

Menu: Childcare Week 4 - 16.12.24 - 20.12.24

Monday - 16/12/2024

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

Monday - 16/12/2024

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

Monday - 16/12/2024

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

Monday - 16/12/2024

Macaroni & Cheese w/ Peas & Carrot (Lunch)

Serving Size: 220 g



Ingredients

Cooked Macaroni (**Wheat**), Water, Cauliflower, Carrot, Peas, Skim **Milk** Powder, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk.:

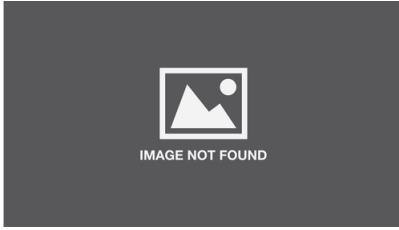
Nutrition Info

Gluten Free:	No	Carbohydrates:	24.2 g
Dairy Free:	No	Sugar:	2.2 g
Lactose Free:	No	Sodium:	69 mg
Soy Free:	Yes	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	5.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.0 g
Fish Free:	Yes	Sugar (per 100g)	1.0 g
Red Meat Free:	Yes	Sodium (per 100g):	32 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	858 kJ (205 Cal)	Energy (per 100g):	390 kJ (93 Cal)
Protein:	7.4 g	Protein (per 100g):	3.4 g

Monday - 16/12/2024

DF Pumpkin Pasta w/ Peas & Carrot (AI) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Cooked Macaroni (**Wheat**), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Pumpkin, Peas, Cannellini Beans, Carrot, Gluten Free Plain Flour (Starch (Maize,Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Nuttalex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Onion, Nutritional Yeast, Minced Garlic, Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	33.0 g
Dairy Free:	Yes	Sugar:	6.1 g
Lactose Free:	Yes	Sodium:	122 mg
Soy Free:	Yes	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.0 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	892 kJ (213 Cal)	Energy (per 100g):	406 kJ (97 Cal)
Protein:	8.9 g	Protein (per 100g):	4.1 g

Monday - 16/12/2024

GF & DF Pumpkin Pasta w/ Peas & Carrot (AI) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Pumpkin, Peas, Cannellini Beans, Carrot, Gluten Free Plain Flour (Starch (Maize,Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Onion, Nutritional Yeast, Minced Garlic, Ground Black Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	44.6 g
Dairy Free:	Yes	Sugar:	6.0 g
Lactose Free:	Yes	Sodium:	121 mg
Soy Free:	Yes	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.3 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1070 kJ (255 Cal)	Energy (per 100g):	485 kJ (116 Cal)
Protein:	7.3 g	Protein (per 100g):	3.3 g

Monday - 16/12/2024

Macaroni & Cheese w/ Peas & Carrot (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Cooked Macaroni (**Wheat**), Water, Cauliflower, Carrot, Peas, Skim **Milk** Powder, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	24.2 g
Dairy Free:	No	Sugar:	2.2 g
Lactose Free:	No	Sodium:	69 mg
Soy Free:	Yes	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	5.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.0 g
Fish Free:	Yes	Sugar (per 100g)	1.0 g
Red Meat Free:	Yes	Sodium (per 100g):	32 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	858 kJ (205 Cal)	Energy (per 100g):	390 kJ (93 Cal)
Protein:	7.4 g	Protein (per 100g):	3.4 g

Monday - 16/12/2024

Cheesy Bean Quesadillas (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Refried Beans ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Capsicum, Black Beans, Corn Kernals, Olive Oil Pure.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.1 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	202 mg
Soy Free:	No	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	337 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.5 g
Energy:	563 kJ (135 Cal)	Energy (per 100g):	938 kJ (224 Cal)
Protein:	5.9 g	Protein (per 100g):	9.8 g

Monday - 16/12/2024

Mexican Beef Nachos (Afternoon Tea)

Serving Size: 60 g



Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Beef Mince, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Black Beans, Onion, Cumin, Olive Oil Pure, Paprika, Tomato Paste (Citric Acid), Garlic, Powder, Onion, Powdered, Oregano, Dried.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.6 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	139 mg
Soy Free:	Yes	Fat (total):	11.9 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	No	Carbohydrates (per 100g):	25.9 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	No	Sodium (per 100g):	232 mg
Tomato Free:	No	Fat (total, per 100g):	19.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.8 g
Energy:	891 kJ (213 Cal)	Energy (per 100g):	1490 kJ (355 Cal)
Protein:	10.1 g	Protein (per 100g):	16.8 g

Monday - 16/12/2024

GF & DF Bean Quesadillas (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Wrap (Tapioca Starch (53%), Water, White Corn Masa Flour (8%), Stabilisers (Glycerin, Xanthan Gum), Quinoa Flour (4%), Amaranth Flour, Emulsifier (Mono- And Di-glycerides Of Fatty Acids), Salt.), Refried Beans ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Capsicum, Black Beans, Corn Kernals, Olive Oil Pure.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.8 g
Dairy Free:	Yes	Sugar:	1.3 g
Lactose Free:	Yes	Sodium:	227 mg
Soy Free:	Yes	Fat (total):	1.2 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	39.7 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	379 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	500 kJ (120 Cal)	Energy (per 100g):	834 kJ (199 Cal)
Protein:	1.7 g	Protein (per 100g):	2.8 g

Monday - 16/12/2024

Mexican Beef Burrito (Afternoon Tea)

Serving Size: 66 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Beef Mince, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Black Beans, Onion, Cumin, Olive Oil Pure, Paprika, Tomato Paste (Citric Acid), Garlic, Powder, Onion, Powdered, Oregano, Dried.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.8 g
Dairy Free:	No	Sugar:	1.5 g
Lactose Free:	No	Sodium:	183 mg
Soy Free:	No	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	22.4 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	No	Sodium (per 100g):	277 mg
Tomato Free:	No	Fat (total, per 100g):	11.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4 g
Energy:	730 kJ (174 Cal)	Energy (per 100g):	1110 kJ (264 Cal)
Protein:	10.9 g	Protein (per 100g):	16.5 g

Monday - 16/12/2024

Mexican Beef Burrito (No Cheese) (Afternoon Tea) [Allergy]

Serving Size: 66 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Beef Mince, Black Beans, Onion, Cumin, Olive Oil Pure, Paprika, Tomato Paste (Citric Acid), Garlic, Powder, Onion, Powdered, Oregano, Dried.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.1 g
Dairy Free:	Yes	Sugar:	1.7 g
Lactose Free:	Yes	Sodium:	140 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	No	Carbohydrates (per 100g):	22.9 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	No	Sodium (per 100g):	212 mg
Tomato Free:	No	Fat (total, per 100g):	9.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0 g
Energy:	694 kJ (166 Cal)	Energy (per 100g):	1050 kJ (251 Cal)
Protein:	10.6 g	Protein (per 100g):	16.0 g

Tuesday - 17/12/2024

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

Serving Size: 100 g



Ingredients

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

Allergy Information

Contains Milk.:

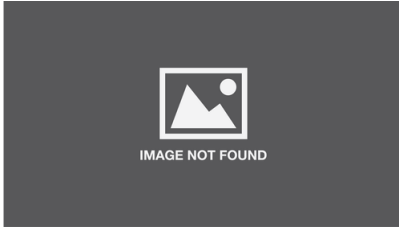
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.1 g
Dairy Free:	No	Sugar:	5.3 g
Lactose Free:	No	Sodium:	150 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	5.3 g
Red Meat Free:	Yes	Sodium (per 100g):	150 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.7 g
Energy:	591 kJ (141 Cal)	Energy (per 100g):	591 kJ (141 Cal)
Protein:	5.9 g	Protein (per 100g):	5.9 g

Tuesday - 17/12/2024

Mandarin, Hummus, Corn Thins & Veggie Sticks (AI) (Morning Tea) [Allergy]

Serving Size: 100 g



Ingredients

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

Allergy Information

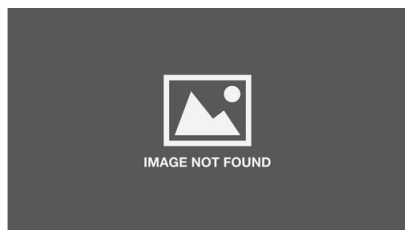
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.3 g
Dairy Free:	Yes	Sugar:	5.1 g
Lactose Free:	Yes	Sodium:	84 mg
Soy Free:	Yes	Fat (total):	1.8 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.3 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	84 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	448 kJ (107 Cal)	Energy (per 100g):	448 kJ (107 Cal)
Protein:	3.6 g	Protein (per 100g):	3.6 g

Tuesday - 17/12/2024

Mandarin, LF Cheese, Crackers & Veggie Sticks (AI) (Morning Tea) [Allergy]

Serving Size: 100 g



Ingredients

Mandarin, 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, Carrot, Celery.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.3 g
Dairy Free:	No	Sugar:	5.7 g
Lactose Free:	Yes	Sodium:	210 mg
Soy Free:	Yes	Fat (total):	6.5 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.3 g
Fish Free:	Yes	Sugar (per 100g)	5.7 g
Red Meat Free:	Yes	Sodium (per 100g):	210 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.6 g
Energy:	638 kJ (153 Cal)	Energy (per 100g):	638 kJ (153 Cal)
Protein:	5.8 g	Protein (per 100g):	5.8 g

Tuesday - 17/12/2024

Beef Bolognese Pasta Bake w/ Garden Salad (Lunch)

Serving Size: 250 g



Ingredients

Wholemeal Pasta (Durum **Wheat** Semolina), Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Iceberg Lettuce, Tomato, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot, Tomato Paste (Citric Acid), Cucumber, 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.

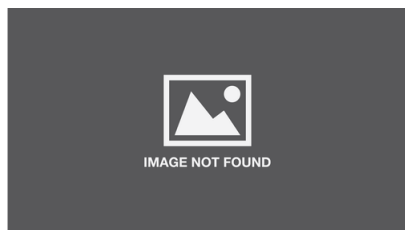
Nutrition Info

Gluten Free:	No	Carbohydrates:	22.2 g
Dairy Free:	No	Sugar:	4.8 g
Lactose Free:	No	Sodium:	123 mg
Soy Free:	Yes	Fat (total):	8.4 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	No	Carbohydrates (per 100g):	8.9 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	49 mg
Tomato Free:	No	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1050 kJ (251 Cal)	Energy (per 100g):	419 kJ (100 Cal)
Protein:	18.2 g	Protein (per 100g):	7.3 g

Tuesday - 17/12/2024

Beef Bolognaise Pasta w/ Garden Salad (AI) (Lunch) [Allergy]

Serving Size: 250 g



Ingredients

Wholemeal Pasta (Durum **Wheat** Semolina), Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Iceberg Lettuce, Tomato, Onion, Carrot, Tomato Paste (Citric Acid), Cucumber, 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:	24.7 g
Dairy Free:	Yes	Sugar:	4.8 g
Lactose Free:	Yes	Sodium:	70 mg
Soy Free:	Yes	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	No	Carbohydrates (per 100g):	9.9 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	28 mg
Tomato Free:	No	Fat (total, per 100g):	2.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	982 kJ (235 Cal)	Energy (per 100g):	393 kJ (94 Cal)
Protein:	16.1 g	Protein (per 100g):	6.4 g

Tuesday - 17/12/2024

GF & DF Beef Bolognese Pasta w/ Garden Salad (AI) (Lunch) [Allergy]

Serving Size: 250 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, Iceberg Lettuce, Tomato, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Cucumber, 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:	34.6 g
Dairy Free:	Yes	Sugar:	4.9 g
Lactose Free:	Yes	Sodium:	70 mg
Soy Free:	Yes	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	No	Carbohydrates (per 100g):	13.8 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	28 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	949 kJ (227 Cal)	Energy (per 100g):	380 kJ (91 Cal)
Protein:	10.8 g	Protein (per 100g):	4.3 g

Tuesday - 17/12/2024

Cheesy Vegetable Pasta w/ Garden Salad (AI) (Lunch) [Allergy]

Serving Size: 250 g



Ingredients

Wholemeal Pasta (Durum **Wheat** Semolina), Tomato Passata (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Iceberg Lettuce, Tomato, Carrot, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Capsicum, Zucchini, Cannellini Beans, Cucumber, 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.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.5 g
Dairy Free:	No	Sugar:	7.8 g
Lactose Free:	No	Sodium:	119 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.6 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	48 mg
Tomato Free:	No	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	850 kJ (203 Cal)	Energy (per 100g):	340 kJ (81 Cal)
Protein:	8.3 g	Protein (per 100g):	3.3 g

Tuesday - 17/12/2024

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 - 17/12/2024

GF & LF Beef Bolognese Pasta & Cheese w/ Garden Salad (AI) (Lunch) [Allergy]

Serving Size: 250 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, Iceberg Lettuce, Tomato, Onion, Carrot, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Cucumber, 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

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.0 g
Dairy Free:	No	Sugar:	4.8 g
Lactose Free:	Yes	Sodium:	139 mg
Soy Free:	Yes	Fat (total):	7.2 g
Egg Free:	Yes	Fat (Sat):	3.5 g
Vegetarian:	No	Carbohydrates (per 100g):	13.2 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	56 mg
Tomato Free:	No	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1070 kJ (256 Cal)	Energy (per 100g):	429 kJ (103 Cal)
Protein:	12.9 g	Protein (per 100g):	5.1 g

Tuesday - 17/12/2024

Italian Focaccia w/ Capsicum, Olives & Pear (Afternoon Tea)

Serving Size: 110 g



Ingredients

Pear, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Olive Oil Pure, Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Raw Sugar, Gluten (**Wheat**), Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

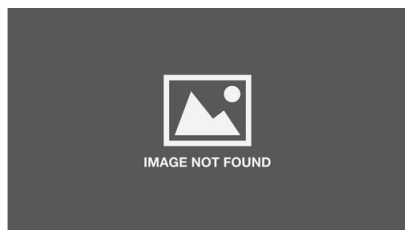
Nutrition Info

Gluten Free:	No	Carbohydrates:	25.5 g
Dairy Free:	No	Sugar:	6.3 g
Lactose Free:	No	Sodium:	102 mg
Soy Free:	No	Fat (total):	9.6 g
Egg Free:	Yes	Fat (Sat):	2.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.2 g
Fish Free:	Yes	Sugar (per 100g)	5.8 g
Red Meat Free:	Yes	Sodium (per 100g):	93 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6 g
Energy:	952 kJ (228 Cal)	Energy (per 100g):	865 kJ (207 Cal)
Protein:	7.6 g	Protein (per 100g):	6.9 g

Tuesday - 17/12/2024

DF Focaccia w/ Capsicum, Olives & Pear (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



Ingredients

Pear, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Pineapple, Olive Oil Pure, Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Raw Sugar, Gluten (**Wheat**), Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid).

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	27.1 g
Dairy Free:	Yes	Sugar:	7.9 g
Lactose Free:	Yes	Sodium:	34 mg
Soy Free:	No	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.6 g
Fish Free:	Yes	Sugar (per 100g)	7.2 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	821 kJ (196 Cal)	Energy (per 100g):	746 kJ (178 Cal)
Protein:	4.3 g	Protein (per 100g):	3.9 g

Tuesday - 17/12/2024

GF & DF Pesto Pinwheel w/ Pear Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



Ingredients

Pear, 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)), Cannellini Beans, Water, Pepitas, Basil, Olive Oil Pure, Raw Sugar, Lemon Juice, Ground Black Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.3 g
Dairy Free:	Yes	Sugar:	7.5 g
Lactose Free:	Yes	Sodium:	103 mg
Soy Free:	Yes	Fat (total):	6.7 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.7 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	94 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	796 kJ (190 Cal)	Energy (per 100g):	724 kJ (173 Cal)
Protein:	3.2 g	Protein (per 100g):	2.9 g

Wednesday - 18/12/2024

Wholemeal Flat Bread w/ Tzatziki & Crudites (Morning Tea)

Serving Size: 87.69999694824219 g



Ingredients

Cucumber, Carrot, All Natural Yoghurt (**Milk**, **Milk** Solids, Skim **Milk**, Live Yoghurt Cultures (Incl. L.Acidophilus)), Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Capsicum, Lemon Juice, Minced Garlic, Parsley, White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.5 g
Dairy Free:	No	Sugar:	4.1 g
Lactose Free:	No	Sodium:	67 mg
Soy Free:	No	Fat (total):	2.0 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.8 g
Fish Free:	Yes	Sugar (per 100g)	4.6 g
Red Meat Free:	Yes	Sodium (per 100g):	77 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	299 kJ (72 Cal)	Energy (per 100g):	341 kJ (82 Cal)
Protein:	2.7 g	Protein (per 100g):	3.0 g

Coconut Tzatziki & Brown Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 50 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), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cucumber, Lemon Juice, Minced Garlic, Ground Black Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.2 g
Dairy Free:	Yes	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	86 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	3.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.3 g
Fish Free:	Yes	Sugar (per 100g)	1.5 g
Red Meat Free:	Yes	Sodium (per 100g):	172 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.2 g
Energy:	437 kJ (104 Cal)	Energy (per 100g):	873 kJ (209 Cal)
Protein:	1.6 g	Protein (per 100g):	3.2 g

Wednesday - 18/12/2024

Coconut Tzatziki, Wholemeal Flat Bread & Crudites (AI) (Morning Tea) [Allergy]

Serving Size: 87.69999694824219 g



Ingredients

Cucumber, Carrot, 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), Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Capsicum, Lemon Juice, Minced Garlic, Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	10.3 g
Dairy Free:	Yes	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	55 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	63 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.1 g
Energy:	353 kJ (84 Cal)	Energy (per 100g):	402 kJ (96 Cal)
Protein:	1.9 g	Protein (per 100g):	2.2 g

Wednesday - 18/12/2024

Cajun Chicken & Cheese Slider w/ Pineapple (Lunch)

Serving Size: 216 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)), Pineapple Thins, Chicken Thigh, Iceberg Lettuce, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Tomato Passata (Tomato (99%), Citric Acid), Onion, Olive Oil Pure, Cumin, Ground Turmeric, Paprika, Potato Starch.

Allergy Information

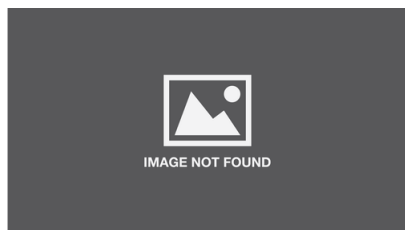
Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	41.2 g
Dairy Free:	No	Sugar:	7.1 g
Lactose Free:	No	Sodium:	470 mg
Soy Free:	No	Fat (total):	10.0 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	No	Carbohydrates (per 100g):	19.1 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	218 mg
Tomato Free:	No	Fat (total, per 100g):	4.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1440 kJ (345 Cal)	Energy (per 100g):	668 kJ (160 Cal)
Protein:	18.2 g	Protein (per 100g):	8.4 g

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.).

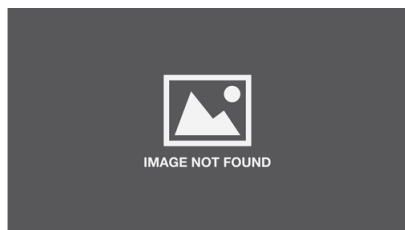
Allergy Information

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

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

Serving Size: 80 g



Ingredients

Chicken Mince, Ground Black Pepper, Corn Kernals, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Onion, Zucchini, Garlic, Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), 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:	21.2 g
Dairy Free:	Yes	Sugar:	8.6 g
Lactose Free:	Yes	Sodium:	86 mg
Soy Free:	Yes	Fat (total):	4.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	No	Carbohydrates (per 100g):	26.6 g
Fish Free:	Yes	Sugar (per 100g)	10.8 g
Red Meat Free:	Yes	Sodium (per 100g):	107 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	861 kJ (206 Cal)	Energy (per 100g):	1080 kJ (257 Cal)
Protein:	14.6 g	Protein (per 100g):	18.2 g

Wednesday - 18/12/2024

Cajun Chicken Slider (No Cheese) w/ Pineapple (Lunch) [Allergy]

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)), Pineapple Thins, Chicken Thigh, Iceberg Lettuce, Tomato Passata (Tomato (99%), Citric Acid), Onion, Olive Oil Pure, Cumin, Ground Turmeric, Paprika, Potato Starch.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.7 g
Dairy Free:	Yes	Sugar:	1.8 g
Lactose Free:	Yes	Sodium:	356 mg
Soy Free:	No	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	No	Carbohydrates (per 100g):	17.8 g
Fish Free:	Yes	Sugar (per 100g)	0.9 g
Red Meat Free:	Yes	Sodium (per 100g):	178 mg
Tomato Free:	No	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1070 kJ (255 Cal)	Energy (per 100g):	533 kJ (127 Cal)
Protein:	14.0 g	Protein (per 100g):	7.0 g

Wednesday - 18/12/2024

Spinach & Fetta Rolls w/ Orange Wedges (Afternoon Tea)

Serving Size: 100 g



Ingredients

Orange, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Baby Spinach, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion, 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).), Fetta Danish (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Ricotta (**Milk**), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

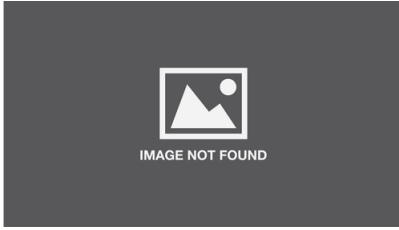
Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.6 g
Dairy Free:	No	Sugar:	4.0 g
Lactose Free:	No	Sodium:	142 mg
Soy Free:	No	Fat (total):	12.2 g
Egg Free:	Yes	Fat (Sat):	7.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.6 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	142 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.2 g
Sesame Free:	No	Fat (Sat, per 100g):	7.6 g
Energy:	852 kJ (204 Cal)	Energy (per 100g):	852 kJ (204 Cal)

GF & DF Spinach & Corn Muffin w/ Orange Wedges(AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



Ingredients

Orange, 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)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Baby Spinach, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil Pure, Nutritional Yeast, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

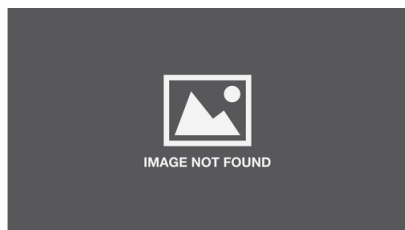
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.2 g
Dairy Free:	Yes	Sugar:	4.9 g
Lactose Free:	Yes	Sodium:	145 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.2 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	145 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	804 kJ (192 Cal)	Energy (per 100g):	804 kJ (192 Cal)
Protein:	3.9 g	Protein (per 100g):	3.9 g

GF Spinach & Fetta Roll w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



Ingredients

Gluten Free Puff Pastry (Gluten Free Pastry (Maize Starch, Rice Flour, Yellow Pea Flour, Besan Flour, Faba Bean Flour, Thickener (464, 415), Flaxseed Flour, Bamboo Fibre, Potato Starch, Dextrose, Buckwheat Flour, Salt), Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a), Vegetable Fibre.), Orange, Baby Spinach, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Fetta Danish (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion.

Allergy Information

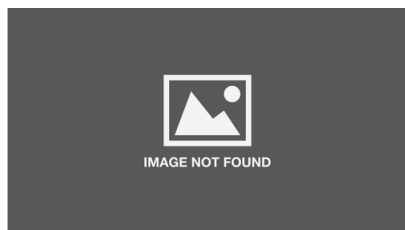
Contains Milk, Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.9 g
Dairy Free:	Yes	Sugar:	4.5 g
Lactose Free:	Yes	Sodium:	231 mg
Soy Free:	Yes	Fat (total):	12.5 g
Egg Free:	Yes	Fat (Sat):	7.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.9 g
Fish Free:	Yes	Sugar (per 100g)	4.5 g
Red Meat Free:	Yes	Sodium (per 100g):	231 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.2 g
Energy:	947 kJ (226 Cal)	Energy (per 100g):	947 kJ (226 Cal)
Protein:	4.8 g	Protein (per 100g):	4.8 g

Sweet Potato & Spinach Rolls w/ Orange Wedges (AI) (Afternoon Tea)

Serving Size: 100 g



Ingredients

Orange, Sweet Potato, Coconut Milk, Chickpeas, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Olive Oil Pure, Garlic, Powder, Onion, Peas, Baby Spinach, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Cumin, Yeast (Sorbitan Monostearate).

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.7 g
Dairy Free:	Yes	Sugar:	4.9 g
Lactose Free:	Yes	Sodium:	45 mg
Soy Free:	Yes	Fat (total):	9.9 g
Egg Free:	Yes	Fat (Sat):	16.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.7 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	45 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	16.3 g
Energy:	984 kJ (235 Cal)	Energy (per 100g):	984 kJ (235 Cal)
Protein:	5.6 g	Protein (per 100g):	5.6 g

Thursday - 19/12/2024

Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 245 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.5 g
Dairy Free:	No	Sugar:	23.2 g
Lactose Free:	No	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.0 g
Fish Free:	Yes	Sugar (per 100g)	9.5 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	790 kJ (189 Cal)	Energy (per 100g):	322 kJ (77 Cal)
Protein:	5.0 g	Protein (per 100g):	2.0 g

Thursday - 19/12/2024

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

Thursday - 19/12/2024

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

Thursday - 19/12/2024

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

Serving Size: 190 g



Ingredients

Soy Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Apple, Banana, Pineapple.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.9 g
Dairy Free:	Yes	Sugar:	11.0 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.3 g
Fish Free:	Yes	Sugar (per 100g)	5.8 g
Red Meat Free:	Yes	Sodium (per 100g):	8 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	455 kJ (109 Cal)	Energy (per 100g):	240 kJ (57 Cal)
Protein:	3.7 g	Protein (per 100g):	1.9 g

Thursday - 19/12/2024

Not So Chilli Con Carne w/ Cheese, Rice & Broccoli (Lunch)

Serving Size: 230 g



Ingredients

Basmati Rice, Beef Mince, Broccoli, Kidney Beans, Red, Tomato Passata (Tomato (99%), Citric Acid), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Carrot, Onion, Capsicum, Celery, Tomato Paste (Citric Acid), Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil Pure, Potato Starch, Minced Garlic, Cumin, Paprika, Garlic, Powder, Onion, Powdered, Oregano, Dried, Ground Black Pepper.

Allergy Information

Contains Milk, Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.2 g
Dairy Free:	No	Sugar:	3.0 g
Lactose Free:	No	Sodium:	267 mg
Soy Free:	No	Fat (total):	9.4 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	No	Carbohydrates (per 100g):	11.8 g
Fish Free:	Yes	Sugar (per 100g)	1.3 g
Red Meat Free:	No	Sodium (per 100g):	116 mg
Tomato Free:	No	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9 g
Energy:	1170 kJ (280 Cal)	Energy (per 100g):	509 kJ (122 Cal)
Protein:	19.0 g	Protein (per 100g):	8.3 g

Thursday - 19/12/2024

GF & DF Bean Burrito Bowl (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Passata (Tomato (99%), Citric Acid), Black Beans, Kidney Beans, Red, Carrot, Onion, Lentils (Lentils, Water, Ascorbic Acid), Red Lentil, Paprika, Olive Oil Pure, Tomato Paste (Citric Acid), Oregano, Dried, Cumin, Ground Coriander, Minced Garlic, Chilli Powder, Cinnamon, Nutmeg.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	38.3 g
Dairy Free:	Yes	Sugar:	8.2 g
Lactose Free:	Yes	Sodium:	102 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.2 g
Fish Free:	Yes	Sugar (per 100g)	4.1 g
Red Meat Free:	Yes	Sodium (per 100g):	51 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	977 kJ (233 Cal)	Energy (per 100g):	488 kJ (117 Cal)
Protein:	8.9 g	Protein (per 100g):	4.4 g

Thursday - 19/12/2024

Not So Chilli Con Carne w/ Rice & Broccoli (AI) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Basmati Rice, Beef Mince, Broccoli, Kidney Beans, Red, Tomato Passata (Tomato (99%), Citric Acid), Carrot, Onion, Capsicum, Celery, Tomato Paste (Citric Acid), Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil Pure, Potato Starch, Minced Garlic, Cumin, Paprika, Garlic, Powder, Onion, Powdered, Oregano, Dried, Ground Black Pepper.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.2 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	202 mg
Soy Free:	No	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	12.3 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	No	Sodium (per 100g):	92 mg
Tomato Free:	No	Fat (total, per 100g):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	998 kJ (238 Cal)	Energy (per 100g):	453 kJ (108 Cal)
Protein:	16.5 g	Protein (per 100g):	7.5 g

Thursday - 19/12/2024

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

Thursday - 19/12/2024

White Bean Dip & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50 g



Ingredients

Cannellini Beans, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Olive Oil Pure, Lemon Juice, Cumin, Garlic, Powder.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.1 g
Dairy Free:	Yes	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	167 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.2 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	Yes	Sodium (per 100g):	333 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	433 kJ (103 Cal)	Energy (per 100g):	865 kJ (207 Cal)
Protein:	3.0 g	Protein (per 100g):	5.9 g

Thursday - 19/12/2024

Cheese & Vita-Weats w/ Tomato (Afternoon Tea)

Serving Size: 56 g



Ingredients

Tomato, 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))).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.5 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	197 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.0 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	352 mg
Tomato Free:	No	Fat (total, per 100g):	14.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.3 g
Energy:	652 kJ (156 Cal)	Energy (per 100g):	1160 kJ (278 Cal)
Protein:	6.0 g	Protein (per 100g):	10.8 g

Thursday - 19/12/2024

White Bean Dip & Vita-Weats w/ Tomato (AI) (Afternoon Tea) [Allergy]

Serving Size: 65 g



Ingredients

Cannellini Beans, Tomato, Vita Weat **Sesame** & Poppy Seed (**Barley**) (Wholegrain (45%), [Whole-wheat Flour], **Wheat** Flour, Seeds (6%) [**Sesame**, Poppy], Vegetable Oil, Cornflour, Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin).), Olive Oil Pure, Lemon Juice, Cumin, Garlic, Powder.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.3 g
Dairy Free:	Yes	Sugar:	1.8 g
Lactose Free:	Yes	Sodium:	145 mg
Soy Free:	No	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.1 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	223 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	No	Fat (Sat, per 100g):	1.1 g
Energy:	506 kJ (121 Cal)	Energy (per 100g):	779 kJ (186 Cal)
Protein:	3.5 g	Protein (per 100g):	5.5 g

Friday - 20/12/2024

Organic Yoghurt w/ Banana, Kiwi & Raspberry Chia (Morning Tea)

Serving Size: 140 g



Ingredients

Banana, 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)), Kiwi, Raspberries, Chia Seeds, Honey.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.0 g
Dairy Free:	No	Sugar:	12.4 g
Lactose Free:	No	Sodium:	28 mg
Soy Free:	Yes	Fat (total):	2.7 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.2 g
Fish Free:	Yes	Sugar (per 100g)	8.8 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	487 kJ (116 Cal)	Energy (per 100g):	348 kJ (83 Cal)
Protein:	4.0 g	Protein (per 100g):	2.8 g

Friday - 20/12/2024

Coconut Yoghurt w/ Banana, Kiwi & Raspberry Chia (Morning Tea) [Allergy]

Serving Size: 190 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), Banana, Kiwi, Raspberries, Chia Seeds, Honey.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.0 g
Dairy Free:	Yes	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	6 mg
Soy Free:	Yes	Fat (total):	9.5 g
Egg Free:	Yes	Fat (Sat):	8.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.1 g
Fish Free:	Yes	Sugar (per 100g)	6.1 g
Red Meat Free:	Yes	Sodium (per 100g):	3 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.4 g
Energy:	817 kJ (195 Cal)	Energy (per 100g):	430 kJ (103 Cal)
Protein:	2.6 g	Protein (per 100g):	1.4 g

Friday - 20/12/2024

Tuna, Cheese & Cucumber Sandwich (Lunch)

Serving Size: 120 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).), Cucumber, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), All Natural Yoghurt (**Milk**, **Milk** Solids, Skim **Milk**, Live Yoghurt Cultures (Incl. L.Acidophilus)), Chives, White Pepper.

Allergy Information

Contains Gluten, Wheat, Fish, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.2 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	352 mg
Soy Free:	No	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	No	Carbohydrates (per 100g):	23.5 g
Fish Free:	No	Sugar (per 100g)	1.3 g
Red Meat Free:	Yes	Sodium (per 100g):	293 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.8 g
Energy:	1030 kJ (246 Cal)	Energy (per 100g):	858 kJ (205 Cal)
Protein:	10.7 g	Protein (per 100g):	8.9 g

Friday - 20/12/2024

Roast Chicken, Pumpkin Hummus & Spinach 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, Tomato, Chickpeas, Pumpkin, Baby Spinach, Olive Oil Pure, Lemon Juice, Garlic, Powder, White Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.5 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	308 mg
Soy Free:	No	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	No	Carbohydrates (per 100g):	21.1 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	220 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1130 kJ (271 Cal)	Energy (per 100g):	810 kJ (194 Cal)
Protein:	18.4 g	Protein (per 100g):	13.2 g

Friday - 20/12/2024

Teriyaki Chicken & Avocado Sushi (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.6 g
Dairy Free:	Yes	Sugar:	5.4 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):	20.8 g
Fish Free:	Yes	Sugar (per 100g):	2.7 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 (294 Cal)	Energy (per 100g):	615 kJ (147 Cal)
Protein:	14.8 g	Protein (per 100g):	7.4 g

Friday - 20/12/2024

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

Friday - 20/12/2024

Teriyaki Beef & Avocado Sushi (Lunch)

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.6 g
Dairy Free:	Yes	Sugar:	5.4 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):	20.8 g
Fish Free:	Yes	Sugar (per 100g):	2.7 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 (305 Cal)	Energy (per 100g):	639 kJ (153 Cal)
Protein:	14.1 g	Protein (per 100g):	7.0 g

Friday - 20/12/2024

Wholemeal Garlic Bread (Afternoon Tea)

Serving Size: 43 g



Ingredients

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:	16.6 g
Dairy Free:	No	Sugar:	0.4 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):	38.7 g
Fish Free:	Yes	Sugar (per 100g)	0.9 g
Red Meat Free:	Yes	Sodium (per 100g):	492 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.3 g
Energy:	542 kJ (129 Cal)	Energy (per 100g):	1260 kJ (301 Cal)
Protein:	3.1 g	Protein (per 100g):	7.3 g

Friday - 20/12/2024

GF & DF Garlic Bread (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Hot Dog Roll (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, Nuttalex, 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:	24.1 g
Dairy Free:	Yes	Sugar:	3.6 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):	40.1 g
Fish Free:	Yes	Sugar (per 100g)	5.9 g
Red Meat Free:	Yes	Sodium (per 100g):	398 mg
Tomato Free:	Yes	Fat (total, per 100g):	10.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	672 kJ (161 Cal)	Energy (per 100g):	1120 kJ (268 Cal)
Protein:	1.0 g	Protein (per 100g):	1.6 g

Friday - 20/12/2024

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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.), 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:	19.5 g
Dairy Free:	No	Sugar:	3.0 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):	32.5 g
Fish Free:	Yes	Sugar (per 100g)	5.0 g
Red Meat Free:	Yes	Sodium (per 100g):	447 mg
Tomato Free:	Yes	Fat (total, per 100g):	14.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.0 g
Energy:	724 kJ (173 Cal)	Energy (per 100g):	1210 kJ (288 Cal)
Protein:	3.4 g	Protein (per 100g):	5.7 g