

# **Menu: Childcare Week 1 - 16.03.26 - 20.03.26**

Monday - 16/03/2026

## Nectarine & Apple w/ Organic Milk (Morning Tea)

Serving Size: 180 g



### Ingredients

Organic Full Cream **Milk**, Apple, Nectarine.

### 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:	488 kJ (117 Cal)	Energy (per 100g):	271 kJ (65 Cal)
Protein:	4.0 g	Protein (per 100g):	2.2 g

Monday - 16/03/2026

## 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

Monday - 16/03/2026

## 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

Monday - 16/03/2026

## 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

Monday - 16/03/2026

## 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 Kernal, 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

Monday - 16/03/2026

## 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

Monday - 16/03/2026

## 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

Monday - 16/03/2026

## Wholemeal Garlic Bread w/ Pear Wedges (Afternoon Tea)

Serving Size: 93 g



### Ingredients

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

### Allergy Information

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

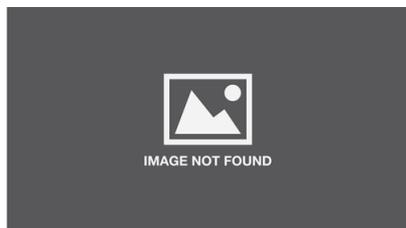
### Nutrition Info

Gluten Free:	No	Carbohydrates:	18.9 g
Dairy Free:	No	Sugar:	5.3 g
Lactose Free:	No	Sodium:	167 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.3 g
Fish Free:	Yes	Sugar (per 100g)	5.7 g
Red Meat Free:	Yes	Sodium (per 100g):	179 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	637 kJ (152 Cal)	Energy (per 100g):	685 kJ (164 Cal)
Protein:	3.2 g	Protein (per 100g):	3.5 g

Monday - 16/03/2026

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

Serving Size: 100 g



### Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flaxseed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Pear (40%), Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Salt, Bamboo Fibre, Acid(270), Fructose, Gelling Agent(406), Colour(160a).), Cannellini Beans, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Garlic (0%), Parsley.

### Allergy Information

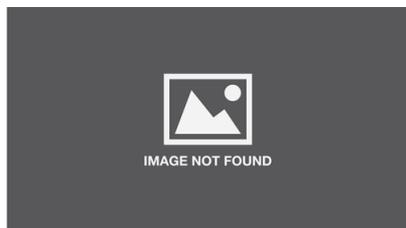
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.6 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	266 mg
Soy Free:	Yes	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	3.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.6 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	266 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	783 kJ (187 Cal)	Energy (per 100g):	783 kJ (187 Cal)
Protein:	1.0 g	Protein (per 100g):	1.0 g

Monday - 16/03/2026

## GF & LF Garlic Bread w/ Pear Wedges (Al) (Afternoon Tea) [Allergy]

Serving Size: 100 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.5 g
Dairy Free:	No	Sugar:	6.9 g
Lactose Free:	Yes	Sodium:	269 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.5 g
Fish Free:	Yes	Sugar (per 100g)	6.9 g
Red Meat Free:	Yes	Sodium (per 100g):	269 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	804 kJ (192 Cal)	Energy (per 100g):	804 kJ (192 Cal)
Protein:	3.6 g	Protein (per 100g):	3.6 g

Tuesday - 17/03/2026

## 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

Tuesday - 17/03/2026

## 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.

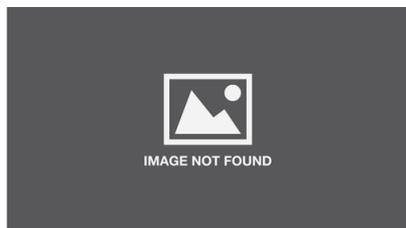
### Nutrition Info

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

Tuesday - 17/03/2026

## GF & LF Cheesy 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.), 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

Tuesday - 17/03/2026

## 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

Tuesday - 17/03/2026

## 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

Tuesday - 17/03/2026

## Macaroni Bolognese SML (Lunch) [Allergy]

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:	Yes	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

Tuesday - 17/03/2026

## 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**), Celery, Mushroom, Zucchini, Olive Oil, Unsalted Butter (**Milk**) (Cream, Water), Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic, Nutritional Yeast, White Pepper, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Turmeric.

### 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:	148 mg
Soy Free:	Yes	Fat (total):	12.4 g
Egg Free:	Yes	Fat (Sat):	5.3 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):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1140 kJ (273 Cal)	Energy (per 100g):	467 kJ (112 Cal)
Protein:	18.8 g	Protein (per 100g):	7.7 g

Tuesday - 17/03/2026

## 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

Tuesday - 17/03/2026

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

Serving Size: 200 g



### Ingredients

Water, Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), 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

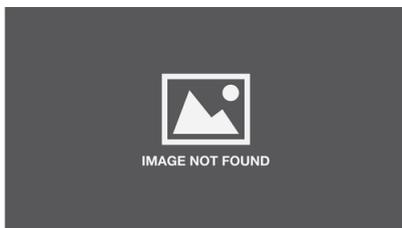
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.5 g
Dairy Free:	Yes	Sugar:	2.7 g
Lactose Free:	Yes	Sodium:	94 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:	914 kJ (218 Cal)	Energy (per 100g):	457 kJ (109 Cal)
Protein:	6.9 g	Protein (per 100g):	3.5 g

Tuesday - 17/03/2026

## Cucumber, Hummus, Grapes, Capsicum & Crispbread (Afternoon Tea)

Serving Size: 112.5 g



### Ingredients

Grapes, Cucumber (18%), Chickpeas, Capsicum (9%), Pumpkin, Roasted, Sweet Potato Crispbread (7%) (Rice Flour (81%), Corn (12%), Sweet Potato Flour (7%), Salt, Natural Colour (Beta Carotenes), Raising Agent (Sodium Bicarbonate)), Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.4 g
Dairy Free:	Yes	Sugar:	9.4 g
Lactose Free:	Yes	Sodium:	55 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.3 g
Fish Free:	Yes	Sugar (per 100g)	8.4 g
Red Meat Free:	Yes	Sodium (per 100g):	49 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	449 kJ (107 Cal)	Energy (per 100g):	399 kJ (95 Cal)
Protein:	2.5 g	Protein (per 100g):	2.2 g

Wednesday - 18/03/2026

## Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 250 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.2 g
Dairy Free:	No	Sugar:	22.9 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	9.2 g
Red Meat Free:	Yes	Sodium (per 100g):	15 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	792 kJ (189 Cal)	Energy (per 100g):	317 kJ (76 Cal)
Protein:	5.0 g	Protein (per 100g):	2.0 g

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## Tropical Fruit Platter w/ Soy Milk (Morning Tea) [Allergy]

Serving Size: 250 g



### Ingredients

**Soy** Milk (40%) (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Banana, Apple, Pineapple.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.7 g
Dairy Free:	Yes	Sugar:	18.7 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.3 g
Fish Free:	Yes	Sugar (per 100g)	7.5 g
Red Meat Free:	Yes	Sodium (per 100g):	6 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	694 kJ (166 Cal)	Energy (per 100g):	277 kJ (66 Cal)
Protein:	4.5 g	Protein (per 100g):	1.8 g

## Tropical Fruit Platter w/ Rice Milk (Morning Tea) [Allergy]

Serving Size: 250 g



### Ingredients

Rice Milk (40%) (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Banana, Apple, Pineapple.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.5 g
Dairy Free:	Yes	Sugar:	21.4 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.7 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.4 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	26 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	713 kJ (170 Cal)	Energy (per 100g):	285 kJ (68 Cal)
Protein:	2.3 g	Protein (per 100g):	0.9 g

Wednesday - 18/03/2026

## Tropical Fruit Platter w/ LF Milk (Morning Tea) [Allergy]

Serving Size: 250 g



### Ingredients

Lactose Free **Milk** (40%) (Full Cream **Milk**, Enzyme (Lactase)), Banana, Apple, Pineapple.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.0 g
Dairy Free:	No	Sugar:	22.5 g
Lactose Free:	Yes	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.6 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	15 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	717 kJ (171 Cal)	Energy (per 100g):	287 kJ (69 Cal)
Protein:	4.8 g	Protein (per 100g):	1.9 g

## Chicken, Carrot & Cheesy Mint Pea Sandwich (Lunch)

Serving Size: 150 g



### Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Roast Chicken Breast (27%), Cucumber, Carrot (7%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Peas (4%), Olive Oil, Lemon Juice, Mint (0%), Garlic Powder.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.5 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	315 mg
Soy Free:	No	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	No	Carbohydrates (per 100g):	19.0 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	210 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1160 kJ (278 Cal)	Energy (per 100g):	776 kJ (185 Cal)
Protein:	18.4 g	Protein (per 100g):	12.3 g

## Roast Beef, Tomato & Pepitas Pesto Sandwich (Lunch)

Serving Size: 160 g



### Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Beef (25%), Tomato (13%), Iceberg Lettuce, Baby Spinach, Basil, Pepitas (1.5%), White Pepper, Olive Oil, Lemon Juice, Garlic.

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	29.0 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	313 mg
Soy Free:	No	Fat (total):	8.9 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	No	Carbohydrates (per 100g):	18.1 g
Fish Free:	Yes	Sugar (per 100g)	0.7 g
Red Meat Free:	No	Sodium (per 100g):	196 mg
Tomato Free:	No	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1260 kJ (301 Cal)	Energy (per 100g):	787 kJ (188 Cal)
Protein:	22.6 g	Protein (per 100g):	14.1 g

Wednesday - 18/03/2026

## Teriyaki Beef & Avocado Sushi (Lunch)

Serving Size: 200 g



### Ingredients

Short Grain Rice, Beef (16%), Avocado (14%), White Vinegar, Raw Sugar, Olive Oil, Lemon Juice, Seaweed, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Salt, Garlic, Ginger.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.7 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	275 mg
Soy Free:	No	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	20.8 g
Fish Free:	Yes	Sugar (per 100g):	2.7 g
Red Meat Free:	No	Sodium (per 100g):	138 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1280 kJ (306 Cal)	Energy (per 100g):	639 kJ (153 Cal)
Protein:	14.1 g	Protein (per 100g):	7.1 g

Wednesday - 18/03/2026

## Teriyaki Chicken & Avocado Sushi (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Short Grain Rice, Chicken Breast (16%), Avocado (14%), White Vinegar, Raw Sugar, Olive Oil, Seaweed, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Salt, Garlic, Ginger.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.6 g
Dairy Free:	Yes	Sugar:	5.4 g
Lactose Free:	Yes	Sodium:	273 mg
Soy Free:	No	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	No	Carbohydrates (per 100g):	20.8 g
Fish Free:	Yes	Sugar (per 100g):	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	136 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1230 kJ (294 Cal)	Energy (per 100g):	615 kJ (147 Cal)
Protein:	14.8 g	Protein (per 100g):	7.4 g

Wednesday - 18/03/2026

## Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Short Grain Rice, Avocado (17%), Cucumber (14%), White Vinegar, Raw Sugar, Olive Oil, Lemon Juice, Seaweed, Salt.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.4 g
Dairy Free:	Yes	Sugar:	5.9 g
Lactose Free:	Yes	Sodium:	177 mg
Soy Free:	Yes	Fat (total):	6.9 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.2 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	88 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1100 kJ (263 Cal)	Energy (per 100g):	551 kJ (132 Cal)
Protein:	4.9 g	Protein (per 100g):	2.5 g

## 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

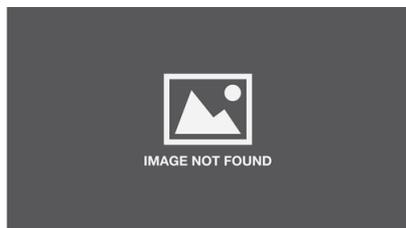
Contains Gluten, Wheat, Milk, Soy.:

### 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, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Fresh Herbs.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	21.9 g
Dairy Free:	No	Sugar:	1.5 g
Lactose Free:	Yes	Sodium:	220 mg
Soy Free:	No	Fat (total):	10.8 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.3 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):	15.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.6 g
Energy:	938 kJ (224 Cal)	Energy (per 100g):	1340 kJ (320 Cal)
Protein:	8.7 g	Protein (per 100g):	12.4 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, Turmeric, 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:	2.2 g	Protein (per 100g):	3.6 g

Thursday - 19/03/2026

## Apple & Pear Crumble w/ Organic Yoghurt (Morning Tea)

Serving Size: 175 g



### Ingredients

Organic All Natural Yoghurt (43%) (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Diced Apple (31%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Diced Pear (16%) (Diced Pears (62% Min), Refined Fruit Juice.), Wholemeal Flour (**Wheat**), Rolled **Oats**, Unsalted Butter (**Milk**) (Cream, Water), Sultana (Sultanas, Vegetable Oil), Cinnamon, Maize Cornflour (Gluten Free), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Organic Desiccated Coconut, Raw Sugar.

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	22.2 g
Dairy Free:	No	Sugar:	15.3 g
Lactose Free:	No	Sodium:	50 mg
Soy Free:	Yes	Fat (total):	5.8 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.7 g
Fish Free:	Yes	Sugar (per 100g)	8.8 g
Red Meat Free:	Yes	Sodium (per 100g):	28 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	700 kJ (167 Cal)	Energy (per 100g):	400 kJ (96 Cal)
Protein:	4.9 g	Protein (per 100g):	2.8 g

## GF & DF Coconut Yoghurt & Apple (AI) (Morning Tea) [Allergy]

Serving Size: 125 g



### Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Cinnamon.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.0 g
Dairy Free:	Yes	Sugar:	5.0 g
Lactose Free:	Yes	Sodium:	6 mg
Soy Free:	Yes	Fat (total):	6.7 g
Egg Free:	Yes	Fat (Sat):	6.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.8 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	5 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.0 g
Energy:	461 kJ (110 Cal)	Energy (per 100g):	369 kJ (88 Cal)
Protein:	0.9 g	Protein (per 100g):	0.7 g

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## DF Apple Muffin w/ Coconut Yoghurt (AI) (Morning Tea) [Allergy]

Serving Size: 160 g



### Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), 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), Nuttelex, 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:	Yes	Carbohydrates:	33.4 g
Dairy Free:	Yes	Sugar:	6.6 g
Lactose Free:	Yes	Sodium:	359 mg
Soy Free:	Yes	Fat (total):	13.5 g
Egg Free:	Yes	Fat (Sat):	9.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	4.1 g
Red Meat Free:	Yes	Sodium (per 100g):	224 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.0 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	719 kJ (172 Cal)

Thursday - 19/03/2026

## Peach & Pear w/ Organic Yoghurt (Morning Tea)

Serving Size: 150 g



### Ingredients

Organic All Natural Yoghurt (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.0 g
Dairy Free:	No	Sugar:	14.1 g
Lactose Free:	No	Sodium:	47 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.7 g
Fish Free:	Yes	Sugar (per 100g)	9.4 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	437 kJ (105 Cal)	Energy (per 100g):	292 kJ (70 Cal)
Protein:	3.8 g	Protein (per 100g):	2.6 g

Thursday - 19/03/2026

## Bean Burrito Bowl w/ Corn Chips, Rice & Guacamole (Lunch)

Serving Size: 220 g



### Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Passata (Tomato (99%), Citric Acid), Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Black Beans (6%), Kidney Beans, Red (6%), Onion, Carrot, Lentils (3%) (Lentils, Water, Ascorbic Acid), Red Lentils (3%), Paprika, Ricotta (**Milk**), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Olive Oil, Tomato Paste (Citric Acid), Oregano, Dried, Avocado, Cumin, Ground Coriander, Garlic, Baby Spinach, Lemon Juice, Chilli Powder, Cinnamon, Nutmeg.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	47.9 g
Dairy Free:	No	Sugar:	8.2 g
Lactose Free:	No	Sodium:	142 mg
Soy Free:	Yes	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	2.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.8 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	65 mg
Tomato Free:	No	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1340 kJ (321 Cal)	Energy (per 100g):	610 kJ (146 Cal)
Protein:	10.1 g	Protein (per 100g):	4.6 g

Thursday - 19/03/2026

## 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

Thursday - 19/03/2026

## Bean Burrito Bowl w/ Corn Chips & Rice (No Guac) (Lunch) [Allergy]

Serving Size: 215 g



### Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Passata (Tomato (99%), Citric Acid), Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Black Beans (6%), Kidney Beans, Red (6%), Carrot, Onion, Lentils (3%) (Lentils, Water, Ascorbic Acid), Red Lentils (3%), Paprika, Olive Oil, Tomato Paste (Citric Acid), Oregano, Dried, Cumin, Ground Coriander, Garlic, Chilli Powder, Cinnamon, Nutmeg.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	47.7 g
Dairy Free:	Yes	Sugar:	8.1 g
Lactose Free:	Yes	Sodium:	135 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.2 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	63 mg
Tomato Free:	No	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1310 kJ (312 Cal)	Energy (per 100g):	608 kJ (145 Cal)
Protein:	9.8 g	Protein (per 100g):	4.6 g

Thursday - 19/03/2026

## GF & LF Cheddar Cheese & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 30 g



### Ingredients

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

### Allergy Information

Contains Milk.:May Contain Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.2 g
Dairy Free:	No	Sugar:	0.3 g
Lactose Free:	Yes	Sodium:	193 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.9 g
Fish Free:	Yes	Sugar (per 100g)	0.9 g
Red Meat Free:	Yes	Sodium (per 100g):	644 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	501 kJ (120 Cal)	Energy (per 100g):	1670 kJ (399 Cal)
Protein:	5.1 g	Protein (per 100g):	16.9 g

Thursday - 19/03/2026

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

Serving Size: 50 g



### Ingredients

Beetroot (33%), Chickpeas, Organic Brown Rice Crackers (28%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Lemon Juice, Olive Oil, Cumin, Garlic Powder.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.4 g
Dairy Free:	Yes	Sugar:	1.0 g
Lactose Free:	Yes	Sodium:	117 mg
Soy Free:	Yes	Fat (total):	2.1 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.8 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	234 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	353 kJ (84 Cal)	Energy (per 100g):	705 kJ (169 Cal)
Protein:	2.4 g	Protein (per 100g):	4.8 g

Thursday - 19/03/2026

## Tuna & Chive Dip w/ Veggie Sticks & Crackers (Afternoon Tea)

Serving Size: 68 g



### Ingredients

Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Capsicum, Carrot, Celery, Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), **Milk**, Chives, White Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.0 g
Dairy Free:	No	Sugar:	1.9 g
Lactose Free:	No	Sodium:	158 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	16.3 g
Fish Free:	No	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	234 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.3 g
Energy:	494 kJ (118 Cal)	Energy (per 100g):	732 kJ (175 Cal)
Protein:	4.5 g	Protein (per 100g):	6.7 g

Thursday - 19/03/2026

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

Serving Size: 50 g



### Ingredients

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

### Allergy Information

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

### Nutrition Info

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

Thursday - 19/03/2026

## Tomato & Cheese Dip w/ Veggie Sticks & Crackers (Afternoon Tea)

Serving Size: 68 g



### Ingredients

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

### Allergy Information

Contains Milk.:May Contain Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.3 g
Dairy Free:	No	Sugar:	3.9 g
Lactose Free:	No	Sodium:	181 mg
Soy Free:	Yes	Fat (total):	7.6 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.7 g
Fish Free:	Yes	Sugar (per 100g)	5.7 g
Red Meat Free:	Yes	Sodium (per 100g):	268 mg
Tomato Free:	No	Fat (total, per 100g):	11.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.2 g
Energy:	591 kJ (141 Cal)	Energy (per 100g):	876 kJ (209 Cal)
Protein:	3.4 g	Protein (per 100g):	5.1 g

Friday - 20/03/2026

## Organic Milk, Banana & Grapes (Morning Tea)

Serving Size: 230 g



### Ingredients

Full Cream **Milk**, Banana, Grapes.

### Allergy Information

Contains Milk.:

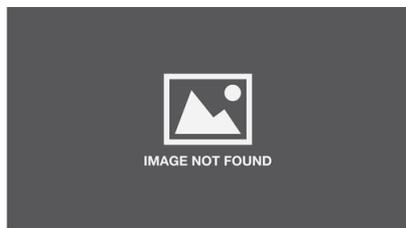
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.1 g
Dairy Free:	No	Sugar:	23.0 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.6 g
Fish Free:	Yes	Sugar (per 100g)	10.0 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	776 kJ (185 Cal)	Energy (per 100g):	337 kJ (81 Cal)
Protein:	5.0 g	Protein (per 100g):	2.2 g

Friday - 20/03/2026

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

Serving Size: 200 g



### Ingredients

**Soy** Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Banana, Grapes.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.7 g
Dairy Free:	Yes	Sugar:	14.9 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.9 g
Fish Free:	Yes	Sugar (per 100g)	7.5 g
Red Meat Free:	Yes	Sodium (per 100g):	8 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	559 kJ (133 Cal)	Energy (per 100g):	279 kJ (67 Cal)
Protein:	4.1 g	Protein (per 100g):	2.0 g

Friday - 20/03/2026

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

Serving Size: 200 g



### Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Banana, Grapes.

### Allergy Information

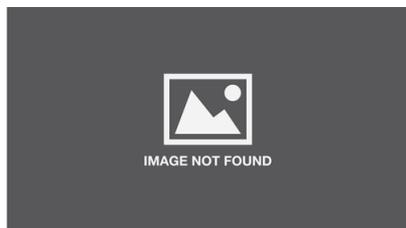
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.5 g
Dairy Free:	Yes	Sugar:	17.6 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.6 g
Egg Free:	Yes	Fat (Sat):	0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.8 g
Fish Free:	Yes	Sugar (per 100g)	8.8 g
Red Meat Free:	Yes	Sodium (per 100g):	32 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	578 kJ (138 Cal)	Energy (per 100g):	289 kJ (69 Cal)
Protein:	1.9 g	Protein (per 100g):	0.9 g

Friday - 20/03/2026

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

Serving Size: 200 g



### Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Banana, Grapes.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.0 g
Dairy Free:	No	Sugar:	18.8 g
Lactose Free:	Yes	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	2.5 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.5 g
Fish Free:	Yes	Sugar (per 100g)	9.4 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	582 kJ (139 Cal)	Energy (per 100g):	291 kJ (69 Cal)
Protein:	4.3 g	Protein (per 100g):	2.2 g

Friday - 20/03/2026

## Wholemeal Cheese Burger & Roast Sweet Potato (Lunch)

Serving Size: 230 g



### Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Sweet Potato, Beef Mince, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Bread Crumbs (Unbleached Whole **Wheat** Flour, Mixed Grains (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Yeast, **Wheat** Gluten, Vinegar, Salt, Canola Oil, Emulsifiers (481,471,472 (E)), **Soy** Flour, Thiamin, Folic Acid.), Carrot, Onion, Zucchini, Tomato Passata (Tomato (99%), Citric Acid), Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Tomato Paste (Citric Acid), Garlic Powder, Organic Apple Cider Vinegar, Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Pepper, Onion, Powdered, Mustard Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	47.4 g
Dairy Free:	No	Sugar:	6.6 g
Lactose Free:	No	Sodium:	530 mg
Soy Free:	No	Fat (total):	13.3 g
Egg Free:	Yes	Fat (Sat):	5.8 g
Vegetarian:	No	Carbohydrates (per 100g):	20.6 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	No	Sodium (per 100g):	231 mg
Tomato Free:	No	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5 g
Energy:	1800 kJ (431 Cal)	Energy (per 100g):	785 kJ (188 Cal)

Friday - 20/03/2026

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

Serving Size: 80 g



### Ingredients

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

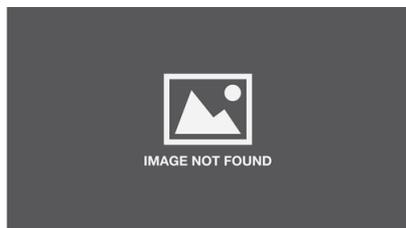
### Allergy Information

### Nutrition Info

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

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

Serving Size: 80 g



### Ingredients

Chicken Mince, Pepper, Corn Kernals, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Onion, Zucchini, Garlic Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.).

### Allergy Information

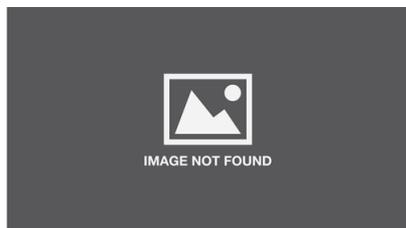
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.2 g
Dairy Free:	Yes	Sugar:	8.6 g
Lactose Free:	Yes	Sodium:	86 mg
Soy Free:	Yes	Fat (total):	4.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	No	Carbohydrates (per 100g):	26.6 g
Fish Free:	Yes	Sugar (per 100g)	10.8 g
Red Meat Free:	Yes	Sodium (per 100g):	107 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	861 kJ (206 Cal)	Energy (per 100g):	1080 kJ (257 Cal)
Protein:	14.6 g	Protein (per 100g):	18.2 g

Friday - 20/03/2026

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

Serving Size: 80 g



### Ingredients

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

### Allergy Information

### Nutrition Info

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

Friday - 20/03/2026

## Wholemeal Beef Burger & Roast Sweet Potato (Lunch) [Allergy]

Serving Size: 220 g



### Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Sweet Potato, Beef Mince, Bread Crumbs (Unbleached Whole **Wheat** Flour, Mixed Grains (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Yeast, **Wheat** Gluten, Vinegar, Salt, Canola Oil, Emulsifiers (481,471,472 (E)), **Soy** Flour, Thiamin, Folic Acid.), Carrot, Onion, Zucchini, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Garlic Powder, Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	46.7 g
Dairy Free:	Yes	Sugar:	6.1 g
Lactose Free:	Yes	Sodium:	410 mg
Soy Free:	No	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	21.2 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	186 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1520 kJ (364 Cal)	Energy (per 100g):	692 kJ (165 Cal)
Protein:	20.9 g	Protein (per 100g):	9.5 g

Friday - 20/03/2026

## Apple & Blueberry Muffin (EGG FREE) w/ Watermelon (Afternoon Tea)

Serving Size: 100 g



### Ingredients

Watermelon (40%), **Milk**, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Apple (8%), Frozen Blueberries (4.5%), Olive Oil, 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

Contains Gluten, Wheat, Milk.:

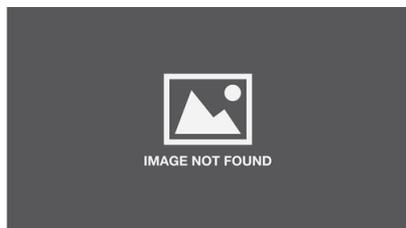
### Nutrition Info

Gluten Free:	No	Carbohydrates:	27.6 g
Dairy Free:	No	Sugar:	9.3 g
Lactose Free:	No	Sodium:	329 mg
Soy Free:	No	Fat (total):	6.7 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.6 g
Fish Free:	Yes	Sugar (per 100g)	9.3 g
Red Meat Free:	Yes	Sodium (per 100g):	329 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	801 kJ (192 Cal)	Energy (per 100g):	801 kJ (192 Cal)
Protein:	3.7 g	Protein (per 100g):	3.7 g

Friday - 20/03/2026

## DF Blueberry Muffin w/ Watermelon (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



### Ingredients

Watermelon, Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Frozen Blueberries, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Nuttelex, 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).

### Allergy Information

Contains Gluten, Wheat.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	29.1 g
Dairy Free:	Yes	Sugar:	9.5 g
Lactose Free:	Yes	Sodium:	355 mg
Soy Free:	Yes	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.5 g
Fish Free:	Yes	Sugar (per 100g)	8.7 g
Red Meat Free:	Yes	Sodium (per 100g):	323 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	742 kJ (177 Cal)	Energy (per 100g):	675 kJ (161 Cal)
Protein:	3.2 g	Protein (per 100g):	3.0 g

Friday - 20/03/2026

## GF & DF Blueberry Muffin w/ Watermelon (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



### Ingredients

Watermelon, 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, Frozen Blueberries, Olive Oil, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Raw Sugar, Cinnamon.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	35.1 g
Dairy Free:	Yes	Sugar:	11.3 g
Lactose Free:	Yes	Sodium:	96 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.9 g
Fish Free:	Yes	Sugar (per 100g)	10.3 g
Red Meat Free:	Yes	Sodium (per 100g):	87 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	859 kJ (205 Cal)	Energy (per 100g):	781 kJ (187 Cal)
Protein:	1.3 g	Protein (per 100g):	1.2 g