

Menu: Xmas Menu Week 1 23.12.24 - 27.12.24

Monday - 23/12/2024

Smashed Avocado on Wholemeal Muffin w/ Melon (Morning Tea)

Serving Size: 110 g



Ingredients

Watermelon, Wholemeal Muffin (Unbleached Wholemeal **Wheat** Flour (56%), Water, Bakers Yeast, Maize Polenta, **Wheat** Gluten, Vinegar, Sourdough (**Rye** Flour, Water, Mature Sour), Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472e), **Soy** Flour, Acidity Regulator (260), Vitamins (Thiamin, Folic Acid)), Cannellini Beans, Avocado, Lemon Juice, Baby Spinach, Olive Oil Pure.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	18.2 g
Dairy Free:	Yes	Sugar:	4.7 g
Lactose Free:	Yes	Sodium:	156 mg
Soy Free:	No	Fat (total):	2.5 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.6 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	142 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	530 kJ (127 Cal)	Energy (per 100g):	482 kJ (115 Cal)
Protein:	5.2 g	Protein (per 100g):	4.7 g

Monday - 23/12/2024

GF & DF Smashed Avocado on Bread w/ Melon (AI) (Morning Tea) [Allergy]

Serving Size: 110 g



Ingredients

Watermelon, 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, Avocado, Lemon Juice, Baby Spinach, Olive Oil Pure.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.3 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	184 mg
Soy Free:	Yes	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4 g
Fish Free:	Yes	Sugar (per 100g)	5.6 g
Red Meat Free:	Yes	Sodium (per 100g):	167 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	605 kJ (145 Cal)	Energy (per 100g):	550 kJ (132 Cal)
Protein:	1.6 g	Protein (per 100g):	1.5 g

Monday - 23/12/2024

Chicken & Vegetable Noodles (Lunch)

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh, Spaghetti (**Wheat**), Carrot, Broccoli, Corn Kernal, Onion, Skim **Milk** Powder, Plain Flour (**Wheat**), Olive Oil Pure, Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

Allergy Information

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

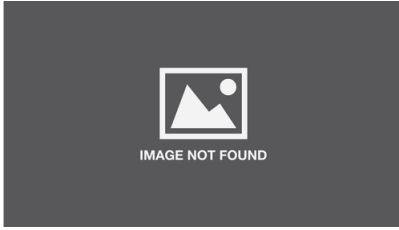
Nutrition Info

Gluten Free:	No	Carbohydrates:	29.1 g
Dairy Free:	No	Sugar:	3.7 g
Lactose Free:	No	Sodium:	169 mg
Soy Free:	Yes	Fat (total):	8.3 g
Egg Free:	Yes	Fat (Sat):	2.9 g
Vegetarian:	No	Carbohydrates (per 100g):	14.6 g
Fish Free:	Yes	Sugar (per 100g)	1.8 g
Red Meat Free:	Yes	Sodium (per 100g):	85 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1040 kJ (248 Cal)	Energy (per 100g):	519 kJ (124 Cal)
Protein:	12.9 g	Protein (per 100g):	6.5 g

Monday - 23/12/2024

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

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower, Rice Noodles (Rice 72%, Water, Potato Starch, Salt, Food Acid (Lactic Acid)), Chicken Thigh, Carrot, Onion, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil Pure, Parsley, White Pepper, Minced Garlic.

Allergy Information

:May Contain Sesame.

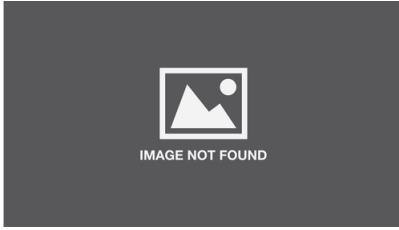
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.3 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	319 mg
Soy Free:	Yes	Fat (total):	8.6 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	14.7 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	159 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1110 kJ (265 Cal)	Energy (per 100g):	554 kJ (132 Cal)
Protein:	15.2 g	Protein (per 100g):	7.6 g

Monday - 23/12/2024

Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Cannellini Beans, Water, Spaghetti (**Wheat**), Carrot, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Onion, Olive Oil Pure, Parsley, White Pepper, Minced Garlic.

Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.2 g
Dairy Free:	Yes	Sugar:	9.8 g
Lactose Free:	Yes	Sodium:	130 mg
Soy Free:	Yes	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.1 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	65 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	689 kJ (165 Cal)	Energy (per 100g):	345 kJ (82 Cal)
Protein:	5.0 g	Protein (per 100g):	2.5 g

Monday - 23/12/2024

Cheddar Cheese & Multigrain Corn Thins w/ Pear (Afternoon Tea)

Serving Size: 68 g



Ingredients

Pear, 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.).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.6 g
Dairy Free:	No	Sugar:	4.0 g
Lactose Free:	No	Sodium:	143 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.5 g
Fish Free:	Yes	Sugar (per 100g)	5.9 g
Red Meat Free:	Yes	Sodium (per 100g):	210 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4 g
Energy:	547 kJ (131 Cal)	Energy (per 100g):	804 kJ (192 Cal)
Protein:	5.3 g	Protein (per 100g):	7.8 g

Monday - 23/12/2024

GF & LF Cheddar Cheese & Brown Rice Crackers (AI) (Afternoon 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).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.2 g
Dairy Free:	No	Sugar:	0.3 g
Lactose Free:	Yes	Sodium:	193 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.9 g
Fish Free:	Yes	Sugar (per 100g)	0.9 g
Red Meat Free:	Yes	Sodium (per 100g):	644 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	501 kJ (120 Cal)	Energy (per 100g):	1670 kJ (399 Cal)
Protein:	5.1 g	Protein (per 100g):	16.9 g

Monday - 23/12/2024

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

Tuesday - 24/12/2024

Cucumber, Hummus, Orange, Capsicum & Crackers (Morning Tea)

Serving Size: 107.5 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.1 g
Dairy Free:	Yes	Sugar:	5.4 g
Lactose Free:	Yes	Sodium:	99 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	92 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	476 kJ (114 Cal)	Energy (per 100g):	443 kJ (106 Cal)
Protein:	3.0 g	Protein (per 100g):	2.8 g

Tuesday - 24/12/2024

Beef & Cauliflower Lasagne w/ Salad (Lunch)

Serving Size: 245 g



Ingredients

Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Iceberg Lettuce, Wholemeal Lasagne Sheets (Wholemeal Durum **Wheat** Semolina), Cauliflower, Tomato, Carrot, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Paste (Citric Acid), Skim **Milk** Powder, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Olive Oil Pure, Minced Garlic, White Pepper, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.4 g
Dairy Free:	No	Sugar:	6.3 g
Lactose Free:	No	Sodium:	146 mg
Soy Free:	Yes	Fat (total):	12.5 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	No	Carbohydrates (per 100g):	9.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	60 mg
Tomato Free:	No	Fat (total, per 100g):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1180 kJ (282 Cal)	Energy (per 100g):	482 kJ (115 Cal)
Protein:	18.7 g	Protein (per 100g):	7.6 g

Tuesday - 24/12/2024

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

Serving Size: 200 g



Ingredients

Tomato Passata (Tomato (99%), Citric Acid), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Beef Mince, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Parsley, 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:	33.4 g
Dairy Free:	Yes	Sugar:	3.9 g
Lactose Free:	Yes	Sodium:	62 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	No	Carbohydrates (per 100g):	16.7 g
Fish Free:	Yes	Sugar (per 100g):	2.0 g
Red Meat Free:	No	Sodium (per 100g):	31 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	913 kJ (218 Cal)	Energy (per 100g):	456 kJ (109 Cal)
Protein:	10.4 g	Protein (per 100g):	5.2 g

Tuesday - 24/12/2024

Macaroni Bolognaise w/ Salad (AI) (Lunch) [Allergy]

Serving Size: 225 g



Ingredients

Cooked Macaroni (**Wheat**), Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Tomato, Onion, Tomato Paste (Citric Acid), Baby Spinach, 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.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	24.6 g
Dairy Free:	Yes	Sugar:	4.3 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	10.9 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	29 mg
Tomato Free:	No	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	919 kJ (220 Cal)	Energy (per 100g):	408 kJ (98 Cal)
Protein:	15.8 g	Protein (per 100g):	7.0 g

Tuesday - 24/12/2024

Cheesy Vegetable Lasagne Sml (Lunch) [Allergy]

Serving Size: 250 g



Ingredients

Water, Tomato Passata (Tomato (99%), Citric Acid), 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:	29.3 g
Dairy Free:	No	Sugar:	5.0 g
Lactose Free:	No	Sodium:	98 mg
Soy Free:	Yes	Fat (total):	10.6 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	39 mg
Tomato Free:	No	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1130 kJ (270 Cal)	Energy (per 100g):	452 kJ (108 Cal)
Protein:	12.1 g	Protein (per 100g):	4.8 g

Tuesday - 24/12/2024

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

Serving Size: 200 g



Ingredients

Water, Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Cannellini Beans, Onion, Carrot, Beetroot, Celery, Roasted Capsicum, Zucchini, Olive Oil Pure, Minced Garlic, Potato Starch, Ground Black Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

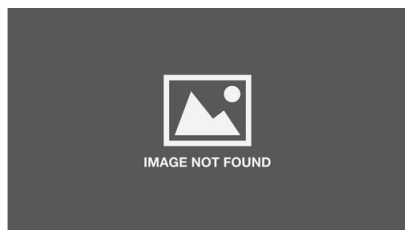
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.6 g
Dairy Free:	Yes	Sugar:	2.7 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.3 g
Fish Free:	Yes	Sugar (per 100g)	1.3 g
Red Meat Free:	Yes	Sodium (per 100g):	44 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	842 kJ (201 Cal)	Energy (per 100g):	421 kJ (101 Cal)
Protein:	4.6 g	Protein (per 100g):	2.3 g

Tuesday - 24/12/2024

Tropicana Pizza & Rockmelon (Afternoon Tea)

Serving Size: 100 g



Ingredients

Rockmelon, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Pineapple, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Olive Oil Pure, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	23.8 g
Dairy Free:	No	Sugar:	3.7 g
Lactose Free:	No	Sodium:	104 mg
Soy Free:	No	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.8 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	104 mg
Tomato Free:	No	Fat (total, per 100g):	7.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	862 kJ (206 Cal)	Energy (per 100g):	862 kJ (206 Cal)
Protein:	8.7 g	Protein (per 100g):	8.7 g

Tuesday - 24/12/2024

LF Tropicana Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Pineapple, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Olive Oil Pure, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.9 g
Dairy Free:	No	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	121 mg
Soy Free:	No	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.9 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	173 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.8 g
Energy:	828 kJ (198 Cal)	Energy (per 100g):	1180 kJ (283 Cal)
Protein:	7.7 g	Protein (per 100g):	11.0 g

Tuesday - 24/12/2024

DF Tropicana Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Roast Chicken Breast, Pineapple, Gluten (**Wheat**), Yeast (Sorbitan Monostearate), Plain Flour Perfection (**Wheat**), Wholemeal Flour (Wholemeal **Wheat** Flour, **Wheat** Flour, Vitamin (Thiamin)), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Olive Oil Pure, Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Raw Sugar, Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	12.4 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	25 mg
Soy Free:	No	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.7 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	36 mg
Tomato Free:	No	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	704 kJ (168 Cal)	Energy (per 100g):	1010 kJ (240 Cal)
Protein:	18.1 g	Protein (per 100g):	25.9 g

Tuesday - 24/12/2024

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 - 27/12/2024

Melon & Blueberry Organic Yoghurt w/ Oats (Morning Tea)

Serving Size: 167 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)), Rockmelon, Watermelon, Rolled **Oats**, Frozen Blueberries, Chia Seeds, Honey.

Allergy Information

Contains Gluten, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.4 g
Dairy Free:	No	Sugar:	8.8 g
Lactose Free:	No	Sodium:	36 mg
Soy Free:	Yes	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.6 g
Fish Free:	Yes	Sugar (per 100g)	5.3 g
Red Meat Free:	Yes	Sodium (per 100g):	22 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	468 kJ (112 Cal)	Energy (per 100g):	280 kJ (67 Cal)
Protein:	4.5 g	Protein (per 100g):	2.7 g

Friday - 27/12/2024

Melon & Blueberry Coconut Yoghurt Crunch (AI) (Morning Tea) [Allergy]

Serving Size: 180 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), Rockmelon, Watermelon, Flaked Corn (Corn, Sugar, Salt, Emulsifier (Sunflower Lecithin)), Frozen Blueberries, Chia Seeds, Honey.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.5 g
Dairy Free:	Yes	Sugar:	7.9 g
Lactose Free:	Yes	Sodium:	42 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	5.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.4 g
Fish Free:	Yes	Sugar (per 100g)	4.4 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	628 kJ (150 Cal)	Energy (per 100g):	349 kJ (83 Cal)
Protein:	2.2 g	Protein (per 100g):	1.2 g

Friday - 27/12/2024

Melon & Blueberry Coconut Yoghurt w/ Oats (AI) (Morning Tea) [Allergy]

Serving Size: 160 g



Ingredients

Blueberry Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics), Blueberry Blend (Blueberry (6%), Water, Sugar, Rice Starch, Natural Flavour, Natural Colour, Sodium Citrate)), Rockmelon, Watermelon, Rolled **Oats**.

Allergy Information

Contains Gluten.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.1 g
Dairy Free:	Yes	Sugar:	6.4 g
Lactose Free:	Yes	Sodium:	11 mg
Soy Free:	Yes	Fat (total):	5.4 g
Egg Free:	Yes	Fat (Sat):	4.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.5 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	7 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	515 kJ (123 Cal)	Energy (per 100g):	322 kJ (77 Cal)
Protein:	2.3 g	Protein (per 100g):	1.5 g

Friday - 27/12/2024

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

Serving Size: 220 g



Ingredients

Brown Rice, Chicken Thigh, Tomato Passata (Tomato (99%), Citric Acid), 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

Friday - 27/12/2024

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

Friday - 27/12/2024

GF & DF Vegetable Curry, Brown Rice & Veggies (AI) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Brown Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Pumpkin, Carrot, Chickpeas, Coconut Cream (Organic Coconut Meat Extracted (Coconut Cream)), Peas, Onion, Zucchini, Broccoli, Sultana (Sultanas, Vegetable Oil), Olive Oil Pure, Minced Garlic, White Pepper, Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.9 g
Dairy Free:	Yes	Sugar:	11.1 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.1 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	523 kJ (125 Cal)
Protein:	7.0 g	Protein (per 100g):	3.2 g

Friday - 27/12/2024

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

Serving Size: 200 g



Ingredients

Brown Rice, Chickpeas, Tomato Passata (Tomato (99%), Citric Acid), 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

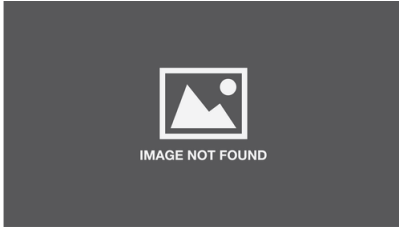
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.3 g
Dairy Free:	Yes	Sugar:	7.4 g
Lactose Free:	Yes	Sodium:	99 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.6 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	49 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	1000 kJ (239 Cal)	Energy (per 100g):	501 kJ (120 Cal)
Protein:	8.2 g	Protein (per 100g):	4.1 g

Friday - 27/12/2024

Blueberry Muffin (EGG FREE) w/ Organic Milk (Afternoon Tea)

Serving Size: 160 g



Ingredients

Organic Full Cream **Milk, Milk**, Frozen Blueberries, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Olive Oil Pure, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

Allergy Information

Contains Gluten, Wheat, Milk.:

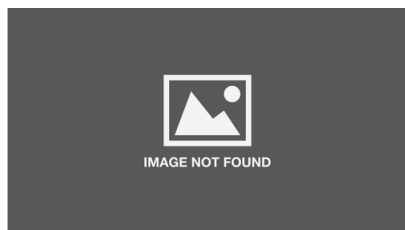
Nutrition Info

Gluten Free:	No	Carbohydrates:	29.5 g
Dairy Free:	No	Sugar:	11.3 g
Lactose Free:	No	Sodium:	365 mg
Soy Free:	Yes	Fat (total):	10.8 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.4 g
Fish Free:	Yes	Sugar (per 100g)	7.1 g
Red Meat Free:	Yes	Sodium (per 100g):	228 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6 g
Energy:	1040 kJ (249 Cal)	Energy (per 100g):	651 kJ (156 Cal)
Protein:	7.0 g	Protein (per 100g):	4.4 g

Friday - 27/12/2024

DF Blueberry Muffin w/ Rice Milk (AI) (Afternoon Tea) [Allergy]

Serving Size: 160 g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Frozen Blueberries, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

Allergy Information

Contains Gluten, Wheat.:

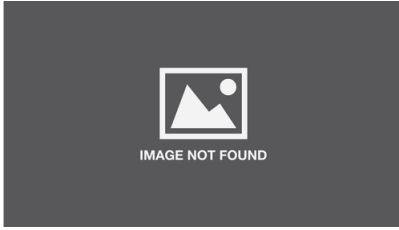
Nutrition Info

Gluten Free:	No	Carbohydrates:	34.8 g
Dairy Free:	Yes	Sugar:	9.6 g
Lactose Free:	Yes	Sodium:	417 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.7 g
Fish Free:	Yes	Sugar (per 100g)	6.0 g
Red Meat Free:	Yes	Sodium (per 100g):	261 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	893 kJ (213 Cal)	Energy (per 100g):	558 kJ (133 Cal)
Protein:	3.7 g	Protein (per 100g):	2.3 g

Friday - 27/12/2024

GF & DF Blueberry Muffin w/ Rice Milk (AI) (Afternoon Tea) [Allergy]

Serving Size: 160 g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), 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)), Banana, Frozen Blueberries, Olive Oil Pure, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Raw Sugar, Cinnamon.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.8 g
Dairy Free:	Yes	Sugar:	11.3 g
Lactose Free:	Yes	Sodium:	158 mg
Soy Free:	Yes	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.5 g
Fish Free:	Yes	Sugar (per 100g)	7.1 g
Red Meat Free:	Yes	Sodium (per 100g):	99 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	1010 kJ (241 Cal)	Energy (per 100g):	631 kJ (151 Cal)
Protein:	1.8 g	Protein (per 100g):	1.1 g