

## **Menu: Childcare Week 2 - 28.1.25 - 31.1.25**

## 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

Tuesday - 28/01/2025

## 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

Tuesday - 28/01/2025

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

Serving Size: 167 g



### Ingredients

Rockmelon, 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, Rolled **Oats**, Frozen Blueberries, Chia Seeds, Honey.

### Allergy Information

Contains Gluten, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	14.7 g
Dairy Free:	No	Sugar:	9.3 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.8 g
Fish Free:	Yes	Sugar (per 100g)	5.5 g
Red Meat Free:	Yes	Sodium (per 100g):	23 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	491 kJ (117 Cal)	Energy (per 100g):	294 kJ (70 Cal)
Protein:	4.8 g	Protein (per 100g):	2.9 g

Tuesday - 28/01/2025

## Wholemeal Tuna Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220 g



### Ingredients

Wholemeal Pasta (Durum **Wheat** Semolina), Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Water, Broccoli, Steamed, Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Skim **Milk** Powder, Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Parsley, White Pepper.

### Allergy Information

Contains Gluten, Wheat, Fish, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	19.6 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	197 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	3.8 g
Vegetarian:	No	Carbohydrates (per 100g):	8.9 g
Fish Free:	No	Sugar (per 100g)	0.6 g
Red Meat Free:	Yes	Sodium (per 100g):	89 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7 g
Energy:	968 kJ (231 Cal)	Energy (per 100g):	440 kJ (105 Cal)
Protein:	20.3 g	Protein (per 100g):	9.2 g

Tuesday - 28/01/2025

## Wholemeal Chicken Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220 g



### Ingredients

Water, Wholemeal Pasta (Durum **Wheat** Semolina), Chicken Breast, Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Broccoli, Steamed, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Skim **Milk** Powder, Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Parsley, White Pepper.

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	18.9 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	92 mg
Soy Free:	Yes	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	No	Carbohydrates (per 100g):	8.6 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	42 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	916 kJ (219 Cal)	Energy (per 100g):	416 kJ (100 Cal)
Protein:	15.0 g	Protein (per 100g):	6.8 g

Tuesday - 28/01/2025

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

Serving Size: 200 g



### Ingredients

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

### Allergy Information

### Nutrition Info

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

Tuesday - 28/01/2025

## 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



Tuesday - 28/01/2025

## DF Guacamole & Corn Chips (AI) (Afternoon Tea) [Allergy]

Serving Size: 50 g



### Ingredients

Avocado, Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Lemon Juice, Olive Oil Pure.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.8 g
Dairy Free:	Yes	Sugar:	0.3 g
Lactose Free:	Yes	Sodium:	52 mg
Soy Free:	Yes	Fat (total):	10.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.5 g
Fish Free:	Yes	Sugar (per 100g)	0.6 g
Red Meat Free:	Yes	Sodium (per 100g):	104 mg
Tomato Free:	Yes	Fat (total, per 100g):	20.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4 g
Energy:	642 kJ (154 Cal)	Energy (per 100g):	1280 kJ (307 Cal)
Protein:	1.9 g	Protein (per 100g):	3.7 g

Tuesday - 28/01/2025

## 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

Tuesday - 28/01/2025

## Mexican Bean Nachos (Afternoon Tea)

Serving Size: 60 g



### Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Passata (Tomato (99%), Citric Acid), Kidney Beans, Red, Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Cumin, Ground Turmeric, Paprika, White Pepper.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.5 g
Dairy Free:	No	Sugar:	1.1 g
Lactose Free:	No	Sodium:	138 mg
Soy Free:	Yes	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.5 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	229 mg
Tomato Free:	No	Fat (total, per 100g):	16.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.5 g
Energy:	742 kJ (177 Cal)	Energy (per 100g):	1240 kJ (296 Cal)
Protein:	5.1 g	Protein (per 100g):	8.6 g

Tuesday - 28/01/2025

## 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

Tuesday - 28/01/2025

## Mexican Bean 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)), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Passata (Tomato (99%), Citric Acid), Kidney Beans, Red, Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Cumin, Ground Turmeric, Paprika, White Pepper.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	15.7 g
Dairy Free:	No	Sugar:	2.0 g
Lactose Free:	No	Sodium:	181 mg
Soy Free:	No	Fat (total):	5.2 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.8 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	275 mg
Tomato Free:	No	Fat (total, per 100g):	7.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2 g
Energy:	581 kJ (139 Cal)	Energy (per 100g):	880 kJ (210 Cal)
Protein:	5.9 g	Protein (per 100g):	9.0 g

Tuesday - 28/01/2025

## Mexican Bean 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)), Tomato Passata (Tomato (99%), Citric Acid), Kidney Beans, Red, Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Cumin, Ground Turmeric, Paprika, White Pepper.

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	16.5 g
Dairy Free:	Yes	Sugar:	2.3 g
Lactose Free:	Yes	Sodium:	138 mg
Soy Free:	No	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.9 g
Fish Free:	Yes	Sugar (per 100g)	3.5 g
Red Meat Free:	Yes	Sodium (per 100g):	209 mg
Tomato Free:	No	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	486 kJ (116 Cal)	Energy (per 100g):	736 kJ (176 Cal)
Protein:	3.6 g	Protein (per 100g):	5.5 g

## Spinach & Lentil Dip w/ Tortilla & Crudites (AI) (Morning Tea) [Allergy]

Serving Size: 87.69999694824219 g



### Ingredients

Carrot, Cucumber, 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)), Lentils (Lentils, Water, Ascorbic Acid), Capsicum, Onion, Baby Spinach, Olive Oil Pure, Cumin.

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	10.5 g
Dairy Free:	Yes	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	58 mg
Soy Free:	No	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.0 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	338 kJ (81 Cal)	Energy (per 100g):	386 kJ (92 Cal)
Protein:	3.0 g	Protein (per 100g):	3.4 g

## Spinach & Cheese Dip w/ Tortilla & Crudites (Morning Tea)

Serving Size: 87.69999694824219 g



### Ingredients

Carrot, Cucumber, 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, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Ricotta (**Milk**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Baby Spinach, Onion, Olive Oil Pure, Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	8.5 g
Dairy Free:	No	Sugar:	3.0 g
Lactose Free:	No	Sodium:	118 mg
Soy Free:	No	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.7 g
Fish Free:	Yes	Sugar (per 100g)	3.5 g
Red Meat Free:	Yes	Sodium (per 100g):	134 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0 g
Energy:	458 kJ (109 Cal)	Energy (per 100g):	522 kJ (125 Cal)
Protein:	4.0 g	Protein (per 100g):	4.6 g



Wednesday - 29/01/2025

## Spinach & Lentil Dip W/ Brown Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 50 g



### Ingredients

Lentils (Lentils, Water, Ascorbic Acid), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Onion, Baby Spinach, Olive Oil Pure, Cumin.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.5 g
Dairy Free:	Yes	Sugar:	0.7 g
Lactose Free:	Yes	Sodium:	90 mg
Soy Free:	Yes	Fat (total):	2.8 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.0 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	179 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	416 kJ (99 Cal)	Energy (per 100g):	832 kJ (199 Cal)
Protein:	3.0 g	Protein (per 100g):	6.1 g

## GF & DF Spaghetti Meatballs (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%)), Salt, Food Acid (330)), Carrot, Onion, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Capsicum, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Paprika, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Garlic, Powder, White Pepper, Ground Black Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	45.1 g
Dairy Free:	Yes	Sugar:	5.6 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	Yes	Fat (total):	6.9 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	22.5 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	44 mg
Tomato Free:	No	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1290 kJ (308 Cal)	Energy (per 100g):	644 kJ (154 Cal)
Protein:	14.1 g	Protein (per 100g):	7.1 g

## Spaghetti Meatballs (No Cheese) (Lunch) [Allergy]

Serving Size: 180 g



### Ingredients

Water, Spaghetti (**Wheat**), Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Onion, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Zucchini, 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).), Capsicum, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Garlic, Powder, Ground Black Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	34.4 g
Dairy Free:	Yes	Sugar:	5.4 g
Lactose Free:	Yes	Sodium:	96 mg
Soy Free:	No	Fat (total):	6.9 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	19.1 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	No	Sodium (per 100g):	54 mg
Tomato Free:	No	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1160 kJ (277 Cal)	Energy (per 100g):	644 kJ (154 Cal)

## Spaghetti Vegetable Balls w/ Cheddar Cheese (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Water, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Spaghetti (**Wheat**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Organic Brown Lentils, Sweet Potato, Carrot, Onion, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Capsicum, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Garlic, Powder, Parsley, White Pepper, Ground Black Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	39.0 g
Dairy Free:	No	Sugar:	7.2 g
Lactose Free:	No	Sodium:	160 mg
Soy Free:	Yes	Fat (total):	9.0 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.5 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	80 mg
Tomato Free:	No	Fat (total, per 100g):	4.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1200 kJ (287 Cal)	Energy (per 100g):	601 kJ (144 Cal)
Protein:	10.7 g	Protein (per 100g):	5.3 g

Wednesday - 29/01/2025

## Spaghetti Meatballs w/ Cheddar Cheese (Lunch)

Serving Size: 200 g



### Ingredients

Water, Spaghetti (**Wheat**), Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Onion, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Zucchini, 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).), Capsicum, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Garlic, Powder, Ground Black Pepper.

### Allergy Information

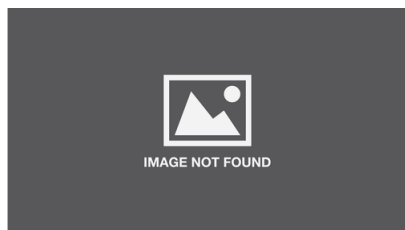
Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Sesame.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	34.5 g
Dairy Free:	No	Sugar:	5.5 g
Lactose Free:	No	Sodium:	226 mg
Soy Free:	No	Fat (total):	13.9 g
Egg Free:	Yes	Fat (Sat):	6.9 g
Vegetarian:	No	Carbohydrates (per 100g):	17.2 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	No	Sodium (per 100g):	113 mg
Tomato Free:	No	Fat (total, per 100g):	7.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g

## Spaghetti Meatballs w/ Tomato Vegetable Sauce (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Water, Beef Mince, Spaghetti (**Wheat**), Onion, Cannellini Beans, Carrot, Zucchini, 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).), Beetroot, Celery, Roasted Capsicum, Olive Oil Pure, Minced Garlic, Paprika, Potato Starch, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Garlic, Powder, Ground Black Pepper, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves).

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	32.7 g
Dairy Free:	Yes	Sugar:	3.1 g
Lactose Free:	Yes	Sodium:	133 mg
Soy Free:	No	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	2.4 g
Vegetarian:	No	Carbohydrates (per 100g):	16.4 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	No	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1170 kJ (281 Cal)	Energy (per 100g):	587 kJ (140 Cal)
Protein:	19.1 g	Protein (per 100g):	9.6 g

Wednesday - 29/01/2025

## Sticky Date Pudding w/ Orange Wedges (Afternoon Tea)

Serving Size: 110 g



### Ingredients

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

### Allergy Information

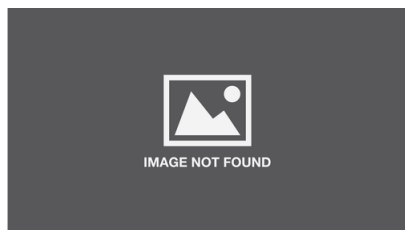
Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	29.9 g
Dairy Free:	No	Sugar:	18.6 g
Lactose Free:	No	Sodium:	123 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.2 g
Fish Free:	Yes	Sugar (per 100g)	17.0 g
Red Meat Free:	Yes	Sodium (per 100g):	112 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	826 kJ (197 Cal)	Energy (per 100g):	751 kJ (179 Cal)
Protein:	2.5 g	Protein (per 100g):	2.3 g

## GF & DF Sticky Date Pudding w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 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.), Banana, Olive Oil Pure, Dates, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.2 g
Dairy Free:	Yes	Sugar:	12.7 g
Lactose Free:	Yes	Sodium:	163 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.9 g
Fish Free:	Yes	Sugar (per 100g)	11.5 g
Red Meat Free:	Yes	Sodium (per 100g):	149 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	870 kJ (208 Cal)	Energy (per 100g):	791 kJ (189 Cal)
Protein:	1.5 g	Protein (per 100g):	1.3 g



Thursday - 30/01/2025

## 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 - 30/01/2025

## 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 - 30/01/2025

## 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 - 30/01/2025

## 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 - 30/01/2025

## Mean Green Mac & Cheese w/ Carrot Batons (Lunch)

Serving Size: 220 g



### Ingredients

Water, Cooked Macaroni (**Wheat**), Carrot, Broccoli, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Skim **Milk** Powder, Baby Spinach, Plain Flour (**Wheat**), Olive Oil Pure, Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.9 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	100 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.5 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	46 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	834 kJ (199 Cal)	Energy (per 100g):	379 kJ (91 Cal)
Protein:	8.0 g	Protein (per 100g):	3.7 g

Thursday - 30/01/2025

## DF Pumpkin & Pea Pasta (AI) (Lunch) [Allergy]

Serving Size: 200 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, Cannellini Beans, Peas, 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:	31.9 g
Dairy Free:	Yes	Sugar:	5.4 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	57 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	853 kJ (204 Cal)	Energy (per 100g):	426 kJ (102 Cal)
Protein:	8.3 g	Protein (per 100g):	4.1 g

Thursday - 30/01/2025

## GF & DF Pumpkin & Pea Pasta (AI) (Lunch) [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.), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Pumpkin, Cannellini Beans, Peas, 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:	43.5 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	114 mg
Soy Free:	Yes	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.8 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	57 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1030 kJ (245 Cal)	Energy (per 100g):	513 kJ (123 Cal)
Protein:	6.7 g	Protein (per 100g):	3.4 g

Thursday - 30/01/2025

## Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60 g



### Ingredients

Beef Mince, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), 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).), Water, Carrot, Celery, Onion, Kale, Poppy Seeds, Olive Oil Pure, White Pepper, Garlic, Powder.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	11.3 g
Dairy Free:	No	Sugar:	0.6 g
Lactose Free:	No	Sodium:	37 mg
Soy Free:	No	Fat (total):	9.1 g
Egg Free:	Yes	Fat (Sat):	4.9 g
Vegetarian:	No	Carbohydrates (per 100g):	18.8 g
Fish Free:	Yes	Sugar (per 100g)	1.0 g
Red Meat Free:	No	Sodium (per 100g):	62 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	8.1 g
Energy:	631 kJ (151 Cal)	Energy (per 100g):	1050 kJ (251 Cal)
Protein:	5.0 g	Protein (per 100g):	8.4 g



Thursday - 30/01/2025

## GF & DF Beef & Kale Sausage Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 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.), Beef Mince, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Carrot, Onion, Celery, Olive Oil Pure, Kale, Garlic, Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.3 g
Dairy Free:	Yes	Sugar:	1.2 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	No	Fat (total):	8.9 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	No	Carbohydrates (per 100g):	28.9 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	148 mg
Tomato Free:	Yes	Fat (total, per 100g):	14.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.8 g
Energy:	702 kJ (168 Cal)	Energy (per 100g):	1170 kJ (280 Cal)
Protein:	4.1 g	Protein (per 100g):	6.8 g

Thursday - 30/01/2025

## Vegetable Sausage Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Sweet Potato, Chickpeas, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Water, Garlic, Powder, Onion, Peas, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Cumin, Olive Oil Pure.

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.7 g
Dairy Free:	Yes	Sugar:	1.3 g
Lactose Free:	Yes	Sodium:	40 mg
Soy Free:	Yes	Fat (total):	9.4 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	34.5 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.9 g
Energy:	790 kJ (189 Cal)	Energy (per 100g):	1320 kJ (315 Cal)
Protein:	4.1 g	Protein (per 100g):	6.8 g

Thursday - 30/01/2025

## GF & DF Vegetable Empanada (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Sweet Potato, Chickpeas, Garlic, Powder, Onion, Peas, Olive Oil Pure, Raw Sugar, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Cumin.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.1 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	97 mg
Soy Free:	Yes	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	48.5 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	162 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	724 kJ (173 Cal)	Energy (per 100g):	1210 kJ (289 Cal)
Protein:	2.9 g	Protein (per 100g):	4.8 g

Friday - 31/01/2025

## Banana & Watermelon w/ Raspberry Organic Yoghurt (Morning Tea)

Serving Size: 196 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)), Watermelon, Raspberries, Chia Seeds, Honey.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.4 g
Dairy Free:	No	Sugar:	17.6 g
Lactose Free:	No	Sodium:	29 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.5 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	15 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	618 kJ (148 Cal)	Energy (per 100g):	315 kJ (75 Cal)
Protein:	4.3 g	Protein (per 100g):	2.2 g

Friday - 31/01/2025

## Banana & Watermelon w/ Raspberry Coconut Yoghurt (Morning Tea) [Allergy]

Serving Size: 220 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, Watermelon, Raspberries, Chia Seeds, Honey.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.9 g
Dairy Free:	Yes	Sugar:	13.3 g
Lactose Free:	Yes	Sodium:	7 mg
Soy Free:	Yes	Fat (total):	9.5 g
Egg Free:	Yes	Fat (Sat):	8.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.3 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):	4.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.8 g
Energy:	846 kJ (202 Cal)	Energy (per 100g):	385 kJ (92 Cal)
Protein:	2.6 g	Protein (per 100g):	1.2 g

Friday - 31/01/2025

## Chicken, Cucumber & Cheesy Sweet Corn 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, Cucumber, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Carrot, Corn Kernals, Onion, Olive Oil Pure, White Pepper.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.9 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	308 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	No	Carbohydrates (per 100g):	20.6 g
Fish Free:	Yes	Sugar (per 100g)	1.2 g
Red Meat Free:	Yes	Sodium (per 100g):	220 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	821 kJ (196 Cal)
Protein:	18.2 g	Protein (per 100g):	13.0 g

Friday - 31/01/2025

## 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

Friday - 31/01/2025

## Roast Beef, Carrot & Baked Bean 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, Iceberg Lettuce, Carrot, Cannellini Beans, Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil Pure, Minced Garlic, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cumin, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	29.2 g
Dairy Free:	Yes	Sugar:	2.1 g
Lactose Free:	Yes	Sodium:	337 mg
Soy Free:	No	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	No	Carbohydrates (per 100g):	19.5 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	No	Sodium (per 100g):	225 mg
Tomato Free:	No	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	1060 kJ (254 Cal)	Energy (per 100g):	710 kJ (170 Cal)
Protein:	18.6 g	Protein (per 100g):	12.4 g



Friday - 31/01/2025

## 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

Friday - 31/01/2025

## 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

Friday - 31/01/2025

## 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

Friday - 31/01/2025

## 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

Friday - 31/01/2025

## Cheese & Vita-Weats (No Tomato) (Afternoon Tea) [Allergy]

Serving Size: 36 g



### Ingredients

Vita Weat Crackers (**Barley**) (Wholegrain (45%)(Whole **Wheat** Flour, Oats), **Wheat** Flour, Vegetable Oil, Cornflour, Seeds (6%)(Linseed, Poppy, Canola, Sunflower Kernal), 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:	12.9 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	196 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.7 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	545 mg
Tomato Free:	Yes	Fat (total, per 100g):	22.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	11.3 g
Energy:	636 kJ (152 Cal)	Energy (per 100g):	1770 kJ (422 Cal)
Protein:	5.9 g	Protein (per 100g):	16.4 g

Friday - 31/01/2025

## 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

Friday - 31/01/2025

## 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