

Menu: Xmas Menu Week 1 22.12.25 - 24.12.25

Nectarine & Apple w/ Organic Milk (Morning Tea)

Serving Size: 180 g



Ingredients

Organic Full Cream **Milk**, Apple, Nectarine, Yellow, Unpeeled, Raw.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.2 g
Dairy Free:	No	Sugar:	13.9 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.9 g
Fish Free:	Yes	Sugar (per 100g)	7.7 g
Red Meat Free:	Yes	Sodium (per 100g):	21 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	483 kJ (116 Cal)	Energy (per 100g):	269 kJ (64 Cal)
Protein:	4.0 g	Protein (per 100g):	2.2 g

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

Serving Size: 180 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.7 g
Dairy Free:	Yes	Sugar:	9.7 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.9 g
Fish Free:	Yes	Sugar (per 100g)	5.4 g
Red Meat Free:	Yes	Sodium (per 100g):	9 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	385 kJ (92 Cal)	Energy (per 100g):	214 kJ (51 Cal)
Protein:	3.5 g	Protein (per 100g):	2.0 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

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

Serving Size: 180 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Apple, Nectarine, Yellow, Unpeeled, Raw.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.5 g
Dairy Free:	Yes	Sugar:	12.4 g
Lactose Free:	Yes	Sodium:	64 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.3 g
Fish Free:	Yes	Sugar (per 100g)	6.9 g
Red Meat Free:	Yes	Sodium (per 100g):	36 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	404 kJ (97 Cal)	Energy (per 100g):	225 kJ (54 Cal)
Protein:	1.3 g	Protein (per 100g):	0.7 g

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

Serving Size: 180 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Apple, Nectarine,Fresh,Yellow,Unpeeled.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.0 g
Dairy Free:	No	Sugar:	13.5 g
Lactose Free:	Yes	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.8 g
Fish Free:	Yes	Sugar (per 100g)	7.5 g
Red Meat Free:	Yes	Sodium (per 100g):	21 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	413 kJ (99 Cal)	Energy (per 100g):	229 kJ (55 Cal)
Protein:	3.7 g	Protein (per 100g):	2.1 g

Beef & Cauliflower Lasagne w/ Salad (Lunch)

Serving Size: 245 g



Ingredients

Beef Mince (18%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Iceberg Lettuce, Lasagne Sheet (Durum **Wheat** Semolina, Water), Cauliflower (8%), Tomato, Carrot, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Paste (Citric Acid), Skim **Milk** Powder, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic, 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:	20.0 g
Dairy Free:	No	Sugar:	6.0 g
Lactose Free:	No	Sodium:	147 mg
Soy Free:	Yes	Fat (total):	12.4 g
Egg Free:	Yes	Fat (Sat):	6.0 g
Vegetarian:	No	Carbohydrates (per 100g):	8.2 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	No	Sodium (per 100g):	60 mg
Tomato Free:	No	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5 g
Energy:	1140 kJ (272 Cal)	Energy (per 100g):	464 kJ (111 Cal)
Protein:	18.5 g	Protein (per 100g):	7.6 g

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

Serving Size: 250 g



Ingredients

Tomato Passata (Tomato (99%), Citric Acid), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Beef Mince (13%), Iceberg Lettuce, Tomato, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Cucumber, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Parsley, Garlic, Maize Cornflour (Gluten Free), Olive Oil, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

Allergy Information

Nutrition Info

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

Macaroni Bolognaise w/ Salad (AI) (Lunch) [Allergy]

Serving Size: 225 g



Ingredients

Beef Mince (19%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato, Onion, Tomato Paste (Citric Acid), Baby Spinach, 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:	34.3 g
Dairy Free:	Yes	Sugar:	5.2 g
Lactose Free:	Yes	Sodium:	62 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	15.2 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	No	Sodium (per 100g):	27 mg
Tomato Free:	No	Fat (total, per 100g):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1130 kJ (269 Cal)	Energy (per 100g):	501 kJ (120 Cal)
Protein:	16.3 g	Protein (per 100g):	7.2 g

Cheesy Vegetable Lasagne Sml (Lunch) [Allergy]

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, 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

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

Serving Size: 200 g



Ingredients

Water, Organic Gluten Free Spaghetti (Organic Corn, Organic Rice), Cannellini Beans, Onion, Carrot, Beetroot, Celery, Roasted Capsicum, Zucchini, Nutritional Yeast, Olive Oil, Garlic, Potato Starch, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.4 g
Dairy Free:	Yes	Sugar:	2.7 g
Lactose Free:	Yes	Sodium:	93 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.7 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	47 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	906 kJ (217 Cal)	Energy (per 100g):	453 kJ (108 Cal)
Protein:	6.7 g	Protein (per 100g):	3.3 g

Vita-Weats w/ Cheddar Cheese & Crudites (Afternoon 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

Multigrain Vita-Weats w/ Cheese & Crudites (Afternoon 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

LF Cheddar Cheese & Multigrain Vita-Weats (AI) (Afternoon 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

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

Serving Size: 50 g



Ingredients

Chickpeas, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), 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

Cheesy Tomato Wholemeal Muffin (Morning Tea)

Serving Size: 70 g



Ingredients

Wholemeal Muffin (Unbleached Wholemeal **Wheat** Flour (56%), Water, Bakers Yeast, Maize Polenta, **Wheat** Gluten, Vinegar, Sourdough (**Rye** Flour, Water, Mature Sour), Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472e), **Soy** Flour, Acidity Regulator (260), Vitamins (Thiamin, Folic Acid)), Tomato (28%), Cheese Slices (23%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.7 g
Dairy Free:	No	Sugar:	0.8 g
Lactose Free:	No	Sodium:	232 mg
Soy Free:	No	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	331 mg
Tomato Free:	No	Fat (total, per 100g):	8.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.3 g
Energy:	623 kJ (149 Cal)	Energy (per 100g):	890 kJ (213 Cal)
Protein:	7.3 g	Protein (per 100g):	10.5 g

Cheesy Wholemeal Muffin (Tomato Free) (Morning Tea) [Allergy]

Serving Size: 50 g



Ingredients

Wholemeal Muffin (Unbleached Wholemeal **Wheat** Flour (56%), Water, Bakers Yeast, Maize Polenta, **Wheat** Gluten, Vinegar, Sourdough (**Rye** Flour, Water, Mature Sour), Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472e), **Soy** Flour, Acidity Regulator (260), Vitamins (Thiamin, Folic Acid)), Cheese Slices (31%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))).

Allergy Information

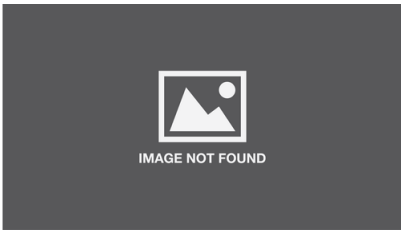
Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.1 g
Dairy Free:	No	Sugar:	0.3 g
Lactose Free:	No	Sodium:	231 mg
Soy Free:	No	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.1 g
Fish Free:	Yes	Sugar (per 100g)	0.5 g
Red Meat Free:	Yes	Sodium (per 100g):	461 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.5 g
Energy:	607 kJ (145 Cal)	Energy (per 100g):	1210 kJ (290 Cal)
Protein:	7.2 g	Protein (per 100g):	14.5 g

GF & LF Cheesy Muffin (Al) (Morning 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.), Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.5 g
Dairy Free:	No	Sugar:	2.6 g
Lactose Free:	Yes	Sodium:	308 mg
Soy Free:	Yes	Fat (total):	13.0 g
Egg Free:	Yes	Fat (Sat):	5.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.5 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	514 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	9.3 g
Energy:	868 kJ (207 Cal)	Energy (per 100g):	1450 kJ (346 Cal)
Protein:	5.5 g	Protein (per 100g):	9.2 g

GF & DF Cheesy Mini Muffin (AI) (Morning 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.), 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).), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.7 g
Dairy Free:	Yes	Sugar:	2.4 g
Lactose Free:	Yes	Sodium:	286 mg
Soy Free:	Yes	Fat (total):	14.0 g
Egg Free:	Yes	Fat (Sat):	6.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.8 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	476 mg
Tomato Free:	Yes	Fat (total, per 100g):	23.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	9.9 g
Energy:	872 kJ (208 Cal)	Energy (per 100g):	1450 kJ (347 Cal)
Protein:	0.4 g	Protein (per 100g):	0.6 g

Chicken & Vegetable Noodles (Lunch)

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (14%), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Carrot, Broccoli, Corn Kernals, Onion, Skim **Milk** Powder, Plain Flour (**Wheat**), Olive Oil, Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.8 g
Dairy Free:	No	Sugar:	3.8 g
Lactose Free:	No	Sodium:	90 mg
Soy Free:	Yes	Fat (total):	8.3 g
Egg Free:	Yes	Fat (Sat):	2.9 g
Vegetarian:	No	Carbohydrates (per 100g):	15.4 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	45 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	1090 kJ (261 Cal)	Energy (per 100g):	546 kJ (131 Cal)
Protein:	13.1 g	Protein (per 100g):	6.6 g

GF & DF Chicken & Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower, Rice Noodles (Rice 72%, Water, Potato Starch, Salt, Food Acid (Lactic Acid)), Chicken Thigh (13%), Carrot, Onion, Broccoli, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil, White Pepper, Garlic, Potato Starch.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.4 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	225 mg
Soy Free:	Yes	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	14.7 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	112 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1130 kJ (270 Cal)	Energy (per 100g):	566 kJ (135 Cal)
Protein:	16.1 g	Protein (per 100g):	8.0 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

Cucumber, Hummus, Orange, Capsicum & Crackers (Afternoon Tea)

Serving Size: 107.5 g



Ingredients

Orange (43%), Cucumber (17%), Chickpeas, Organic Brown Rice Crackers (11%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Capsicum (9%), Pumpkin, Roasted, Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper.

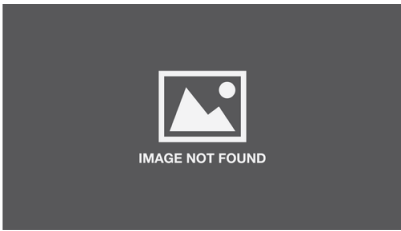
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.1 g
Dairy Free:	Yes	Sugar:	5.4 g
Lactose Free:	Yes	Sodium:	99 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	92 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	476 kJ (114 Cal)	Energy (per 100g):	443 kJ (106 Cal)
Protein:	3.0 g	Protein (per 100g):	2.8 g

Summer Fruit Platter (Morning Tea)

Serving Size: 150 g



Ingredients

Watermelon, Pineapple, Rockmelon.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.4 g
Dairy Free:	Yes	Sugar:	10.1 g
Lactose Free:	Yes	Sodium:	8 mg
Soy Free:	Yes	Fat (total):	0.1 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.9 g
Fish Free:	Yes	Sugar (per 100g)	6.7 g
Red Meat Free:	Yes	Sodium (per 100g):	5 mg
Tomato Free:	Yes	Fat (total, per 100g):	less than 0.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	215 kJ (51 Cal)	Energy (per 100g):	143 kJ (34 Cal)
Protein:	0.9 g	Protein (per 100g):	0.6 g

Macaroni & Cheese (Lunch)

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.5 g
Dairy Free:	No	Sugar:	2.3 g
Lactose Free:	No	Sodium:	59 mg
Soy Free:	Yes	Fat (total):	8.4 g
Egg Free:	Yes	Fat (Sat):	5.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.7 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6 g
Energy:	1000 kJ (239 Cal)	Energy (per 100g):	500 kJ (119 Cal)
Protein:	7.3 g	Protein (per 100g):	3.6 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)), 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

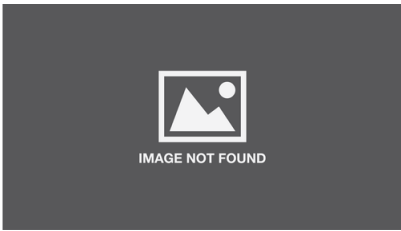
Contains Gluten, Wheat.:May Contain Soy.

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

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

Serving Size:



Ingredients

No Information

Allergy Information

Nutrition Info

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

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

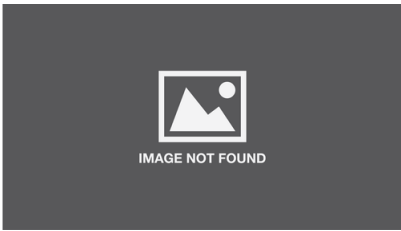
Contains Gluten, Wheat, Milk, Soy.:

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