

# **Menu: Childcare Week 1 20.1.25 - 24.1.25**

Monday - 20/01/2025

## 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 - 20/01/2025

## 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 - 20/01/2025

## 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.

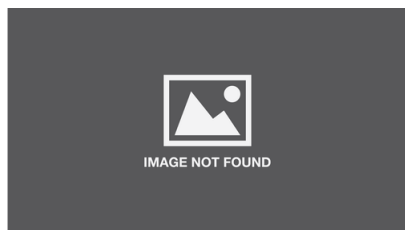
### Nutrition Info

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 - 20/01/2025

## 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.

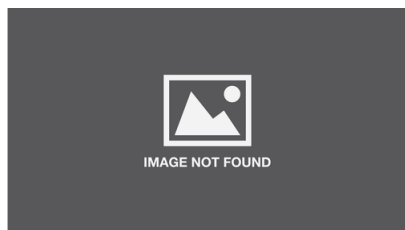
### Nutrition Info

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 - 20/01/2025

## 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.

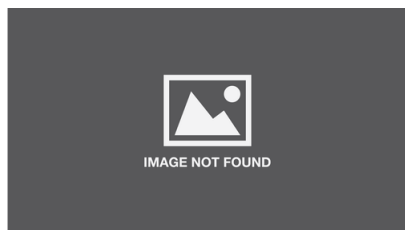
### Nutrition Info

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 - 20/01/2025

## Cheese & Multigrain Corn Thins w/ Rockmelon (Afternoon Tea)

Serving Size: 68 g



### Ingredients

Rockmelon, 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:	10.5 g
Dairy Free:	No	Sugar:	2.0 g
Lactose Free:	No	Sodium:	148 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	Yes	Sodium (per 100g):	218 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4 g
Energy:	509 kJ (122 Cal)	Energy (per 100g):	749 kJ (179 Cal)
Protein:	5.4 g	Protein (per 100g):	7.9 g

Monday - 20/01/2025

## 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



Monday - 20/01/2025

## 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

Tuesday - 21/01/2025

## Mango & Apple w/ Organic Milk (Morning Tea)

Serving Size: 180 g



### Ingredients

Organic Full Cream **Milk**, Apple, Mango.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.8 g
Dairy Free:	No	Sugar:	15.4 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.8 g
Fish Free:	Yes	Sugar (per 100g)	8.5 g
Red Meat Free:	Yes	Sodium (per 100g):	21 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	504 kJ (120 Cal)	Energy (per 100g):	280 kJ (67 Cal)
Protein:	3.8 g	Protein (per 100g):	2.1 g

Tuesday - 21/01/2025

## Mango & Apple w/ LF Milk (Morning Tea) [Allergy]

Serving Size: 180 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.6 g
Dairy Free:	No	Sugar:	15.0 g
Lactose Free:	Yes	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.7 g
Fish Free:	Yes	Sugar (per 100g)	8.3 g
Red Meat Free:	Yes	Sodium (per 100g):	21 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	429 kJ (103 Cal)	Energy (per 100g):	238 kJ (57 Cal)
Protein:	3.5 g	Protein (per 100g):	1.9 g

Tuesday - 21/01/2025

## Mango & Apple w/ Organic Rice Milk (Morning Tea) [Allergy]

Serving Size: 180 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.1 g
Dairy Free:	Yes	Sugar:	13.9 g
Lactose Free:	Yes	Sodium:	64 mg
Soy Free:	Yes	Fat (total):	1.3 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.2 g
Fish Free:	Yes	Sugar (per 100g)	7.7 g
Red Meat Free:	Yes	Sodium (per 100g):	36 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	425 kJ (102 Cal)	Energy (per 100g):	236 kJ (56 Cal)
Protein:	1.0 g	Protein (per 100g):	0.6 g

Tuesday - 21/01/2025

## Mango & Apple w/ Organic Soy Milk (Morning Tea) [Allergy]

Serving Size: 180 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.3 g
Dairy Free:	Yes	Sugar:	11.2 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.8 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	9 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	406 kJ (97 Cal)	Energy (per 100g):	226 kJ (54 Cal)
Protein:	3.3 g	Protein (per 100g):	1.8 g

Tuesday - 21/01/2025

## 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

## Macaroni Bolognese SML (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

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

### Allergy Information

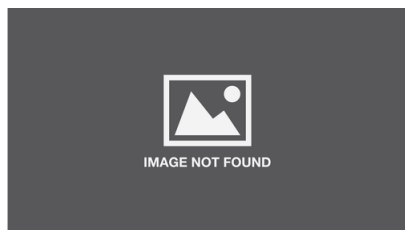
Contains Gluten, Wheat.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	24.0 g
Dairy Free:	Yes	Sugar:	3.8 g
Lactose Free:	Yes	Sodium:	59 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	12.0 g
Fish Free:	No	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	30 mg
Tomato Free:	No	Fat (total, per 100g):	2.7 g
Sesame Free:	No	Fat (Sat, per 100g):	0.9 g
Energy:	900 kJ (215 Cal)	Energy (per 100g):	450 kJ (108 Cal)
Protein:	15.5 g	Protein (per 100g):	7.8 g

## Beef & Cauliflower Lasagne w/ Zucchini (Lunch)

Serving Size: 220 g



### Ingredients

Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Zucchini, Lasagne Sheet (Durum **Wheat** Semolina, Water), Cauliflower, Water, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Paste (Citric Acid), Skim **Milk** Powder, Carrot, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Celery, Mushroom, 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:	19.1 g
Dairy Free:	No	Sugar:	5.3 g
Lactose Free:	No	Sodium:	137 mg
Soy Free:	Yes	Fat (total):	12.4 g
Egg Free:	Yes	Fat (Sat):	6.0 g
Vegetarian:	No	Carbohydrates (per 100g):	8.7 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	No	Sodium (per 100g):	62 mg
Tomato Free:	No	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	1120 kJ (267 Cal)	Energy (per 100g):	508 kJ (121 Cal)
Protein:	18.4 g	Protein (per 100g):	8.4 g



Tuesday - 21/01/2025

## 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.:May Contain Egg, Soy.

### 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 - 21/01/2025

## 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 - 21/01/2025

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

Serving Size: 100 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

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

Tuesday - 21/01/2025

## Wholemeal Garlic Bread w/ Orange Wedges (Afternoon Tea)

Serving Size: 93 g



### Ingredients

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

### Allergy Information

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

### Nutrition Info

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

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

Serving Size: 100 g



### Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Hush, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Orange, Cannellini Beans, 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:	27.4 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	239 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.4 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	239 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	742 kJ (177 Cal)	Energy (per 100g):	742 kJ (177 Cal)
Protein:	1.4 g	Protein (per 100g):	1.4 g

Wednesday - 22/01/2025

## 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

## Chicken, Carrot & Cheesy Mint Pea Sandwich (Lunch)

Serving Size: 150 g



### Ingredients

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

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.5 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	315 mg
Soy Free:	No	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	No	Carbohydrates (per 100g):	19.0 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	210 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1160 kJ (278 Cal)	Energy (per 100g):	776 kJ (185 Cal)
Protein:	18.4 g	Protein (per 100g):	12.3 g

Wednesday - 22/01/2025

## Roast Beef, Tomato & Pepitas Pesto Sandwich (Lunch)

Serving Size: 150 g



### Ingredients

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

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

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



Wednesday - 22/01/2025

## Teriyaki Chicken & Avocado Sushi (Lunch)

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

Wednesday - 22/01/2025

## Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

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

### Allergy Information

### Nutrition Info

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

Wednesday - 22/01/2025

## Teriyaki Beef & Avocado Sushi (Lunch) [Allergy]

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

## Apple & Pear Strudel w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 110 g



### Ingredients

Organic All Natural Yoghurt (Certified Organic Non-homogenised Pasteurised **Milk**, Certified Organic Non-fat **Milk** Solids (Contains Active Live Cultures Including L. Acidophilus And B. Lactic)), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.), Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Cinnamon, Maize Cornflour (Gluten Free).

### Allergy Information

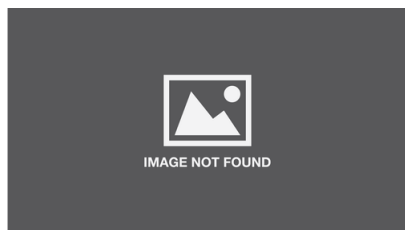
Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	15.8 g
Dairy Free:	No	Sugar:	5.9 g
Lactose Free:	No	Sodium:	32 mg
Soy Free:	Yes	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	5.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.4 g
Fish Free:	Yes	Sugar (per 100g)	5.4 g
Red Meat Free:	Yes	Sodium (per 100g):	29 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.5 g
Energy:	641 kJ (153 Cal)	Energy (per 100g):	583 kJ (139 Cal)
Protein:	4.0 g	Protein (per 100g):	3.6 g

## GF & DF Apple Strudel w/ Coconut Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 160 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), 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.), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.), Cinnamon.

### Allergy Information

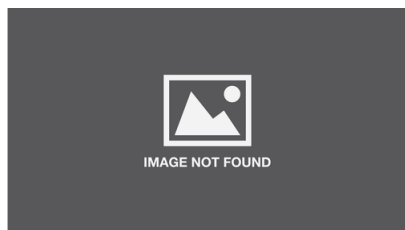
Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.1 g
Dairy Free:	No	Sugar:	3.9 g
Lactose Free:	Yes	Sodium:	64 mg
Soy Free:	No	Fat (total):	15.9 g
Egg Free:	Yes	Fat (Sat):	12.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.1 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	40 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.8 g
Energy:	1050 kJ (251 Cal)	Energy (per 100g):	656 kJ (157 Cal)
Protein:	2.4 g	Protein (per 100g):	1.5 g

## DF Apple Muffin w/ Coconut Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 160 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), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), 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), Cinnamon.

### Allergy Information

Contains Gluten, Wheat.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.4 g
Dairy Free:	Yes	Sugar:	6.6 g
Lactose Free:	Yes	Sodium:	359 mg
Soy Free:	Yes	Fat (total):	13.5 g
Egg Free:	Yes	Fat (Sat):	9.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	4.1 g
Red Meat Free:	Yes	Sodium (per 100g):	224 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.0 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	719 kJ (172 Cal)

Thursday - 23/01/2025

## Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 250 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.2 g
Dairy Free:	No	Sugar:	22.9 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	9.2 g
Red Meat Free:	Yes	Sodium (per 100g):	15 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	792 kJ (189 Cal)	Energy (per 100g):	317 kJ (76 Cal)
Protein:	5.0 g	Protein (per 100g):	2.0 g

Thursday - 23/01/2025

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

Serving Size: 250 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.0 g
Dairy Free:	No	Sugar:	22.5 g
Lactose Free:	Yes	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.6 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	717 kJ (171 Cal)	Energy (per 100g):	287 kJ (68 Cal)
Protein:	4.8 g	Protein (per 100g):	1.9 g



Thursday - 23/01/2025

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

Serving Size: 250 g



### Ingredients

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

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.5 g
Dairy Free:	Yes	Sugar:	21.4 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.7 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.4 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	26 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	713 kJ (170 Cal)	Energy (per 100g):	285 kJ (68 Cal)
Protein:	2.3 g	Protein (per 100g):	0.9 g

Thursday - 23/01/2025

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

Serving Size: 250 g



### Ingredients

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

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.7 g
Dairy Free:	Yes	Sugar:	18.7 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.3 g
Fish Free:	Yes	Sugar (per 100g)	7.5 g
Red Meat Free:	Yes	Sodium (per 100g):	6 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	694 kJ (166 Cal)	Energy (per 100g):	277 kJ (66 Cal)
Protein:	4.5 g	Protein (per 100g):	1.8 g

Thursday - 23/01/2025

## Bean Burrito Bowl w/ Corn Chips, Rice & Guacamole (Lunch)

Serving Size: 220 g



### Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Passata (Tomato (99%), Citric Acid), Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Black Beans, Kidney Beans, Red, Onion, Carrot, Lentils (Lentils, Water, Ascorbic Acid), Red Lentil, Paprika, Ricotta (**Milk**), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Olive Oil Pure, Tomato Paste (Citric Acid), Oregano, Dried, Avocado, Cumin, Ground Coriander, Minced Garlic, Baby Spinach, Lemon Juice, Chilli Powder, Cinnamon, Nutmeg.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	47.9 g
Dairy Free:	No	Sugar:	8.2 g
Lactose Free:	No	Sodium:	142 mg
Soy Free:	Yes	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	2.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.8 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	65 mg
Tomato Free:	No	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1340 kJ (321 Cal)	Energy (per 100g):	610 kJ (146 Cal)
Protein:	10.1 g	Protein (per 100g):	4.6 g

Thursday - 23/01/2025

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

Serving Size: 200 g



### Ingredients

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

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7 g
Dairy Free:	Yes	Sugar:	15.4 g
Lactose Free:	Yes	Sodium:	27 mg
Soy Free:	Yes	Fat (total):	11.5 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.3 g
Fish Free:	Yes	Sugar (per 100g)	7.7 g
Red Meat Free:	Yes	Sodium (per 100g):	13 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1220 kJ (291 Cal)	Energy (per 100g):	610 kJ (146 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g

## Bean Burrito Bowl w/ Corn Chips & Rice (No Guac) (Lunch) [Allergy]

Serving Size: 215 g



### Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Passata (Tomato (99%), Citric Acid), Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), 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:	47.7 g
Dairy Free:	Yes	Sugar:	8.1 g
Lactose Free:	Yes	Sodium:	135 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.2 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	63 mg
Tomato Free:	No	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1310 kJ (312 Cal)	Energy (per 100g):	608 kJ (145 Cal)
Protein:	9.8 g	Protein (per 100g):	4.6 g

Thursday - 23/01/2025

## 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 - 23/01/2025

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

Serving Size: 50 g



### Ingredients

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

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.4 g
Dairy Free:	Yes	Sugar:	1.0 g
Lactose Free:	Yes	Sodium:	117 mg
Soy Free:	Yes	Fat (total):	2.1 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.8 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	234 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	353 kJ (84 Cal)	Energy (per 100g):	705 kJ (169 Cal)
Protein:	2.4 g	Protein (per 100g):	4.8 g

Thursday - 23/01/2025

## Tuna & Chive Dip w/ Veggie Sticks & Crackers (Afternoon Tea)

Serving Size: 68 g



### Ingredients

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

### Allergy Information

Contains Fish, Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.9 g
Dairy Free:	No	Sugar:	1.9 g
Lactose Free:	No	Sodium:	158 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	16.2 g
Fish Free:	No	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	234 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.3 g
Energy:	494 kJ (118 Cal)	Energy (per 100g):	732 kJ (175 Cal)
Protein:	4.5 g	Protein (per 100g):	6.7 g



Thursday - 23/01/2025

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

Serving Size: 50 g



### Ingredients

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

### Allergy Information

Contains Fish.:

### Nutrition Info

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

Thursday - 23/01/2025

## Tomato & Cheese Dip w/ Veggie Sticks & Crackers (Afternoon Tea)

Serving Size: 68 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

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

Friday - 24/01/2025

## Organic Milk w/ Banana, Mandarin & Apple (Morning Tea)

Serving Size: 200 g



### Ingredients

Full Cream **Milk**, Apple, Banana, Mandarin.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.0 g
Dairy Free:	No	Sugar:	19.7 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.5 g
Fish Free:	Yes	Sugar (per 100g)	9.9 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	661 kJ (158 Cal)	Energy (per 100g):	331 kJ (79 Cal)
Protein:	4.5 g	Protein (per 100g):	2.3 g

Friday - 24/01/2025

## Organic Soy Milk w/ Banana, Mandarin & Apple (Morning Tea) [Allergy]

Serving Size: 200 g



### Ingredients

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

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.6 g
Dairy Free:	Yes	Sugar:	13.0 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.8 g
Fish Free:	Yes	Sugar (per 100g)	6.5 g
Red Meat Free:	Yes	Sodium (per 100g):	8 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	484 kJ (116 Cal)	Energy (per 100g):	242 kJ (58 Cal)
Protein:	3.7 g	Protein (per 100g):	1.9 g

Friday - 24/01/2025

## LF Milk w/ Banana, Mandarin & Apple (Morning Tea) [Allergy]

Serving Size: 200 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.9 g
Dairy Free:	No	Sugar:	16.8 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):	9.5 g
Fish Free:	Yes	Sugar (per 100g)	8.4 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	507 kJ (121 Cal)	Energy (per 100g):	253 kJ (61 Cal)
Protein:	4.0 g	Protein (per 100g):	2.0 g

Friday - 24/01/2025

## Organic Rice Milk w/ Banana, Mandarin & Apple (Morning Tea) [Allergy]

Serving Size: 200 g



### Ingredients

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

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.4 g
Dairy Free:	Yes	Sugar:	15.7 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	32 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	503 kJ (120 Cal)	Energy (per 100g):	251 kJ (60 Cal)
Protein:	1.5 g	Protein (per 100g):	0.7 g

Friday - 24/01/2025

## Wholemeal Cheese Burger w/ Nomato Sauce & Salad (Lunch)

Serving Size: 220 g



### Ingredients

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

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	43.4 g
Dairy Free:	No	Sugar:	5.8 g
Lactose Free:	No	Sodium:	570 mg
Soy Free:	No	Fat (total):	13.5 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	No	Carbohydrates (per 100g):	19.7 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	259 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g

Friday - 24/01/2025

## 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



Friday - 24/01/2025

## 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

Friday - 24/01/2025

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

Serving Size: 80 g



### Ingredients

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

### Allergy Information

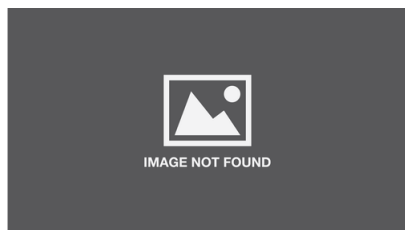
### Nutrition Info

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

Friday - 24/01/2025

## Wholemeal Beef Burger w/ Tomato Sauce & Salad (Lunch) [Allergy]

Serving Size: 220 g



### Ingredients

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

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	43.4 g
Dairy Free:	Yes	Sugar:	5.8 g
Lactose Free:	Yes	Sodium:	570 mg
Soy Free:	No	Fat (total):	13.5 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	No	Carbohydrates (per 100g):	19.7 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	259 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	1750 kJ (417 Cal)	Energy (per 100g):	794 kJ (190 Cal)

Friday - 24/01/2025

## Apple & Blueberry Muffin (EGG FREE) w/ Watermelon (Afternoon Tea)

Serving Size: 100 g



### Ingredients

Watermelon, **Milk**, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Apple, Frozen Blueberries, 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:	27.6 g
Dairy Free:	No	Sugar:	9.3 g
Lactose Free:	No	Sodium:	329 mg
Soy Free:	No	Fat (total):	6.7 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.6 g
Fish Free:	Yes	Sugar (per 100g)	9.3 g
Red Meat Free:	Yes	Sodium (per 100g):	329 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	801 kJ (192 Cal)	Energy (per 100g):	801 kJ (192 Cal)
Protein:	3.7 g	Protein (per 100g):	3.7 g

Friday - 24/01/2025

## GF & DF Blueberry Muffin w/ Watermelon (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



### Ingredients

Watermelon, 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.), 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

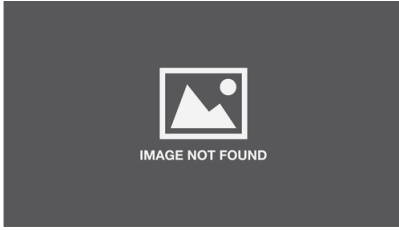
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	35.1 g
Dairy Free:	Yes	Sugar:	11.3 g
Lactose Free:	Yes	Sodium:	96 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.9 g
Fish Free:	Yes	Sugar (per 100g)	10.3 g
Red Meat Free:	Yes	Sodium (per 100g):	87 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	859 kJ (205 Cal)	Energy (per 100g):	781 kJ (187 Cal)
Protein:	1.3 g	Protein (per 100g):	1.2 g

Friday - 24/01/2025

## DF Blueberry Muffin w/ Watermelon (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



### Ingredients

Watermelon, 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:	29.1 g
Dairy Free:	Yes	Sugar:	9.5 g
Lactose Free:	Yes	Sodium:	355 mg
Soy Free:	Yes	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.5 g
Fish Free:	Yes	Sugar (per 100g)	8.7 g
Red Meat Free:	Yes	Sodium (per 100g):	323 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	742 kJ (177 Cal)	Energy (per 100g):	675 kJ (161 Cal)
Protein:	3.2 g	Protein (per 100g):	3.0 g