

Menu: Menu C - 5.1.26 - 9.1.26

Full Cream Milk & Two Fruits (Morning Tea)

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), **Milk**.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.5 g
Dairy Free:	No	Sugar:	19.4 g
Lactose Free:	No	Sodium:	44 mg
Soy Free:	Yes	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	2.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.0 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	587 kJ (140 Cal)	Energy (per 100g):	261 kJ (62 Cal)
Protein:	3.8 g	Protein (per 100g):	1.7 g

LF Milk & Two Fruits (Morning Tea) [Allergy]

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.5 g
Dairy Free:	No	Sugar:	19.1 g
Lactose Free:	Yes	Sodium:	41 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.0 g
Fish Free:	Yes	Sugar (per 100g)	8.5 g
Red Meat Free:	Yes	Sodium (per 100g):	18 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	546 kJ (131 Cal)	Energy (per 100g):	243 kJ (58 Cal)
Protein:	3.6 g	Protein (per 100g):	1.6 g

Rice Milk & Two Fruits (Morning Tea) [Allergy]

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.0 g
Dairy Free:	Yes	Sugar:	18.0 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	1.5 g
Egg Free:	Yes	Fat (Sat):	0.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.0 g
Fish Free:	Yes	Sugar (per 100g)	8.0 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	542 kJ (130 Cal)	Energy (per 100g):	241 kJ (58 Cal)
Protein:	1.1 g	Protein (per 100g):	0.5 g

Soy Milk & Two Fruits (Morning Tea) [Allergy]

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), **Soy** Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.1 g
Dairy Free:	Yes	Sugar:	15.3 g
Lactose Free:	Yes	Sodium:	19 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.5 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	8 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	523 kJ (125 Cal)	Energy (per 100g):	233 kJ (56 Cal)
Protein:	3.4 g	Protein (per 100g):	1.5 g

Beef Bolognese Pasta Bake (Lunch)

Serving Size: 200 g



Ingredients

Beef Mince (22%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.5 g
Dairy Free:	No	Sugar:	4.7 g
Lactose Free:	No	Sodium:	112 mg
Soy Free:	Yes	Fat (total):	8.4 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	No	Carbohydrates (per 100g):	14.3 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	No	Sodium (per 100g):	56 mg
Tomato Free:	No	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7 g
Energy:	1140 kJ (272 Cal)	Energy (per 100g):	569 kJ (136 Cal)
Protein:	18.3 g	Protein (per 100g):	9.1 g

Beef Bolognese Pasta SML (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Beef Mince (22%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.1 g
Dairy Free:	Yes	Sugar:	4.8 g
Lactose Free:	Yes	Sodium:	59 mg
Soy Free:	Yes	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	16.0 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	No	Sodium (per 100g):	29 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1090 kJ (260 Cal)	Energy (per 100g):	545 kJ (130 Cal)
Protein:	16.2 g	Protein (per 100g):	8.1 g

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

Serving Size: 200 g



Ingredients

Tomato Passata (Tomato (99%), Citric Acid), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Beef Mince (16%), Onion, 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.

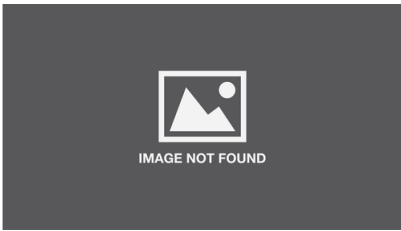
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.4 g
Dairy Free:	Yes	Sugar:	4.0 g
Lactose Free:	Yes	Sodium:	62 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	No	Carbohydrates (per 100g):	16.7 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	31 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	914 kJ (218 Cal)	Energy (per 100g):	457 kJ (109 Cal)
Protein:	10.4 g	Protein (per 100g):	5.2 g

Cheesy Vegetable Pasta (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato Passata (20%) (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion (5%), Cheddar Cheese (5%) (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Capsicum (4.5%), Carrot (4.5%), Zucchini (4.5%), Cannellini Beans, Celery (2.5%), Olive Oil, Potato Starch, Tomato Paste (0.5%) (Citric Acid), Garlic, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	58.5 g
Dairy Free:	No	Sugar:	8.6 g
Lactose Free:	No	Sodium:	119 mg
Soy Free:	Yes	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.3 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	60 mg
Tomato Free:	No	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	1540 kJ (367 Cal)	Energy (per 100g):	769 kJ (184 Cal)
Protein:	12.3 g	Protein (per 100g):	6.2 g

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

Serving Size: 200 g



Ingredients

Organic Gluten Free Spaghetti (Organic Corn, Organic Rice), Water, Tomato Passata (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil, Potato Starch, Tomato Paste (Citric Acid), Garlic, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.1 g
Dairy Free:	Yes	Sugar:	6.5 g
Lactose Free:	Yes	Sodium:	50 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.5 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	25 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	869 kJ (208 Cal)	Energy (per 100g):	435 kJ (104 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g

Sticky Date Pudding (Egg Free) (Afternoon Tea)

Serving Size: 60 g



Ingredients

Dates (25%), 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, Raw Sugar, Cinnamon, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	25.8 g
Dairy Free:	No	Sugar:	14.5 g
Lactose Free:	Yes	Sodium:	123 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	43.0 g
Fish Free:	Yes	Sugar (per 100g)	24.2 g
Red Meat Free:	Yes	Sodium (per 100g):	205 mg
Tomato Free:	Yes	Fat (total, per 100g):	10.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.4 g
Energy:	738 kJ (176 Cal)	Energy (per 100g):	1230 kJ (294 Cal)
Protein:	2.0 g	Protein (per 100g):	3.3 g

GF & DF Sticky Date Pudding (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)), Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Banana, Olive Oil, Dates (7%), 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:	32.1 g
Dairy Free:	Yes	Sugar:	8.6 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):	53.5 g
Fish Free:	Yes	Sugar (per 100g)	14.3 g
Red Meat Free:	Yes	Sodium (per 100g):	272 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	782 kJ (187 Cal)	Energy (per 100g):	1300 kJ (312 Cal)
Protein:	1.0 g	Protein (per 100g):	1.6 g

Full Cream Milk & Two Fruits (Morning Tea)

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), **Milk**.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.5 g
Dairy Free:	No	Sugar:	19.4 g
Lactose Free:	No	Sodium:	44 mg
Soy Free:	Yes	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	2.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.0 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	587 kJ (140 Cal)	Energy (per 100g):	261 kJ (62 Cal)
Protein:	3.8 g	Protein (per 100g):	1.7 g

LF Milk & Two Fruits (Morning Tea) [Allergy]

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.5 g
Dairy Free:	No	Sugar:	19.1 g
Lactose Free:	Yes	Sodium:	41 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.0 g
Fish Free:	Yes	Sugar (per 100g)	8.5 g
Red Meat Free:	Yes	Sodium (per 100g):	18 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	546 kJ (131 Cal)	Energy (per 100g):	243 kJ (58 Cal)
Protein:	3.6 g	Protein (per 100g):	1.6 g

Rice Milk & Two Fruits (Morning Tea) [Allergy]

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.0 g
Dairy Free:	Yes	Sugar:	18.0 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	1.5 g
Egg Free:	Yes	Fat (Sat):	0.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.0 g
Fish Free:	Yes	Sugar (per 100g)	8.0 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	542 kJ (130 Cal)	Energy (per 100g):	241 kJ (58 Cal)
Protein:	1.1 g	Protein (per 100g):	0.5 g

Soy Milk & Two Fruits (Morning Tea) [Allergy]

Serving Size: 225 g



Ingredients

Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))), **Soy** Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.1 g
Dairy Free:	Yes	Sugar:	15.3 g
Lactose Free:	Yes	Sodium:	19 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.5 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	8 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	523 kJ (125 Cal)	Energy (per 100g):	233 kJ (56 Cal)
Protein:	3.4 g	Protein (per 100g):	1.5 g

Mean Green Mac & Cheese (Lunch)

Serving Size: 200 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Broccoli, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Skim **Milk** Powder, Baby Spinach, Plain Flour (**Wheat**), Olive Oil, Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	27.8 g
Dairy Free:	No	Sugar:	1.4 g
Lactose Free:	No	Sodium:	84 mg
Soy Free:	Yes	Fat (total):	8.9 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.9 g
Fish Free:	Yes	Sugar (per 100g)	0.7 g
Red Meat Free:	Yes	Sodium (per 100g):	42 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2 g
Energy:	975 kJ (233 Cal)	Energy (per 100g):	487 kJ (116 Cal)
Protein:	8.3 g	Protein (per 100g):	4.1 g

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

Serving Size: 200 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Pumpkin (17%), Cannellini Beans, Peas (10%), 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:	43.2 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	110 mg
Soy Free:	Yes	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.6 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1020 kJ (244 Cal)	Energy (per 100g):	509 kJ (122 Cal)
Protein:	6.6 g	Protein (per 100g):	3.3 g

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

Serving Size: 200 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Pumpkin (17%), Cannellini Beans, Peas (10%), 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.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	40.0 g
Dairy Free:	Yes	Sugar:	6.1 g
Lactose Free:	Yes	Sodium:	108 mg
Soy Free:	Yes	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.0 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	54 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1030 kJ (245 Cal)	Energy (per 100g):	513 kJ (123 Cal)
Protein:	8.6 g	Protein (per 100g):	4.3 g

Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60 g



Ingredients

Beef Mince (20%), Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Bread Crumbs (Unbleached Whole **Wheat** Flour, Mixed Grains (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**),Yeast, **Wheat** Gluten, Vinegar, Salt, Canola Oil, Emulsifiers (481,471,472 (E)), **Soy** Flour, Thiamin, Folic Acid.), Water, Carrot, Celery, Onion, Kale (5%), Poppy Seeds, Olive Oil, 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

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, 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

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.

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.7 g
Dairy Free:	No	Sugar:	1.3 g
Lactose Free:	No	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

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 (19%), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Carrot, Onion, Celery, Olive Oil, Kale (0.5%), 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

Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 250 g



Ingredients

Organic Full Cream **Milk** (40%), Banana (36%), Apple (12%), Pineapple (12%).

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/ LF Milk (Morning Tea) [Allergy]

Serving Size: 250 g



Ingredients

Lactose Free **Milk** (40%) (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/ Rice Milk (Morning Tea) [Allergy]

Serving Size: 250 g



Ingredients

Rice Milk (40%) (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), 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/ Soy Milk (Morning Tea) [Allergy]

Serving Size: 250 g



Ingredients

Soy Milk (40%) (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

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 (12%), Iceberg Lettuce, Cheese Slices (7%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Tomato Passata (Tomato (99%), Citric Acid), Onion, Olive Oil, Cumin, Ground Turmeric, Paprika, Potato Starch.

Allergy Information

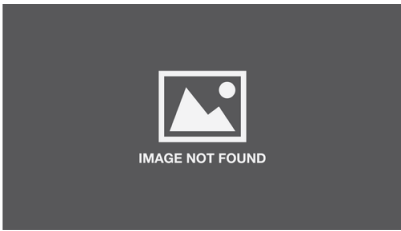
Contains Gluten, Wheat, Milk, Soy.:May Contain Sesame.

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 Chicken Burger Pattie (Al) (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, Chia, Flaxseed, Psyllium, Citric Acid.).

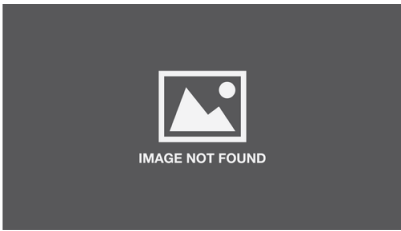
Allergy Information

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

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, Chia, Flaxseed, Psyllium, 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

Cheese & Tomato Pizza (Afternoon Tea)

Serving Size: 60 g



Ingredients

Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), Water, Semi Dried Tomato (6%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Capers, Olive Oil, Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Fresh Herbs.

Allergy Information

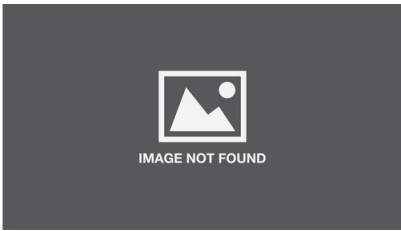
Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	19.4 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	233 mg
Soy Free:	No	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.3 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	389 mg
Tomato Free:	No	Fat (total, per 100g):	7.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.5 g
Energy:	636 kJ (152 Cal)	Energy (per 100g):	1060 kJ (254 Cal)
Protein:	7.0 g	Protein (per 100g):	11.7 g

LF Cheese & Tomato Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Water, Semi Dried Tomato (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil, Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Capers, Raw Sugar, Yeast (Sorbitan Monostearate), Fresh Herbs, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	21.7 g
Dairy Free:	No	Sugar:	1.5 g
Lactose Free:	Yes	Sodium:	220 mg
Soy Free:	No	Fat (total):	10.7 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.0 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	314 mg
Tomato Free:	No	Fat (total, per 100g):	15.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.6 g
Energy:	933 kJ (223 Cal)	Energy (per 100g):	1330 kJ (319 Cal)
Protein:	8.6 g	Protein (per 100g):	12.3 g

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

Serving Size: 60 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.), Cannellini Beans, 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).), Pineapple, Chickpeas, Pumpkin, Olive Oil, Nutritional Yeast, Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.2 g
Dairy Free:	Yes	Sugar:	4.2 g
Lactose Free:	Yes	Sodium:	282 mg
Soy Free:	Yes	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	38.7 g
Fish Free:	Yes	Sugar (per 100g)	6.9 g
Red Meat Free:	Yes	Sodium (per 100g):	470 mg
Tomato Free:	Yes	Fat (total, per 100g):	13.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.9 g
Energy:	758 kJ (181 Cal)	Energy (per 100g):	1260 kJ (302 Cal)
Protein:	2.1 g	Protein (per 100g):	3.6 g

Vita-Weats w/ Cheddar Cheese & Crudites (Morning Tea)

Serving Size: 88 g



Ingredients

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).), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Capsicum, Carrot, Celery, Cucumber.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.4 g
Dairy Free:	No	Sugar:	2.6 g
Lactose Free:	No	Sodium:	217 mg
Soy Free:	No	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.5 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	246 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.1 g
Sesame Free:	No	Fat (Sat, per 100g):	4.6 g
Energy:	686 kJ (164 Cal)	Energy (per 100g):	780 kJ (186 Cal)
Protein:	6.5 g	Protein (per 100g):	7.3 g

LF Cheddar Cheese & Multigrain Vita-Weats (AI) (Morning Tea) [Allergy]

Serving Size: 30 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), 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).).

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:	9.0 g
Dairy Free:	No	Sugar:	0.6 g
Lactose Free:	Yes	Sodium:	177 mg
Soy Free:	No	Fat (total):	7.1 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.0 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	590 mg
Tomato Free:	Yes	Fat (total, per 100g):	23.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.3 g
Energy:	524 kJ (125 Cal)	Energy (per 100g):	1750 kJ (417 Cal)
Protein:	5.6 g	Protein (per 100g):	18.6 g

Multigrain Vita-Weats w/ Cheese & Crudites (Morning Tea)

Serving Size: 88 g



Ingredients

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))), Capsicum, Carrot, Celery, Cucumber.

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:	14.7 g
Dairy Free:	No	Sugar:	2.5 g
Lactose Free:	No	Sodium:	220 mg
Soy Free:	No	Fat (total):	8.3 g
Egg Free:	Yes	Fat (Sat):	4.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.7 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	250 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.5 g
Energy:	690 kJ (165 Cal)	Energy (per 100g):	784 kJ (187 Cal)
Protein:	6.5 g	Protein (per 100g):	7.4 g

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

Serving Size: 50 g



Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.7 g
Dairy Free:	Yes	Sugar:	0.2 g
Lactose Free:	Yes	Sodium:	142 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.4 g
Fish Free:	Yes	Sugar (per 100g)	0.3 g
Red Meat Free:	Yes	Sodium (per 100g):	284 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	444 kJ (106 Cal)	Energy (per 100g):	888 kJ (212 Cal)
Protein:	3.4 g	Protein (per 100g):	6.8 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

Wholemeal Garlic Bread w/ Orange Wedges (Afternoon Tea)

Serving Size: 93 g



Ingredients

Orange (54%), Garlic Filled Rolls (46%) (Unbleached Wholemeal **Wheat** Flour (48%), Water, Vegetable Oils, Garlic (3%), Baker's™ Yeast, **Wheat** Gluten, Vinegar, **Soy** Flour, Iodised Salt, Emulsifiers (481, 471, 472(E), **Soy** Lecithin), Sugar, Skim **Milk** Powder, Flavours, Acidity Regulator (330), Colour (160a), Vitamins (Thiamin, Folic Acid)).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	18.0 g
Dairy Free:	No	Sugar:	4.5 g
Lactose Free:	No	Sodium:	166 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	179 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	625 kJ (149 Cal)	Energy (per 100g):	672 kJ (161 Cal)
Protein:	3.6 g	Protein (per 100g):	3.9 g

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

Serving Size: 100 g



Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flaxseed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Orange (40%), Lactose Free Cheese (10%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Cannellini Beans, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Garlic (0%), Parsley.

Allergy Information

Contains Milk.:

Nutrition Info

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

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

Serving Size: 100 g



Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flaxseed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Orange, 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).), Cannellini Beans, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Garlic, Parsley.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.9 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	266 mg
Soy Free:	Yes	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	3.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.9 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	266 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	773 kJ (185 Cal)	Energy (per 100g):	773 kJ (185 Cal)
Protein:	1.3 g	Protein (per 100g):	1.3 g

Organic Milk, Banana & Mango (Morning Tea)

Serving Size: 220 g



Ingredients

Full Cream **Milk** (45%), Banana (41%), Mango (14%).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	26.7 g
Dairy Free:	No	Sugar:	20.4 g
Lactose Free:	No	Sodium:	37 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.1 g
Fish Free:	Yes	Sugar (per 100g)	9.3 g
Red Meat Free:	Yes	Sodium (per 100g):	17 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	731 kJ (175 Cal)	Energy (per 100g):	332 kJ (79 Cal)
Protein:	4.9 g	Protein (per 100g):	2.2 g

Organic Soy Milk, Banana & Mango (Morning Tea) [Allergy]

Serving Size: 220 g



Ingredients

Soy Milk (45%) (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Banana (41%), Mango (14%).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.2 g
Dairy Free:	Yes	Sugar:	16.2 g
Lactose Free:	Yes	Sodium:	15 mg
Soy Free:	No	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.4 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):	7 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	633 kJ (151 Cal)	Energy (per 100g):	288 kJ (69 Cal)
Protein:	4.4 g	Protein (per 100g):	2.0 g

LF Milk, Banana & Mango (Morning Tea) [Allergy]

Serving Size:



Ingredients

No Information

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:
Dairy Free:	No	Sugar:
Lactose Free:	Yes	Sodium:
Soy Free:	Yes	Fat (total):
Egg Free:	Yes	Fat (Sat):
Vegetarian:	Yes	Carbohydrates (per 100g):
Fish Free:	Yes	Sugar (per 100g)
Red Meat Free:	Yes	Sodium (per 100g):
Tomato Free:	Yes	Fat (total, per 100g):
Sesame Free:	Yes	Fat (Sat, per 100g):
Energy:		Energy (per 100g):
Protein:		Protein (per 100g):

Organic Rice Milk, Banana & Mango (Morning Tea) [Allergy]

Serving Size: 220 g



Ingredients

Rice Milk (45%) (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Banana (41%), Mango (14%).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	31.0 g
Dairy Free:	Yes	Sugar:	18.9 g
Lactose Free:	Yes	Sodium:	64 mg
Soy Free:	Yes	Fat (total):	1.6 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	29 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	652 kJ (156 Cal)	Energy (per 100g):	296 kJ (71 Cal)
Protein:	2.1 g	Protein (per 100g):	1.0 g

Aussie Beef Burger w/ Beetroot (Lunch)

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)), Beef Mince (17%), Beetroot, Iceberg Lettuce, Tomato, Bread Crumbs (Unbleached Whole **Wheat** Flour, Mixed Grains (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**),Yeast, **Wheat** Gluten, Vinegar, Salt, Canola Oil, Emulsifiers (481,471,472 (E)), **Soy** Flour, Thiamin, Folic Acid.), Carrot, Onion, Zucchini, Tomato Passata (Tomato (99%), Citric Acid), Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Tomato Paste (Citric Acid), Garlic Powder, Organic Apple Cider Vinegar, Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Pepper, Onion, Powdered, Mustard Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	42.3 g
Dairy Free:	Yes	Sugar:	5.7 g
Lactose Free:	Yes	Sodium:	472 mg
Soy Free:	No	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	21.1 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	No	Sodium (per 100g):	236 mg
Tomato Free:	No	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1440 kJ (344 Cal)	Energy (per 100g):	719 kJ (172 Cal)

Aussie Beef Burger (Tomato Free) (Lunch) [Allergy]

Serving Size: 190 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)), Beef Mince (19%), Beetroot, Iceberg Lettuce, Bread Crumbs (Unbleached Whole **Wheat** Flour, Mixed Grains (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**),Yeast, **Wheat** Gluten, Vinegar, Salt, Canola Oil, Emulsifiers (481,471,472 (E)), **Soy** Flour, Thiamin, Folic Acid.), Carrot, Onion, Zucchini, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Garlic Powder, Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	41.5 g
Dairy Free:	Yes	Sugar:	5.1 g
Lactose Free:	Yes	Sodium:	463 mg
Soy Free:	No	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	21.8 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	No	Sodium (per 100g):	243 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1420 kJ (339 Cal)	Energy (per 100g):	747 kJ (178 Cal)
Protein:	20.2 g	Protein (per 100g):	10.7 g

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

Serving Size: 80 g



Ingredients

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

Allergy Information

Nutrition Info

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

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, Chia, Flaxseed, Psyllium, 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

Tomato & Cheese Dip w/ Brown Rice Crackers (Afternoon Tea)

Serving Size: 38 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.1 g
Dairy Free:	No	Sugar:	2.7 g
Lactose Free:	No	Sodium:	166 mg
Soy Free:	Yes	Fat (total):	7.5 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.2 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	440 mg
Tomato Free:	No	Fat (total, per 100g):	20.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	11.1 g
Energy:	560 kJ (134 Cal)	Energy (per 100g):	1490 kJ (355 Cal)
Protein:	3.1 g	Protein (per 100g):	8.3 g

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

Serving Size: 50 g



Ingredients

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

Allergy Information

Contains Fish.:May Contain Milk, Soy, Sesame.

Nutrition Info

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

Pumpkin Hummus W/ Brown Rice Crackers (Al) (Afternoon Tea) [Allergy]

Serving Size: 50 g



Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.4 g
Dairy Free:	Yes	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	118 mg
Soy Free:	Yes	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.8 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	Yes	Sodium (per 100g):	236 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	443 kJ (106 Cal)	Energy (per 100g):	885 kJ (212 Cal)
Protein:	2.9 g	Protein (per 100g):	5.7 g