.3 g
Dairy Free:	No	Sugar:	6.9 g
Lactose Free:	Yes	Sodium:	121 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	60 mg
Tomato Free:	No	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	802 kJ (192 Cal)	Energy (per 100g):	401 kJ (96 Cal)
Protein:	7.4 g	Protein (per 100g):	3.7 g

Tuesday - 15/10/2024

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.5 g
Dairy Free:	Yes	Sugar:	12.3 g
Lactose Free:	Yes	Sodium:	52 mg
Soy Free:	Yes	Fat (total):	12.7 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	No	Carbohydrates (per 100g):	16.3 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	26 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1270 kJ (303 Cal)	Energy (per 100g):	634 kJ (152 Cal)
Protein:	13.0 g	Protein (per 100g):	6.5 g

Tuesday - 15/10/2024

Wholemeal Garlic Bread w/ Orange Wedges (Afternoon Tea)

Serving Size: 93 g



Ingredients

Orange, Garlic Filled Rolls (Unbleached Wholemeal **Wheat** Flour, Water, Vegetable Oils, Garlic (3%), Baker€™s Yeast, Vinegar, **Wheat** Gluten, Iodised Salt, **Soy** Flour, Sugar, Vegetable Emulsifiers (481, 471, 472(E), **Soy** Lecithin), Skim **Milk** Powder, Flavours, Acidity Regulator (330), Vitamins (Thiamin, Folic Acid), Colour (160(A))).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.7 g
Dairy Free:	No	Sugar:	4.5 g
Lactose Free:	No	Sodium:	212 mg
Soy Free:	No	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	2.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.3 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	227 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5 g
Energy:	630 kJ (150 Cal)	Energy (per 100g):	677 kJ (162 Cal)
Protein:	3.6 g	Protein (per 100g):	3.9 g

Tuesday - 15/10/2024

GF & DF Garlic Bread w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Hush, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Orange, Cannellini Beans, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Minced Garlic, Parsley.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.4 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	239 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.4 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	239 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	742 kJ (177 Cal)	Energy (per 100g):	742 kJ (177 Cal)
Protein:	1.4 g	Protein (per 100g):	1.4 g

Tuesday - 15/10/2024

GF & LF Garlic Bread w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Hush, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Orange, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Cannellini Beans, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Minced Garlic, Parsley.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.8 g
Dairy Free:	No	Sugar:	6.3 g
Lactose Free:	Yes	Sodium:	268 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.8 g
Fish Free:	Yes	Sugar (per 100g)	6.3 g
Red Meat Free:	Yes	Sodium (per 100g):	268 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	794 kJ (190 Cal)	Energy (per 100g):	794 kJ (190 Cal)
Protein:	3.8 g	Protein (per 100g):	3.8 g

Wednesday - 16/10/2024

Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 190 g



Ingredients

Organic Full Cream **Milk**, Apple, Banana, Pineapple.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.4 g
Dairy Free:	No	Sugar:	15.2 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.2 g
Fish Free:	Yes	Sugar (per 100g)	8.0 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	553 kJ (132 Cal)	Energy (per 100g):	291 kJ (70 Cal)
Protein:	4.2 g	Protein (per 100g):	2.2 g

Wednesday - 16/10/2024

Tropical Fruit Platter w/ LF Milk (Morning Tea) [Allergy]

Serving Size: 190 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Apple, Banana, Pineapple.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.2 g
Dairy Free:	No	Sugar:	14.8 g
Lactose Free:	Yes	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.1 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	478 kJ (114 Cal)	Energy (per 100g):	252 kJ (60 Cal)
Protein:	3.9 g	Protein (per 100g):	2.1 g

Wednesday - 16/10/2024

Tropical Fruit Platter w/ Rice Milk (Morning Tea) [Allergy]

Serving Size: 190 g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Apple, Banana, Pineapple.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.7 g
Dairy Free:	Yes	Sugar:	13.7 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.5 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.4 g
Fish Free:	Yes	Sugar (per 100g)	7.2 g
Red Meat Free:	Yes	Sodium (per 100g):	34 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	474 kJ (113 Cal)	Energy (per 100g):	250 kJ (60 Cal)
Protein:	1.5 g	Protein (per 100g):	0.8 g

Wednesday - 16/10/2024

Tropical Fruit Platter w/ Soy Milk (Morning Tea) [Allergy]

Serving Size: 190 g



Ingredients

Soy Milk, Apple, Banana, Pineapple.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.4 g
Dairy Free:	Yes	Sugar:	12.9 g
Lactose Free:	Yes	Sodium:	30 mg
Soy Free:	No	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.6 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	513 kJ (123 Cal)	Energy (per 100g):	270 kJ (65 Cal)
Protein:	3.7 g	Protein (per 100g):	1.9 g

Wednesday - 16/10/2024

Lunch Box Challenge Fruit & Organic Yoghurt (Morning Tea)

Serving Size: 200 g



Ingredients

Lunch Box Whole Fruit, Natural Yoghurt (**Milk, Milk** Solids, Yogurt Cultures: S. Thermophilus & L. Bulgaricus).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.2 g
Dairy Free:	No	Sugar:	16.6 g
Lactose Free:	No	Sodium:	56 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.1 g
Fish Free:	Yes	Sugar (per 100g)	8.3 g
Red Meat Free:	Yes	Sodium (per 100g):	28 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	572 kJ (137 Cal)	Energy (per 100g):	286 kJ (68 Cal)
Protein:	5.3 g	Protein (per 100g):	2.7 g

Wednesday - 16/10/2024

Lunch Box Challenge Fruit & Coconut Yoghurt (Morning Tea)

Serving Size: 200 g



Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Lunch Box Whole Fruit.

Allergy Information

Nutrition Info

Gluten Free:	No	Carbohydrates:	21.8 g
Dairy Free:	No	Sugar:	14.0 g
Lactose Free:	No	Sodium:	6 mg
Soy Free:	No	Fat (total):	8.8 g
Egg Free:	No	Fat (Sat):	8.4 g
Vegetarian:	No	Carbohydrates (per 100g):	10.9 g
Fish Free:	No	Sugar (per 100g)	7.0 g
Red Meat Free:	No	Sodium (per 100g):	3 mg
Tomato Free:	No	Fat (total, per 100g):	4.4 g
Sesame Free:	No	Fat (Sat, per 100g):	4.2 g
Energy:	747 kJ (179 Cal)	Energy (per 100g):	374 kJ (89 Cal)
Protein:	1.4 g	Protein (per 100g):	0.7 g

Wednesday - 16/10/2024

Roast Chicken, Lettuce & Cheesy Carrot Sandwich (Lunch)

Serving Size: 140 g



Ingredients

Wholegrain Bread (Unbleached Wholegrain **Wheat** Flour (50%), Water, Whole & Kibbled Grains (13%) (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Roast Chicken Breast, Iceberg Lettuce, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Carrot, White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.5 g
Dairy Free:	No	Sugar:	1.1 g
Lactose Free:	No	Sodium:	320 mg
Soy Free:	No	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	No	Carbohydrates (per 100g):	20.4 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	229 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	1150 kJ (276 Cal)	Energy (per 100g):	825 kJ (197 Cal)
Protein:	18.5 g	Protein (per 100g):	13.2 g

Wednesday - 16/10/2024

Roast Beef, Tomato & Pepitas Pesto Sandwich (Lunch)

Serving Size: 150 g



Ingredients

Wholegrain Bread (Unbleached Wholegrain **Wheat** Flour (50%), Water, Whole & Kibbled Grains (13%) (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Beef Bolar, Tomato, Iceberg Lettuce, Baby Spinach, Basil, Pepitas, White Pepper, Olive Oil Pure, Lemon Juice, Minced Garlic.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.0 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	304 mg
Soy Free:	No	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	No	Carbohydrates (per 100g):	19.3 g
Fish Free:	Yes	Sugar (per 100g)	0.7 g
Red Meat Free:	No	Sodium (per 100g):	203 mg
Tomato Free:	No	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1170 kJ (280 Cal)	Energy (per 100g):	781 kJ (187 Cal)
Protein:	19.0 g	Protein (per 100g):	12.7 g

Wednesday - 16/10/2024

Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Short Grain Rice, Avocado, Cucumber, White Vinegar, Raw Sugar, Olive Oil Pure, Seaweed, Salt.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.4 g
Dairy Free:	Yes	Sugar:	5.9 g
Lactose Free:	Yes	Sodium:	177 mg
Soy Free:	Yes	Fat (total):	6.9 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.2 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	Yes	Sodium (per 100g):	88 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1100 kJ (263 Cal)	Energy (per 100g):	551 kJ (132 Cal)
Protein:	4.9 g	Protein (per 100g):	2.5 g

Wednesday - 16/10/2024

Teriyaki Chicken & Avocado Sushi (Lunch)

Serving Size: 200 g



Ingredients

Short Grain Rice, Chicken Breast, Avocado, White Vinegar, Raw Sugar, Olive Oil Pure, Seaweed, Red Chilli, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Salt, Ginger, Minced Garlic.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.7 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	273 mg
Soy Free:	No	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	No	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	136 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1230 kJ (295 Cal)	Energy (per 100g):	617 kJ (147 Cal)
Protein:	14.8 g	Protein (per 100g):	7.4 g

Wednesday - 16/10/2024

Teriyaki Beef & Avocado Sushi (Lunch)

Serving Size: 200 g



Ingredients

Short Grain Rice, Beef Flank, Avocado, White Vinegar, Raw Sugar, Olive Oil Pure, Seaweed, Red Chilli, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Salt, Ginger, Minced Garlic.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.7 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	275 mg
Soy Free:	No	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	138 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1280 kJ (306 Cal)	Energy (per 100g):	640 kJ (153 Cal)
Protein:	14.1 g	Protein (per 100g):	7.1 g

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

Serving Size: 30 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Vita Weat Crackers (**Barley**) (Wholegrain (45%)(Whole **Wheat** Flour, Oats), **Wheat** Flour, Vegetable Oil, Cornflour, Seeds (6%)(Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin)).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Peanut, Tree Nuts, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.2 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	Yes	Sodium:	175 mg
Soy Free:	No	Fat (total):	7.2 g
Egg Free:	Yes	Fat (Sat):	3.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.5 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	Yes	Sodium (per 100g):	582 mg
Tomato Free:	Yes	Fat (total, per 100g):	24.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.5 g
Energy:	525 kJ (126 Cal)	Energy (per 100g):	1750 kJ (418 Cal)
Protein:	5.5 g	Protein (per 100g):	18.4 g

Wednesday - 16/10/2024

Vita-Weats w/ Cheddar Cheese & Crudites (Afternoon Tea)

Serving Size: 64g



Ingredients

Cheese Slices (31%) ((Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Vita Weats Sesame & Poppy Seed (31%) (Wholegrain (45%), [Whole-Wheat Flour], Wheat Flour, Seeds (6%) [Sesame, Poppy], Vegetable Oil, Cornflour, Sugar, Yeast, Salt, Emulsifier (Soy Lecithin)), Carrot, Celery

Allergy Information

Contains Wheat, Barley, Contains Gluten, Milk, Soybeans, Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.2g
Dairy Free:	No	Sugar:	1.7g
Lactose Free:	No	Sodium:	242mg
Soy Free:	No	Fat (total):	9.2g
Egg Free:	Yes	Fat (Sat):	5.0g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.2g
Fish Free:	Yes	Sugar (per 100g)	2.6g
Red Meat Free:	Yes	Sodium (per 100g):	378mg
Tomato Free:	Yes	Fat (total, per 100g):	14.4g
Sesame Free:	No	Fat (Sat, per 100g):	7.8g
Energy:	722kJ (172Cal)	Energy (per 100g):	1130kJ (269Cal)
Protein:	7.1g	Protein (per 100g):	11.0g

Wednesday - 16/10/2024

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

Serving Size: 50 g



Ingredients

Chickpeas, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Lemon Juice, Olive Oil Pure, Garlic, Powder, White Pepper.

Allergy Information

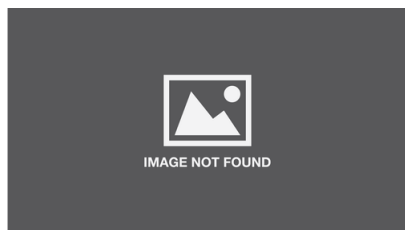
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.7 g
Dairy Free:	Yes	Sugar:	0.2 g
Lactose Free:	Yes	Sodium:	142 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.4 g
Fish Free:	Yes	Sugar (per 100g)	0.3 g
Red Meat Free:	Yes	Sodium (per 100g):	284 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	444 kJ (106 Cal)	Energy (per 100g):	888 kJ (212 Cal)
Protein:	3.4 g	Protein (per 100g):	6.8 g

Wednesday - 16/10/2024

Multigrain Vita-Weats w/ Cheese & Crudites (Afternoon Tea)

Serving Size: 60 g



Ingredients

Vita Weat Crackers (**Barley**) (Wholegrain (45%)(Whole **Wheat** Flour, Oats), **Wheat** Flour, Vegetable Oil, Cornflour, Seeds (6%)(Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin)), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Carrot, Celery.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Peanut, Tree Nuts, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.8 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	214 mg
Soy Free:	No	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.0 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	356 mg
Tomato Free:	Yes	Fat (total, per 100g):	13.6 g
Sesame Free:	No	Fat (Sat, per 100g):	6.8 g
Energy:	659 kJ (158 Cal)	Energy (per 100g):	1100 kJ (263 Cal)
Protein:	6.0 g	Protein (per 100g):	10.1 g

Thursday - 17/10/2024

Peach & Pear w/ Organic Yoghurt (Morning Tea)

Serving Size: 150 g



Ingredients

Organic All Natural Yoghurt (Certified Organic Non-homogenised Pasteurised **Milk**, Certified Organic Non-fat **Milk** Solids. Contains Active Live Cultures Including L. Acidophilus And B. Lactic), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.4 g
Dairy Free:	No	Sugar:	7.6 g
Lactose Free:	No	Sodium:	29 mg
Soy Free:	Yes	Fat (total):	2.1 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.3 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	284 kJ (68 Cal)	Energy (per 100g):	189 kJ (45 Cal)
Protein:	2.7 g	Protein (per 100g):	1.8 g

Thursday - 17/10/2024

Peach & Pear w/ Coconut Yoghurt (AI) (Morning Tea) [Allergy]

Serving Size: 175 g



Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.8 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	4 mg
Soy Free:	Yes	Fat (total):	5.1 g
Egg Free:	Yes	Fat (Sat):	4.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.2 g
Fish Free:	Yes	Sugar (per 100g)	3.2 g
Red Meat Free:	Yes	Sodium (per 100g):	2 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.8 g
Energy:	388 kJ (93 Cal)	Energy (per 100g):	222 kJ (53 Cal)
Protein:	0.8 g	Protein (per 100g):	0.4 g

Thursday - 17/10/2024

Peach & Pear w/ LF Yoghurt (AI) (Morning Tea) [Allergy]

Serving Size: 175 g



Ingredients

Lactose Free Yoghurt (Certified Organic Unhomogenised **Milk**, Certified Organic Non-fat **Milk** Solids, Lactase Enzyme, Cultures), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.7 g
Dairy Free:	No	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	21 mg
Soy Free:	Yes	Fat (total):	2.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.2 g
Fish Free:	Yes	Sugar (per 100g)	6.6 g
Red Meat Free:	Yes	Sodium (per 100g):	12 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	358 kJ (86 Cal)	Energy (per 100g):	204 kJ (49 Cal)
Protein:	3.4 g	Protein (per 100g):	2.0 g

Blueberry Crumble w/ Organic Yoghurt (Morning Tea)

Serving Size: 150 g



Ingredients

Organic All Natural Yoghurt (Certified Organic Non-homogenised Pasteurised **Milk**, Certified Organic Non-fat **Milk** Solids. Contains Active Live Cultures Including L. Acidophilus And B. Lactic), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.), Frozen Blueberries, Wholemeal Flour (**Wheat**), Rolled **Oats**, Unsalted Butter (**Milk**) (Cream, Water), Maize Cornflour (Gluten Free), Sultana (Sultanas, Vegetable Oil), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Organic Desiccated Coconut, Raw Sugar.

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	21.7 g
Dairy Free:	No	Sugar:	13.4 g
Lactose Free:	No	Sodium:	46 mg
Soy Free:	Yes	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	4.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.4 g
Fish Free:	Yes	Sugar (per 100g)	8.9 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	709 kJ (169 Cal)	Energy (per 100g):	473 kJ (113 Cal)
Protein:	5.2 g	Protein (per 100g):	3.4 g

Thursday - 17/10/2024

Sweet & Sour Chicken w/ Brown Rice & Veggies (Lunch)

Serving Size: 220 g



Ingredients

Brown Rice, Chicken Thigh, Tomato Puree, Pineapple, Corn Kernal, Peas, Capsicum, Carrot, Onion, Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Broccoli, Honey, Potato Starch, Ginger, Minced Garlic, Olive Oil Pure, Organic Apple Cider Vinegar, White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.5 g
Dairy Free:	Yes	Sugar:	7.3 g
Lactose Free:	Yes	Sodium:	77 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	No	Carbohydrates (per 100g):	15.7 g
Fish Free:	Yes	Sugar (per 100g):	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	35 mg
Tomato Free:	No	Fat (total, per 100g):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	1080 kJ (259 Cal)	Energy (per 100g):	493 kJ (118 Cal)
Protein:	14.5 g	Protein (per 100g):	6.6 g

Thursday - 17/10/2024

Chicken & Pineapple Curry w/ Brown Rice & Veggies (Lunch)

Serving Size: 220 g



Ingredients

Brown Rice, Chicken Thigh, Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Coconut Cream (Organic Coconut Meat Extracted (Coconut Cream)), Carrot, Cauliflower, Green Beans, Onion, Pineapple, Corn Kernal, Peas, Minced Garlic, Cumin, Ground Coriander, Cinnamon, Ground Turmeric, Paprika, Potato Starch, White Pepper, Olive Oil Pure.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.8 g
Dairy Free:	Yes	Sugar:	5.7 g
Lactose Free:	Yes	Sodium:	88 mg
Soy Free:	Yes	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	No	Carbohydrates (per 100g):	17.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	40 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1330 kJ (317 Cal)	Energy (per 100g):	603 kJ (144 Cal)
Protein:	14.7 g	Protein (per 100g):	6.7 g

Thursday - 17/10/2024

Sweet & Sour Vegetables W/ Brown Rice (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Brown Rice, Chickpeas, Tomato Puree, Ginger, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Broccoli, Capsicum, Carrot, Onion, Pineapple, Minced Garlic, Potato Starch, White Pepper, Honey, Olive Oil Pure, Organic Apple Cider Vinegar.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.1 g
Dairy Free:	Yes	Sugar:	7.5 g
Lactose Free:	Yes	Sodium:	86 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.1 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	43 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	1020 kJ (243 Cal)	Energy (per 100g):	509 kJ (122 Cal)
Protein:	8.2 g	Protein (per 100g):	4.1 g

Thursday - 17/10/2024

Cheese & Tomato Pizza (Afternoon Tea)

Serving Size: 60 g



Ingredients

Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), Water, Semi Dried Tomato (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Capers, Olive Oil Pure, Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Fresh Herbs.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	19.4 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	233 mg
Soy Free:	No	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.3 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	389 mg
Tomato Free:	No	Fat (total, per 100g):	7.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.5 g
Energy:	636 kJ (152 Cal)	Energy (per 100g):	1060 kJ (254 Cal)
Protein:	7.0 g	Protein (per 100g):	11.7 g

Thursday - 17/10/2024

LF Cheese & Tomato Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Water, Semi Dried Tomato (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil Pure, Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Capers, Raw Sugar, Yeast (Sorbitan Monostearate), Fresh Herbs, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	21.7 g
Dairy Free:	No	Sugar:	1.5 g
Lactose Free:	Yes	Sodium:	220 mg
Soy Free:	No	Fat (total):	10.7 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.0 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	314 mg
Tomato Free:	No	Fat (total, per 100g):	15.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.6 g
Energy:	933 kJ (223 Cal)	Energy (per 100g):	1330 kJ (319 Cal)
Protein:	8.6 g	Protein (per 100g):	12.3 g

Thursday - 17/10/2024

GF & DF Tomato Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Self Raising Flour (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)), Water, Refried Beans ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Capsicum, Black Beans, Corn Kernal, Olive Oil Pure, Raw Sugar.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.0 g
Dairy Free:	Yes	Sugar:	2.5 g
Lactose Free:	Yes	Sodium:	116 mg
Soy Free:	Yes	Fat (total):	2.5 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	36.6 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	194 mg
Tomato Free:	No	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	499 kJ (119 Cal)	Energy (per 100g):	831 kJ (199 Cal)
Protein:	1.3 g	Protein (per 100g):	2.2 g

Thursday - 17/10/2024

GF & DF Tropicana Pizza Pocket (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Slider Bun (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Cannellini Beans, Pineapple, Carrot, Organic Apple Cider Vinegar, Honey, Onion, Beetroot, Olive Oil Pure, Minced Garlic, Allspice, Cinnamon, Cloves, Potato Starch.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.0 g
Dairy Free:	Yes	Sugar:	4.7 g
Lactose Free:	Yes	Sodium:	190 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.3 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	317 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	511 kJ (122 Cal)	Energy (per 100g):	852 kJ (204 Cal)
Protein:	1.4 g	Protein (per 100g):	2.3 g

Friday - 18/10/2024

Organic Milk, Brownie & Raspberry w/ Banana (Morning Tea)

Serving Size: 235 g



Ingredients

Organic Full Cream **Milk**, Banana, Black Beans, Olive Oil Pure, Raw Sugar, Rolled **Oats**, Raspberries, Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Chia Seeds, Honey, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Contains Gluten, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.7 g
Dairy Free:	No	Sugar:	22.3 g
Lactose Free:	No	Sodium:	91 mg
Soy Free:	Yes	Fat (total):	10.2 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.9 g
Fish Free:	Yes	Sugar (per 100g)	9.5 g
Red Meat Free:	Yes	Sodium (per 100g):	39 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	1100 kJ (264 Cal)	Energy (per 100g):	470 kJ (112 Cal)

Friday - 18/10/2024

Organic Soy Milk, GF Black Bean Brownie & Banana (AI) (Morning Tea) [Allergy]

Serving Size: 230 g



Ingredients

Soy Milk, Banana, Black Beans, Gluten Free Self Raising Flour (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)), Olive Oil Pure, Raw Sugar, Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.9 g
Dairy Free:	Yes	Sugar:	20.0 g
Lactose Free:	Yes	Sodium:	106 mg
Soy Free:	No	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.7 g
Fish Free:	Yes	Sugar (per 100g)	8.7 g
Red Meat Free:	Yes	Sodium (per 100g):	46 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	1080 kJ (259 Cal)	Energy (per 100g):	471 kJ (113 Cal)
Protein:	6.0 g	Protein (per 100g):	2.6 g

Friday - 18/10/2024

LF Milk, GF Black Bean Brownie & Banana (AI) (Morning Tea) [Allergy]

Serving Size: 230 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Banana, Black Beans, Gluten Free Self Raising Flour (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)), Olive Oil Pure, Raw Sugar, Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.7 g
Dairy Free:	No	Sugar:	21.9 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	Yes	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.1 g
Fish Free:	Yes	Sugar (per 100g)	9.5 g
Red Meat Free:	Yes	Sodium (per 100g):	50 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1050 kJ (251 Cal)	Energy (per 100g):	456 kJ (109 Cal)
Protein:	6.2 g	Protein (per 100g):	2.7 g

Friday - 18/10/2024

Organic Rice Milk, GF Black Bean Brownie & Banana (AI) (Morning Tea) [Allergy]

Serving Size: 230 g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Banana, Black Beans, Gluten Free Self Raising Flour (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)), Olive Oil Pure, Raw Sugar, Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.2 g
Dairy Free:	Yes	Sugar:	20.8 g
Lactose Free:	Yes	Sodium:	141 mg
Soy Free:	Yes	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.1 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	61 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1050 kJ (250 Cal)	Energy (per 100g):	454 kJ (109 Cal)
Protein:	3.8 g	Protein (per 100g):	1.6 g

Friday - 18/10/2024

Aussie Beef Burger w/ Beetroot (Lunch)

Serving Size: 200 g



Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Bran, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Beef Mince, Beetroot, Iceberg Lettuce, Tomato, Bread Crumbs (Unbleached Wholegrain **Wheat** Flour (50%), Water, Whole & Kibbled Grains (13%) (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Carrot, Onion, Zucchini, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Garlic, Powder, Ground Black Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

Contains Gluten, Wheat, Soy.:May Contain Egg, Milk, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	42.4 g
Dairy Free:	Yes	Sugar:	4.8 g
Lactose Free:	Yes	Sodium:	467 mg
Soy Free:	No	Fat (total):	7.6 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	21.2 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	No	Sodium (per 100g):	233 mg
Tomato Free:	No	Fat (total, per 100g):	3.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1440 kJ (345 Cal)	Energy (per 100g):	721 kJ (172 Cal)
Protein:	20.7 g	Protein (per 100g):	10.3 g

Friday - 18/10/2024

GF & DF Beef Burger Pattie (AI) (Lunch) [Allergy]

Serving Size: 80 g



Ingredients

Beef Mince, Carrot, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Onion, Zucchini, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Paprika, Garlic, Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Ground Black Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.6 g
Dairy Free:	Yes	Sugar:	2.1 g
Lactose Free:	Yes	Sodium:	118 mg
Soy Free:	Yes	Fat (total):	4.9 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	18.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	147 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2 g
Energy:	658 kJ (157 Cal)	Energy (per 100g):	822 kJ (197 Cal)
Protein:	12.6 g	Protein (per 100g):	15.7 g

Friday - 18/10/2024

GF & DF Veggie Burger Pattie (AI) (Lunch) [Allergy]

Serving Size: 80 g



Ingredients

Sweet Potato, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Black Beans, Broccoli, Carrot, Onion, Capsicum, Garlic, Powder, Olive Oil Pure, Potato Starch, Cumin, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.3 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	91 mg
Soy Free:	Yes	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.4 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	114 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	638 kJ (153 Cal)	Energy (per 100g):	798 kJ (191 Cal)
Protein:	3.9 g	Protein (per 100g):	4.9 g

Aussie Beef Burger (Tomato Free) (Lunch) [Allergy]

Serving Size: 190 g



Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Bran, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Beef Mince, Beetroot, Iceberg Lettuce, Bread Crumbs (Unbleached Wholegrain **Wheat** Flour (50%), Water, Whole & Kibbled Grains (13%) (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Carrot, Onion, Zucchini, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Garlic, Powder, Ground Black Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

Contains Gluten, Wheat, Soy.:May Contain Egg, Milk, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	42.1 g
Dairy Free:	Yes	Sugar:	4.5 g
Lactose Free:	Yes	Sodium:	466 mg
Soy Free:	No	Fat (total):	7.6 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	22.2 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	No	Sodium (per 100g):	245 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1430 kJ (343 Cal)	Energy (per 100g):	755 kJ (180 Cal)
Protein:	20.6 g	Protein (per 100g):	10.8 g

Friday - 18/10/2024

Tuna & Chive Dip w/ Brown Rice Crackers (Afternoon Tea)

Serving Size: 42.5 g



Ingredients

Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Chives, White Pepper.

Allergy Information

Contains Fish, Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.2 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	170 mg
Soy Free:	Yes	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	31.1 g
Fish Free:	No	Sugar (per 100g)	1.6 g
Red Meat Free:	Yes	Sodium (per 100g):	399 mg
Tomato Free:	Yes	Fat (total, per 100g):	14.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	8.4 g
Energy:	539 kJ (129 Cal)	Energy (per 100g):	1270 kJ (303 Cal)
Protein:	4.5 g	Protein (per 100g):	10.7 g

Friday - 18/10/2024

Tomato & Cheese Dip w/ Brown Rice Crackers (Afternoon Tea)

Serving Size: 68 g



Ingredients

Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Capsicum, Carrot, Celery, Semi Dried Tomato (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Onion, Olive Oil Pure.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.3 g
Dairy Free:	No	Sugar:	3.9 g
Lactose Free:	No	Sodium:	181 mg
Soy Free:	Yes	Fat (total):	7.6 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.7 g
Fish Free:	Yes	Sugar (per 100g)	5.7 g
Red Meat Free:	Yes	Sodium (per 100g):	268 mg
Tomato Free:	No	Fat (total, per 100g):	11.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.2 g
Energy:	591 kJ (141 Cal)	Energy (per 100g):	876 kJ (209 Cal)
Protein:	3.4 g	Protein (per 100g):	5.1 g

Friday - 18/10/2024

GF & DF Tuna & Tomato Dip W/ Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50 g



Ingredients

Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cannellini Beans, Semi Dried Tomato (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Lemon Juice, Olive Oil Pure, White Pepper.

Allergy Information

Contains Fish.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.0 g
Dairy Free:	Yes	Sugar:	1.9 g
Lactose Free:	Yes	Sodium:	204 mg
Soy Free:	Yes	Fat (total):	2.8 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	No	Carbohydrates (per 100g):	28.0 g
Fish Free:	No	Sugar (per 100g)	3.9 g
Red Meat Free:	Yes	Sodium (per 100g):	408 mg
Tomato Free:	No	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	436 kJ (104 Cal)	Energy (per 100g):	872 kJ (208 Cal)
Protein:	4.9 g	Protein (per 100g):	9.8 g

Friday - 18/10/2024

Pumpkin Hummus W/ Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50 g



Ingredients

Chickpeas, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Pumpkin, Lemon Juice, Olive Oil Pure, Cumin, Garlic, Powder, White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.4 g
Dairy Free:	Yes	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	118 mg
Soy Free:	Yes	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.8 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	Yes	Sodium (per 100g):	236 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	443 kJ (106 Cal)	Energy (per 100g):	885 kJ (212 Cal)
Protein:	2.9 g	Protein (per 100g):	5.7 g