

Menu: Childcare Week 4 - 22.09.25 - 26.09.25

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

Serving Size: 167 g



Ingredients

Watermelon, Organic All Natural Yoghurt (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Kiwi, Rolled **Oats**, Frozen Blueberries, Chia Seeds, Honey.

Allergy Information

Contains Gluten, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	17.5 g
Dairy Free:	No	Sugar:	12.4 g
Lactose Free:	No	Sodium:	33 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.5 g
Fish Free:	Yes	Sugar (per 100g)	7.4 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	521 kJ (124 Cal)	Energy (per 100g):	312 kJ (75 Cal)
Protein:	4.7 g	Protein (per 100g):	2.8 g

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:	43 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

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

Macaroni & Cheese w/ Peas & Carrot (Lunch)

Serving Size: 220 g



Ingredients

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

Allergy Information

Contains Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	24.0 g
Dairy Free:	No	Sugar:	2.2 g
Lactose Free:	No	Sodium:	69 mg
Soy Free:	Yes	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	5.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.9 g
Fish Free:	Yes	Sugar (per 100g)	1.0 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	850 kJ (203 Cal)	Energy (per 100g):	387 kJ (92 Cal)
Protein:	7.2 g	Protein (per 100g):	3.3 g

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

Serving Size: 220 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.9 g
Dairy Free:	Yes	Sugar:	6.1 g
Lactose Free:	Yes	Sodium:	122 mg
Soy Free:	Yes	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.9 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	884 kJ (211 Cal)	Energy (per 100g):	402 kJ (96 Cal)
Protein:	8.7 g	Protein (per 100g):	4.0 g

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

Serving Size: 220 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	44.5 g
Dairy Free:	Yes	Sugar:	6.0 g
Lactose Free:	Yes	Sodium:	120 mg
Soy Free:	Yes	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.2 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1060 kJ (253 Cal)	Energy (per 100g):	481 kJ (115 Cal)
Protein:	7.2 g	Protein (per 100g):	3.3 g

Mexican Beef Nachos (Afternoon Tea)

Serving Size: 60 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

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

Mexican Beef Burrito (Afternoon Tea)

Serving Size: 66 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

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

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

Serving Size: 66 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

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

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.

Allergy Information

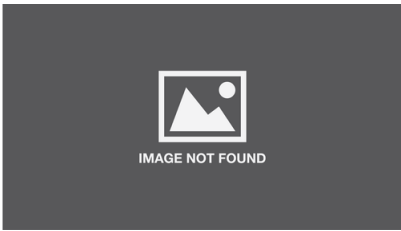
Contains Gluten, Wheat, Milk, Soy.:

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

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.

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

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

Serving Size: 100 g



Ingredients

Mandarin, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Carrot, Multigrain Corn Thins (Maize (78%), Sorghum (6%), Brown Rice (6%), Buckwheat (4.5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Cucumber.

Allergy Information

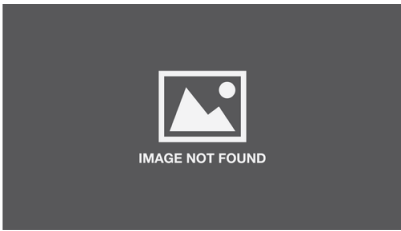
Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.2 g
Dairy Free:	No	Sugar:	5.5 g
Lactose Free:	No	Sodium:	150 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.2 g
Fish Free:	Yes	Sugar (per 100g)	5.5 g
Red Meat Free:	Yes	Sodium (per 100g):	150 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.7 g
Energy:	591 kJ (141 Cal)	Energy (per 100g):	591 kJ (141 Cal)
Protein:	5.9 g	Protein (per 100g):	5.9 g

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

Serving Size: 100 g



Ingredients

Mandarin, Chickpeas, Multigrain Corn Thins (Maize (78%), Sorghum (6%), Brown Rice (6%), Buckwheat (4.5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Carrot, Celery, Lemon Juice, Olive Oil, Garlic Powder, White Pepper.

Allergy Information

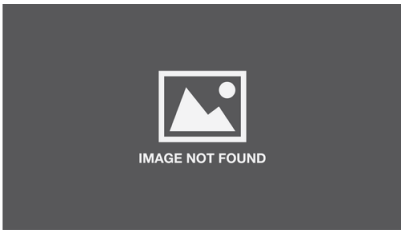
:May Contain Soy, Sesame.

Nutrition Info

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

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

Serving Size: 100 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

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

Beef Bolognaise Pasta Bake w/ Garden Salad (Lunch)

Serving Size: 250 g



Ingredients

Wholemeal Pasta (Durum **Wheat** Semolina), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Iceberg Lettuce, Tomato, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot, Tomato Paste (Citric Acid), Cucumber, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.3 g
Dairy Free:	No	Sugar:	4.8 g
Lactose Free:	No	Sodium:	123 mg
Soy Free:	Yes	Fat (total):	8.4 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	No	Carbohydrates (per 100g):	8.9 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	49 mg
Tomato Free:	No	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1050 kJ (251 Cal)	Energy (per 100g):	420 kJ (100 Cal)
Protein:	18.2 g	Protein (per 100g):	7.3 g

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

Serving Size: 250 g



Ingredients

Wholemeal Pasta (Durum **Wheat** Semolina), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Iceberg Lettuce, Tomato, Onion, Carrot, Tomato Paste (Citric Acid), Cucumber, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	24.7 g
Dairy Free:	Yes	Sugar:	4.8 g
Lactose Free:	Yes	Sodium:	71 mg
Soy Free:	Yes	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	No	Carbohydrates (per 100g):	9.9 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	28 mg
Tomato Free:	No	Fat (total, per 100g):	2.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	982 kJ (235 Cal)	Energy (per 100g):	393 kJ (94 Cal)
Protein:	16.1 g	Protein (per 100g):	6.4 g

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

Serving Size: 250 g



Ingredients

Tomato Passata (Tomato (99%), Citric Acid), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Beef Mince, Iceberg Lettuce, Tomato, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Cucumber, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Parsley, Garlic, Maize Cornflour (Gluten Free), Olive Oil, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.6 g
Dairy Free:	Yes	Sugar:	5.0 g
Lactose Free:	Yes	Sodium:	70 mg
Soy Free:	Yes	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	No	Carbohydrates (per 100g):	13.8 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	28 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	950 kJ (227 Cal)	Energy (per 100g):	380 kJ (91 Cal)
Protein:	10.8 g	Protein (per 100g):	4.3 g

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

Serving Size: 250 g



Ingredients

Wholemeal Pasta (Durum **Wheat** Semolina), Tomato Passata (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Iceberg Lettuce, Tomato, Carrot, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Capsicum, Zucchini, Cannellini Beans, Cucumber, Celery, Olive Oil, Potato Starch, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.5 g
Dairy Free:	No	Sugar:	7.8 g
Lactose Free:	No	Sodium:	119 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.6 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	47 mg
Tomato Free:	No	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	850 kJ (203 Cal)	Energy (per 100g):	340 kJ (81 Cal)
Protein:	8.3 g	Protein (per 100g):	3.3 g

GF & LF Beef Bolognese & Cheese (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, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Parsley, Garlic, Maize Cornflour (Gluten Free), Olive Oil, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	31.9 g
Dairy Free:	No	Sugar:	3.9 g
Lactose Free:	Yes	Sodium:	131 mg
Soy Free:	Yes	Fat (total):	7.1 g
Egg Free:	Yes	Fat (Sat):	3.5 g
Vegetarian:	No	Carbohydrates (per 100g):	15.9 g
Fish Free:	No	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	66 mg
Tomato Free:	No	Fat (total, per 100g):	3.6 g
Sesame Free:	No	Fat (Sat, per 100g):	1.7 g
Energy:	1040 kJ (248 Cal)	Energy (per 100g):	519 kJ (124 Cal)
Protein:	12.5 g	Protein (per 100g):	6.2 g

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

Serving Size: 110 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

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

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

Serving Size: 110 g



Ingredients

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

Allergy Information

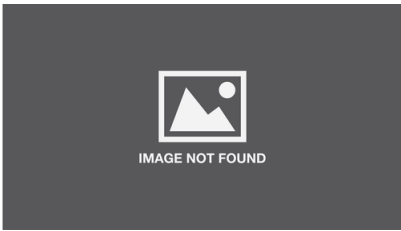
Contains Gluten, Wheat, Soy.:

Nutrition Info

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

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

Serving Size: 110 g



Ingredients

Pear, Gluten Free Pizza Base (Water, Corn Starch, Rice Flour, Potato Starch, Faba Flour, Vegetable Fibre, Canola Oil, Dextrose, Sodium Bicarbonate, Salt, Yeast, Lentil Flour, Sourdough), Pineapple, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Salt, Bamboo Fibre, Acid(270), Fructose, Gelling Agent(406), Colour(160a).), Chickpeas, Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Pumpkin, Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Olive Oil, Nutritional Yeast, Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.2 g
Dairy Free:	Yes	Sugar:	7.7 g
Lactose Free:	Yes	Sodium:	497 mg
Soy Free:	Yes	Fat (total):	7.1 g
Egg Free:	Yes	Fat (Sat):	3.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.9 g
Fish Free:	Yes	Sugar (per 100g)	7.0 g
Red Meat Free:	Yes	Sodium (per 100g):	452 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.1 g
Energy:	950 kJ (227 Cal)	Energy (per 100g):	864 kJ (206 Cal)
Protein:	1.3 g	Protein (per 100g):	1.2 g

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

Serving Size: 87.69999694824219 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.5 g
Dairy Free:	No	Sugar:	4.1 g
Lactose Free:	No	Sodium:	67 mg
Soy Free:	No	Fat (total):	2.0 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.8 g
Fish Free:	Yes	Sugar (per 100g)	4.6 g
Red Meat Free:	Yes	Sodium (per 100g):	77 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	299 kJ (71 Cal)	Energy (per 100g):	341 kJ (82 Cal)
Protein:	2.7 g	Protein (per 100g):	3.0 g

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

Serving Size: 50 g



Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cucumber, Lemon Juice, Garlic, Pepper.

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

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

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

Serving Size: 87.5 g



Ingredients

Cucumber, Carrot, Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Capsicum, Lemon Juice, Garlic, Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	10.3 g
Dairy Free:	Yes	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	55 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	63 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.1 g
Energy:	352 kJ (84 Cal)	Energy (per 100g):	402 kJ (96 Cal)
Protein:	1.9 g	Protein (per 100g):	2.2 g

Cajun Chicken & Cheese Slider w/ Pineapple (Lunch)

Serving Size: 216 g



Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Pineapple Thins, Chicken Thigh, Iceberg Lettuce, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Tomato Passata (Tomato (99%), Citric Acid), Onion, Olive Oil, Cumin, Ground Turmeric, Paprika, Potato Starch.

Allergy Information

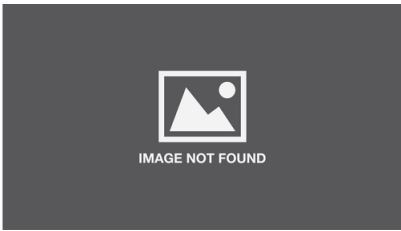
Contains Gluten, Wheat, Milk, Soy.:May Contain Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	40.7 g
Dairy Free:	No	Sugar:	7.8 g
Lactose Free:	No	Sodium:	466 mg
Soy Free:	No	Fat (total):	10.1 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	No	Carbohydrates (per 100g):	18.8 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	216 mg
Tomato Free:	No	Fat (total, per 100g):	4.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1430 kJ (341 Cal)	Energy (per 100g):	661 kJ (158 Cal)
Protein:	17.8 g	Protein (per 100g):	8.2 g

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

Serving Size: 80 g



Ingredients

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

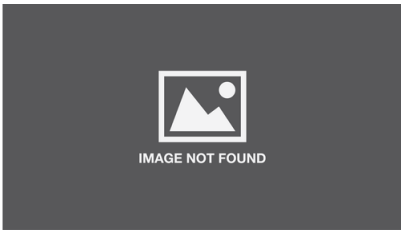
Allergy Information

Nutrition Info

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

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

Serving Size: 80 g



Ingredients

Chicken Mince, 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

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

Serving Size: 200 g



Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Pineapple Thins, Chicken Thigh, Iceberg Lettuce, Tomato Passata (Tomato (99%), Citric Acid), Onion, Olive Oil, Cumin, Ground Turmeric, Paprika, Potato Starch.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.0 g
Dairy Free:	Yes	Sugar:	2.3 g
Lactose Free:	Yes	Sodium:	353 mg
Soy Free:	No	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	No	Carbohydrates (per 100g):	17.5 g
Fish Free:	Yes	Sugar (per 100g)	1.2 g
Red Meat Free:	Yes	Sodium (per 100g):	176 mg
Tomato Free:	No	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1050 kJ (251 Cal)	Energy (per 100g):	526 kJ (126 Cal)
Protein:	13.7 g	Protein (per 100g):	6.8 g

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

Serving Size: 100 g



Ingredients

Orange, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), 7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), 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).), Baby Spinach, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion, Fetta Danish (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Ricotta (**Milk**), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

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

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

Serving Size: 100 g



Ingredients

Orange, Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Baby Spinach, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil, Nutritional Yeast, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

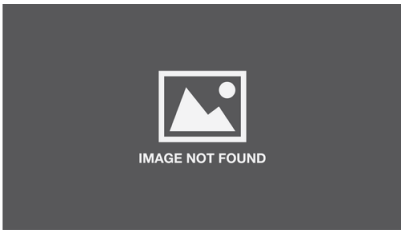
Allergy Information

Nutrition Info

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

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

Serving Size: 100 g



Ingredients

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

Allergy Information

Contains Milk, Soy.:

Nutrition Info

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

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

Serving Size: 100 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

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

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

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

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):	15 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 (69 Cal)
Protein:	4.8 g	Protein (per 100g):	1.9 g

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

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

Serving Size: 230 g



Ingredients

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

Allergy Information

Contains Milk, Soy.:

Nutrition Info

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

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

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

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

Serving Size: 220 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

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

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.:May Contain Soy, Sesame.

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

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, Lemon Juice, Cumin, Garlic Powder.

Allergy Information

:May Contain Milk, Soy, Sesame.

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

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

Serving Size: 56 g



Ingredients

Tomato, Vita Weat Crackers (Wholegrain (60%)(Whole **Wheat** Flour, **Oats**), **Wheat** Flour, Vegetable Oil, Starch (Maize), Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Yeast, Sugar, Salt, **Wheat** Germ, Emulsifier (**Soy** Lecithin).), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pistachio, Walnut.

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.4 g
Dairy Free:	No	Sugar:	1.3 g
Lactose Free:	No	Sodium:	201 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	4.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.9 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	Yes	Sodium (per 100g):	358 mg
Tomato Free:	No	Fat (total, per 100g):	14.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.1 g
Energy:	650 kJ (155 Cal)	Energy (per 100g):	1160 kJ (277 Cal)
Protein:	6.1 g	Protein (per 100g):	10.9 g

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

Serving Size: 65 g



Ingredients

Cannellini Beans, Tomato, Vita Weat **Sesame** & Poppy Seed (Wholegrain (60%)(Whole **Wheat** Flour), **Wheat** Flour, Vegetable Oil, Seeds (6%) (**Sesame**, Poppy), Starch (Maize), Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin).), Olive Oil, Lemon Juice, Cumin, Garlic Powder.

Allergy Information

Contains Gluten, Wheat, Soy, Sesame.:May Contain Egg, Milk, Peanut, Almond, Brazil Nut, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut.

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.1 g
Dairy Free:	Yes	Sugar:	1.6 g
Lactose Free:	Yes	Sodium:	147 mg
Soy Free:	No	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.7 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	Yes	Sodium (per 100g):	226 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	No	Fat (Sat, per 100g):	0.9 g
Energy:	504 kJ (120 Cal)	Energy (per 100g):	775 kJ (185 Cal)
Protein:	3.6 g	Protein (per 100g):	5.5 g

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

Serving Size: 140 g



Ingredients

Banana, Organic All Natural Yoghurt (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Kiwi, Raspberries, Chia Seeds, Honey.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.3 g
Dairy Free:	No	Sugar:	14.2 g
Lactose Free:	No	Sodium:	31 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.0 g
Fish Free:	Yes	Sugar (per 100g)	10.1 g
Red Meat Free:	Yes	Sodium (per 100g):	22 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	494 kJ (118 Cal)	Energy (per 100g):	353 kJ (84 Cal)
Protein:	3.9 g	Protein (per 100g):	2.8 g

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

Serving Size: 190 g



Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Banana, Kiwi, Raspberries, Chia Seeds, Honey.

Allergy Information

Nutrition Info

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

Tuna, Cheese & Cucumber Sandwich (Lunch)

Serving Size: 120 g



Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Cucumber, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), All Natural Yoghurt (**Milk**, **Milk** Solids, Skim **Milk**, Live Yoghurt Cultures (Incl. L.Acidophilus)), Chives, White Pepper.

Allergy Information

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

Nutrition Info

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

Roast Chicken, Pumpkin Hummus & Spinach Sandwich (Lunch)

Serving Size: 140 g



Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Roast Chicken Breast, Tomato, Chickpeas, Pumpkin, Baby Spinach, Olive Oil, Lemon Juice, Garlic Powder, White Pepper.

Allergy Information

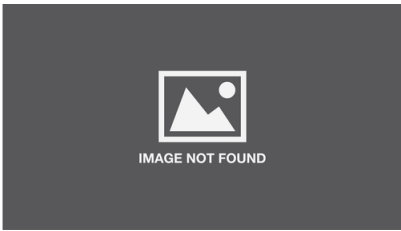
Contains Gluten, Wheat, Soy.:

Nutrition Info

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

Chicken, Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	46.1 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	223 mg
Soy Free:	Yes	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	No	Carbohydrates (per 100g):	21.0 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	101 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1270 kJ (303 Cal)	Energy (per 100g):	576 kJ (138 Cal)
Protein:	15.0 g	Protein (per 100g):	6.8 g

Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Short Grain Rice, Avocado, Cucumber, White Vinegar, Raw Sugar, Olive Oil, 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

Tropicana Pizza (Afternoon Tea)

Serving Size: 70 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.4 g
Dairy Free:	No	Sugar:	2.3 g
Lactose Free:	No	Sodium:	100 mg
Soy Free:	No	Fat (total):	7.6 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.0 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	143 mg
Tomato Free:	No	Fat (total, per 100g):	10.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.3 g
Energy:	830 kJ (198 Cal)	Energy (per 100g):	1190 kJ (283 Cal)
Protein:	8.6 g	Protein (per 100g):	12.3 g

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

Serving Size: 70 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.9 g
Dairy Free:	No	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	121 mg
Soy Free:	No	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.9 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	173 mg
Tomato Free:	No	Fat (total, per 100g):	12.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.8 g
Energy:	829 kJ (198 Cal)	Energy (per 100g):	1180 kJ (283 Cal)
Protein:	7.7 g	Protein (per 100g):	11.0 g

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

Serving Size: 70 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

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

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

Serving Size: 90 g



Ingredients

Gluten Free Slider Bun ((Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium, Baking Powder, Sea Salt, Buckwheat, Flaxseed, Spirulina), Vegetable Oil, Vinegar, Yeast.), Chicken Breast, Pineapple, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Salt, Bamboo Fibre, Acid(270), Fructose, Gelling Agent(406), Colour(160a).), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.0 g
Dairy Free:	Yes	Sugar:	4.6 g
Lactose Free:	Yes	Sodium:	236 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	3.1 g
Vegetarian:	No	Carbohydrates (per 100g):	23.3 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	262 mg
Tomato Free:	No	Fat (total, per 100g):	7.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	723 kJ (173 Cal)	Energy (per 100g):	803 kJ (192 Cal)
Protein:	5.7 g	Protein (per 100g):	6.3 g