

**Menu: New Years Menu - 29.12.25 - 2.1.26**

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           |

Macaroni Bolognese (Lunch)

Serving Size: 200 g



Ingredients

Beef Mince (21%), 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

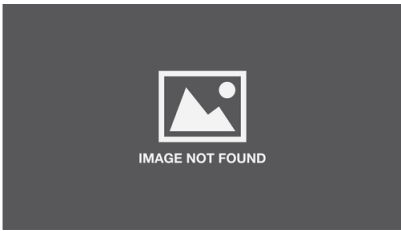
Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

|                |                   |                           |                  |
|----------------|-------------------|---------------------------|------------------|
| Gluten Free:   | No                | Carbohydrates:            | 33.7 g           |
| Dairy Free:    | Yes               | Sugar:                    | 4.7 g            |
| Lactose Free:  | No                | Sodium:                   | 57 mg            |
| Soy Free:      | Yes               | Fat (total):              | 6.0 g            |
| Egg Free:      | Yes               | Fat (Sat):                | 2.0 g            |
| Vegetarian:    | No                | Carbohydrates (per 100g): | 16.8 g           |
| Fish Free:     | Yes               | Sugar (per 100g)          | 2.3 g            |
| Red Meat Free: | No                | Sodium (per 100g):        | 28 mg            |
| Tomato Free:   | No                | Fat (total, per 100g):    | 3.0 g            |
| Sesame Free:   | Yes               | Fat (Sat, per 100g):      | 1.0 g            |
| Energy:        | 1110 kJ (265 Cal) | Energy (per 100g):        | 554 kJ (132 Cal) |
| Protein:       | 16.0 g            | Protein (per 100g):       | 8.0 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 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            |



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

Serving Size: 110 g



Ingredients

Pear (45%), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Olive Oil, Red Capsicum Strips (3.5%) (Red Peppers, Water, Vinegar, Salt, Sugar), Kalamata Olives (2%) (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

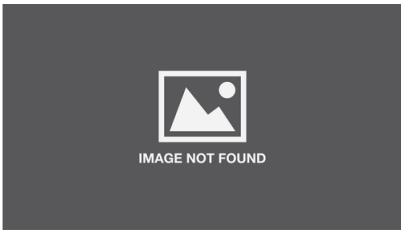
Contains Gluten, Wheat, Milk, Soy.:

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            |

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): | 33.8 g           |
| Fish Free:     | Yes              | Sugar (per 100g)          | 7.0 g            |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 451 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):        | 863 kJ (206 Cal) |
| Protein:       | 1.3 g            | Protein (per 100g):       | 1.2 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           |

Wholemeal Tuna Pasta Bake (Lunch)

Serving Size: 200 g



Ingredients

Water, Tuna (20%) (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Skim **Milk** Powder, Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Parsley, White Pepper.

Allergy Information

Contains Gluten, Wheat, Fish, Milk.:

Nutrition Info

|                |                   |                           |                  |
|----------------|-------------------|---------------------------|------------------|
| Gluten Free:   | No                | Carbohydrates:            | 26.6 g           |
| Dairy Free:    | No                | Sugar:                    | 1.8 g            |
| Lactose Free:  | No                | Sodium:                   | 165 mg           |
| Soy Free:      | Yes               | Fat (total):              | 7.2 g            |
| Egg Free:      | Yes               | Fat (Sat):                | 4.3 g            |
| Vegetarian:    | No                | Carbohydrates (per 100g): | 13.3 g           |
| Fish Free:     | No                | Sugar (per 100g)          | 0.9 g            |
| Red Meat Free: | Yes               | Sodium (per 100g):        | 82 mg            |
| Tomato Free:   | Yes               | Fat (total, per 100g):    | 3.6 g            |
| Sesame Free:   | Yes               | Fat (Sat, per 100g):      | 2.1 g            |
| Energy:        | 1040 kJ (250 Cal) | Energy (per 100g):        | 522 kJ (125 Cal) |
| Protein:       | 17.6 g            | Protein (per 100g):       | 8.8 g            |

Wholemeal Chicken Pasta Bake (Lunch)

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

|                |                   |                           |                  |
|----------------|-------------------|---------------------------|------------------|
| Gluten Free:   | No                | Carbohydrates:            | 24.1 g           |
| Dairy Free:    | No                | Sugar:                    | 2.0 g            |
| Lactose Free:  | No                | Sodium:                   | 87 mg            |
| Soy Free:      | Yes               | Fat (total):              | 10.0 g           |
| Egg Free:      | Yes               | Fat (Sat):                | 5.3 g            |
| Vegetarian:    | No                | Carbohydrates (per 100g): | 12.1 g           |
| Fish Free:     | Yes               | Sugar (per 100g)          | 1.0 g            |
| Red Meat Free: | Yes               | Sodium (per 100g):        | 43 mg            |
| Tomato Free:   | Yes               | Fat (total, per 100g):    | 5.0 g            |
| Sesame Free:   | Yes               | Fat (Sat, per 100g):      | 2.7 g            |
| Energy:        | 1050 kJ (251 Cal) | Energy (per 100g):        | 526 kJ (126 Cal) |
| Protein:       | 14.3 g            | Protein (per 100g):       | 7.2 g            |



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

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (20%), Arborio Rice, Broccoli, Carrot, Onion, Pumpkin (6%), Zucchini, Olive Oil, Garlic, Pepper.

Allergy Information

Nutrition Info

|                |                   |                           |                  |
|----------------|-------------------|---------------------------|------------------|
| Gluten Free:   | Yes               | Carbohydrates:            | 22.2 g           |
| Dairy Free:    | Yes               | Sugar:                    | 2.9 g            |
| Lactose Free:  | Yes               | Sodium:                   | 101 mg           |
| Soy Free:      | Yes               | Fat (total):              | 13.3 g           |
| Egg Free:      | Yes               | Fat (Sat):                | 2.8 g            |
| Vegetarian:    | No                | Carbohydrates (per 100g): | 11.1 g           |
| Fish Free:     | Yes               | Sugar (per 100g)          | 1.5 g            |
| Red Meat Free: | Yes               | Sodium (per 100g):        | 50 mg            |
| Tomato Free:   | Yes               | Fat (total, per 100g):    | 6.7 g            |
| Sesame Free:   | Yes               | Fat (Sat, per 100g):      | 1.4 g            |
| Energy:        | 1150 kJ (275 Cal) | Energy (per 100g):        | 575 kJ (138 Cal) |
| Protein:       | 14.9 g            | Protein (per 100g):       | 7.5 g            |

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

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

Mexican Bean Nachos (Afternoon Tea)

Serving Size: 60 g



Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Passata (Tomato (99%), Citric Acid), Kidney Beans, Red (11%), Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Ground Turmeric, Paprika.

Allergy Information

Contains Milk.:

Nutrition Info

|                |                  |                           |                   |
|----------------|------------------|---------------------------|-------------------|
| Gluten Free:   | Yes              | Carbohydrates:            | 16.5 g            |
| Dairy Free:    | No               | Sugar:                    | 1.1 g             |
| Lactose Free:  | No               | Sodium:                   | 138 mg            |
| Soy Free:      | Yes              | Fat (total):              | 9.7 g             |
| Egg Free:      | Yes              | Fat (Sat):                | 3.9 g             |
| Vegetarian:    | Yes              | Carbohydrates (per 100g): | 27.5 g            |
| Fish Free:     | Yes              | Sugar (per 100g)          | 1.9 g             |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 229 mg            |
| Tomato Free:   | No               | Fat (total, per 100g):    | 16.1 g            |
| Sesame Free:   | Yes              | Fat (Sat, per 100g):      | 6.5 g             |
| Energy:        | 742 kJ (177 Cal) | Energy (per 100g):        | 1240 kJ (296 Cal) |
| Protein:       | 5.1 g            | Protein (per 100g):       | 8.5 g             |

Mexican Bean Burrito (Afternoon Tea)

Serving Size: 66 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Passata (Tomato (99%), Citric Acid), Kidney Beans, Red (10%), Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Ground Turmeric, Paprika.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

|                |                  |                           |                  |
|----------------|------------------|---------------------------|------------------|
| Gluten Free:   | No               | Carbohydrates:            | 15.7 g           |
| Dairy Free:    | No               | Sugar:                    | 2.0 g            |
| Lactose Free:  | No               | Sodium:                   | 181 mg           |
| Soy Free:      | No               | Fat (total):              | 5.2 g            |
| Egg Free:      | Yes              | Fat (Sat):                | 2.8 g            |
| Vegetarian:    | Yes              | Carbohydrates (per 100g): | 23.8 g           |
| Fish Free:     | Yes              | Sugar (per 100g)          | 3.0 g            |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 275 mg           |
| Tomato Free:   | No               | Fat (total, per 100g):    | 7.8 g            |
| Sesame Free:   | Yes              | Fat (Sat, per 100g):      | 4.2 g            |
| Energy:        | 580 kJ (139 Cal) | Energy (per 100g):        | 879 kJ (210 Cal) |
| Protein:       | 5.9 g            | Protein (per 100g):       | 9.0 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 (17%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Refried Beans (12%) ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Capsicum, Black Beans (6%), Corn Kernals, Olive Oil.

Allergy Information

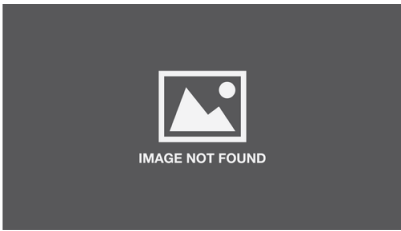
Contains Gluten, Wheat, Milk, Soy.:

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            |

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           |

Chicken & Pineapple Curry w/ Brown Rice (Lunch)

Serving Size: 200 g



Ingredients

Brown Rice (38%), Chicken Thigh (15%), Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Coconut Cream (Coconut Cream (74%), Water, Thickener (415)), Carrot, Cauliflower, Green Beans, Onion, Pineapple (6%), Potato Starch, Garlic, Olive Oil, Cinnamon, Cumin, Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper), Ground Coriander, Ground Turmeric, Paprika, White Pepper.

Allergy Information

Nutrition Info

|                |                   |                           |                  |
|----------------|-------------------|---------------------------|------------------|
| Gluten Free:   | Yes               | Carbohydrates:            | 30.6 g           |
| Dairy Free:    | Yes               | Sugar:                    | 4.5 g            |
| Lactose Free:  | Yes               | Sodium:                   | 73 mg            |
| Soy Free:      | Yes               | Fat (total):              | 7.7 g            |
| Egg Free:      | Yes               | Fat (Sat):                | 4.2 g            |
| Vegetarian:    | No                | Carbohydrates (per 100g): | 15.3 g           |
| Fish Free:     | Yes               | Sugar (per 100g)          | 2.3 g            |
| Red Meat Free: | Yes               | Sodium (per 100g):        | 36 mg            |
| Tomato Free:   | Yes               | Fat (total, per 100g):    | 3.9 g            |
| Sesame Free:   | Yes               | Fat (Sat, per 100g):      | 2.1 g            |
| Energy:        | 1040 kJ (249 Cal) | Energy (per 100g):        | 520 kJ (124 Cal) |
| Protein:       | 12.2 g            | Protein (per 100g):       | 6.1 g            |

GF & DF Vegetable Curry & Brown Rice (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Brown Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Pumpkin, Chickpeas, Coconut Cream (Coconut Cream (74%), Water, Thickener (415)), Peas, Onion, Carrot, Sultana (Sultanas, Vegetable Oil), Olive Oil, Garlic, White Pepper, Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Nutrition Info

|                |                   |                           |                  |
|----------------|-------------------|---------------------------|------------------|
| Gluten Free:   | Yes               | Carbohydrates:            | 40.3 g           |
| Dairy Free:    | Yes               | Sugar:                    | 10.2 g           |
| Lactose Free:  | Yes               | Sodium:                   | 59 mg            |
| Soy Free:      | Yes               | Fat (total):              | 8.2 g            |
| Egg Free:      | Yes               | Fat (Sat):                | 4.5 g            |
| Vegetarian:    | Yes               | Carbohydrates (per 100g): | 20.1 g           |
| Fish Free:     | Yes               | Sugar (per 100g)          | 5.1 g            |
| Red Meat Free: | Yes               | Sodium (per 100g):        | 29 mg            |
| Tomato Free:   | Yes               | Fat (total, per 100g):    | 4.1 g            |
| Sesame Free:   | Yes               | Fat (Sat, per 100g):      | 2.2 g            |
| Energy:        | 1140 kJ (272 Cal) | Energy (per 100g):        | 569 kJ (136 Cal) |
| Protein:       | 6.8 g             | Protein (per 100g):       | 3.4 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 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 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 (27%), 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 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 (22%), 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 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            |



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           |

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           |

Cheesy Vegetable Lasagne (Lunch)

Serving Size: 250 g



Ingredients

Water, Tomato Passata (15%) (Tomato (99%), Citric Acid), Lasagne Sheet (Durum **Wheat** Semolina, Water), Pumpkin (8%), Zucchini (8%), Red Lentils, Mozzarella Cheese (5%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion (4%), Skim **Milk** Powder, Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Capsicum (2%), Carrot (2%), Celery (2%), Tomato Paste (2%) (Citric Acid), Garlic (0.5%), Olive Oil, White Pepper, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

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

Nutrition Info

|                |                   |                           |                  |
|----------------|-------------------|---------------------------|------------------|
| Gluten Free:   | No                | Carbohydrates:            | 29.3 g           |
| Dairy Free:    | No                | Sugar:                    | 5.0 g            |
| Lactose Free:  | No                | Sodium:                   | 98 mg            |
| Soy Free:      | Yes               | Fat (total):              | 10.6 g           |
| Egg Free:      | Yes               | Fat (Sat):                | 5.9 g            |
| Vegetarian:    | Yes               | Carbohydrates (per 100g): | 11.7 g           |
| Fish Free:     | Yes               | Sugar (per 100g)          | 2.0 g            |
| Red Meat Free: | Yes               | Sodium (per 100g):        | 39 mg            |
| Tomato Free:   | No                | Fat (total, per 100g):    | 4.2 g            |
| Sesame Free:   | Yes               | Fat (Sat, per 100g):      | 2.4 g            |
| Energy:        | 1130 kJ (270 Cal) | Energy (per 100g):        | 452 kJ (108 Cal) |
| Protein:       | 12.0 g            | Protein (per 100g):       | 4.8 g            |

LF Cheesy Tomato & Spinach Risoni (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Tomato Passata (20%) (Tomato (99%), Citric Acid), Risoni (Durum **Wheat** Semolina, Water), Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Baby Spinach (5%), Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), 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

Contains Gluten, Wheat, Milk.:

Nutrition Info

|                |                  |                           |                 |
|----------------|------------------|---------------------------|-----------------|
| Gluten Free:   | No               | Carbohydrates:            | 22.4 g          |
| Dairy Free:    | No               | Sugar:                    | 6.7 g           |
| Lactose Free:  | Yes              | Sodium:                   | 134 mg          |
| Soy Free:      | Yes              | Fat (total):              | 6.8 g           |
| Egg Free:      | Yes              | Fat (Sat):                | 2.7 g           |
| Vegetarian:    | Yes              | Carbohydrates (per 100g): | 11.2 g          |
| Fish Free:     | Yes              | Sugar (per 100g)          | 3.4 g           |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 67 mg           |
| Tomato Free:   | No               | Fat (total, per 100g):    | 3.4 g           |
| Sesame Free:   | Yes              | Fat (Sat, per 100g):      | 1.4 g           |
| Energy:        | 784 kJ (187 Cal) | Energy (per 100g):        | 392 kJ (94 Cal) |
| Protein:       | 7.4 g            | Protein (per 100g):       | 3.7 g           |

Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Cannellini Beans, Water, Spaghetti (**Wheat**), Carrot, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Onion, Olive Oil, Parsley, White Pepper, Garlic.

Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

Nutrition Info

|                |                  |                           |                 |
|----------------|------------------|---------------------------|-----------------|
| Gluten Free:   | No               | Carbohydrates:            | 26.2 g          |
| Dairy Free:    | Yes              | Sugar:                    | 9.8 g           |
| Lactose Free:  | Yes              | Sodium:                   | 130 mg          |
| Soy Free:      | Yes              | Fat (total):              | 3.6 g           |
| Egg Free:      | Yes              | Fat (Sat):                | 0.7 g           |
| Vegetarian:    | Yes              | Carbohydrates (per 100g): | 13.1 g          |
| Fish Free:     | Yes              | Sugar (per 100g)          | 4.9 g           |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 65 mg           |
| Tomato Free:   | Yes              | Fat (total, per 100g):    | 1.8 g           |
| Sesame Free:   | Yes              | Fat (Sat, per 100g):      | 0.4 g           |
| Energy:        | 689 kJ (165 Cal) | Energy (per 100g):        | 345 kJ (82 Cal) |
| Protein:       | 5.0 g            | Protein (per 100g):       | 2.5 g           |

Apple & Sultana Scroll (Afternoon Tea)

Serving Size: 60 g



Ingredients

Gluten (**Wheat**), Yeast (Sorbitan Monostearate), Diced Apple (18%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Plain Flour Perfection (**Wheat**), Wholemeal Flour (Wholemeal **Wheat** Flour, **Wheat** Flour, Vitamin (Thiamin)), Currants, Sultana (8%) (Sultanas, Vegetable Oil), Olive Oil, Pureharvest Organic Rice Malt Syrup, Skim **Milk** Powder, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Raw Sugar, Cinnamon.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

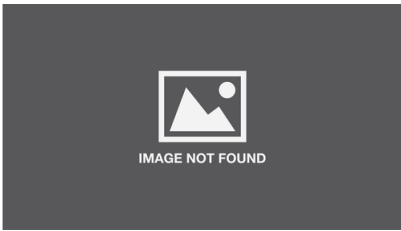
Nutrition Info

|                |                  |                           |                   |
|----------------|------------------|---------------------------|-------------------|
| Gluten Free:   | No               | Carbohydrates:            | 21.2 g            |
| Dairy Free:    | No               | Sugar:                    | 9.2 g             |
| Lactose Free:  | No               | Sodium:                   | 22 mg             |
| Soy Free:      | No               | Fat (total):              | 3.1 g             |
| Egg Free:      | Yes              | Fat (Sat):                | 0.5 g             |
| Vegetarian:    | Yes              | Carbohydrates (per 100g): | 35.4 g            |
| Fish Free:     | Yes              | Sugar (per 100g)          | 15.3 g            |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 36 mg             |
| Tomato Free:   | Yes              | Fat (total, per 100g):    | 5.1 g             |
| Sesame Free:   | Yes              | Fat (Sat, per 100g):      | 0.9 g             |
| Energy:        | 799 kJ (191 Cal) | Energy (per 100g):        | 1330 kJ (318 Cal) |
| Protein:       | 16.2 g           | Protein (per 100g):       | 27.0 g            |



DF Apple Muffin (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Plain Self Raising Flour ( **Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Nuttalex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Cinnamon.

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

|                |                  |                           |                   |
|----------------|------------------|---------------------------|-------------------|
| Gluten Free:   | No               | Carbohydrates:            | 25.1 g            |
| Dairy Free:    | Yes              | Sugar:                    | 5.6 g             |
| Lactose Free:  | Yes              | Sodium:                   | 354 mg            |
| Soy Free:      | Yes              | Fat (total):              | 4.7 g             |
| Egg Free:      | Yes              | Fat (Sat):                | 1.2 g             |
| Vegetarian:    | Yes              | Carbohydrates (per 100g): | 41.8 g            |
| Fish Free:     | Yes              | Sugar (per 100g)          | 9.3 g             |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 590 mg            |
| Tomato Free:   | Yes              | Fat (total, per 100g):    | 7.8 g             |
| Sesame Free:   | Yes              | Fat (Sat, per 100g):      | 1.9 g             |
| Energy:        | 664 kJ (159 Cal) | Energy (per 100g):        | 1110 kJ (265 Cal) |
| Protein:       | 2.9 g            | Protein (per 100g):       | 4.8 g             |

GF & DF Apple & Cinnamon Muffin (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, Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Olive Oil, Cinnamon, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

Allergy Information

Nutrition Info

|                |                  |                           |                   |
|----------------|------------------|---------------------------|-------------------|
| Gluten Free:   | Yes              | Carbohydrates:            | 31.4 g            |
| Dairy Free:    | Yes              | Sugar:                    | 7.0 g             |
| Lactose Free:  | Yes              | Sodium:                   | 164 mg            |
| Soy Free:      | Yes              | Fat (total):              | 5.6 g             |
| Egg Free:      | Yes              | Fat (Sat):                | 0.9 g             |
| Vegetarian:    | Yes              | Carbohydrates (per 100g): | 52.3 g            |
| Fish Free:     | Yes              | Sugar (per 100g)          | 11.7 g            |
| Red Meat Free: | Yes              | Sodium (per 100g):        | 273 mg            |
| Tomato Free:   | Yes              | Fat (total, per 100g):    | 9.3 g             |
| Sesame Free:   | Yes              | Fat (Sat, per 100g):      | 1.4 g             |
| Energy:        | 779 kJ (186 Cal) | Energy (per 100g):        | 1300 kJ (310 Cal) |
| Protein:       | 1.0 g            | Protein (per 100g):       | 1.7 g             |