

## **Menu: Childcare Week 2 - 23.3.26 - 27.3..26**

Monday - 23/03/2026

## Pear, Cheese, Multigrain Corn Thins & Veggie Sticks (Morning Tea)

Serving Size: 100 g



### Ingredients

Pear (40%), Cheese Slices (16%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Carrot, Multigrain Corn Thins (12%) (Maize (78%), Sorghum (6%), Brown Rice (6%), Buckwheat (4.5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Cucumber.

### Allergy Information

Contains Milk.:May Contain Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.3 g
Dairy Free:	No	Sugar:	5.5 g
Lactose Free:	No	Sodium:	149 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.3 g
Fish Free:	Yes	Sugar (per 100g)	5.5 g
Red Meat Free:	Yes	Sodium (per 100g):	149 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.7 g
Energy:	588 kJ (141 Cal)	Energy (per 100g):	588 kJ (141 Cal)
Protein:	5.6 g	Protein (per 100g):	5.6 g

Monday - 23/03/2026

## Pear, Hummus & Rice Crackers w/ Veggie Sticks (AI) (Morning Tea) [Allergy]

Serving Size: 130 g



### Ingredients

Pear (38%), Chickpeas, Organic Brown Rice Crackers (12%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Capsicum, Carrot, Cucumber, Lemon Juice, Olive Oil, Garlic Powder, White Pepper.

### Allergy Information

:May Contain Milk, Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.0 g
Dairy Free:	Yes	Sugar:	6.3 g
Lactose Free:	Yes	Sodium:	148 mg
Soy Free:	Yes	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	114 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	582 kJ (139 Cal)	Energy (per 100g):	448 kJ (107 Cal)
Protein:	3.9 g	Protein (per 100g):	3.0 g

Monday - 23/03/2026

## Pear, LF Cheese & Crackers w/ Veggie Sticks (AI) (Morning Tea) [Allergy]

Serving Size: 111 g



### Ingredients

Pear (45%), Lactose Free Cheese (14%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Organic Brown Rice Crackers (14%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Capsicum, Carrot, Cucumber.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.2 g
Dairy Free:	No	Sugar:	6.4 g
Lactose Free:	Yes	Sodium:	205 mg
Soy Free:	Yes	Fat (total):	6.6 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	5.8 g
Red Meat Free:	Yes	Sodium (per 100g):	185 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.3 g
Energy:	656 kJ (157 Cal)	Energy (per 100g):	591 kJ (141 Cal)
Protein:	5.6 g	Protein (per 100g):	5.1 g

Monday - 23/03/2026

## Beef Stroganoff & Brown Rice (Lunch)

Serving Size: 200 g



### Ingredients

Brown Rice (38%), Beef Chuck, Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Carrot, Cauliflower, Green Beans, Onion, Celery, Mushroom, Tomato Paste (Citric Acid), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Olive Oil, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cream (**Milk**), Garlic, Paprika, Potato Starch.

### Allergy Information

Contains Milk, Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.1 g
Dairy Free:	No	Sugar:	2.5 g
Lactose Free:	No	Sodium:	148 mg
Soy Free:	No	Fat (total):	4.3 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	No	Carbohydrates (per 100g):	14.0 g
Fish Free:	Yes	Sugar (per 100g)	1.2 g
Red Meat Free:	No	Sodium (per 100g):	74 mg
Tomato Free:	No	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	946 kJ (226 Cal)	Energy (per 100g):	473 kJ (113 Cal)
Protein:	16.8 g	Protein (per 100g):	8.4 g

Monday - 23/03/2026

## Beef & Vegetable Risotto SML (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef (23%), Arborio Rice, Broccoli, Carrot, Onion, Pumpkin, Zucchini, Olive Oil, Garlic, Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.6 g
Dairy Free:	Yes	Sugar:	3.1 g
Lactose Free:	Yes	Sodium:	102 mg
Soy Free:	Yes	Fat (total):	12.7 g
Egg Free:	Yes	Fat (Sat):	2.5 g
Vegetarian:	No	Carbohydrates (per 100g):	11.8 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	No	Sodium (per 100g):	51 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1180 kJ (283 Cal)	Energy (per 100g):	591 kJ (141 Cal)
Protein:	16.6 g	Protein (per 100g):	8.3 g

Monday - 23/03/2026

## Vegetable Stroganoff & Rice (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Brown Rice (38%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Chickpeas, Cauliflower, Green Beans, Coconut Cream (Coconut Extract (63%), Water, Stabiliser (466)), Mushroom, Onion, Tomato Paste (Citric Acid), Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil, Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Garlic, Potato Starch, Nutritional Yeast, Paprika, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Cracked Black Pepper.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.0 g
Dairy Free:	Yes	Sugar:	9.1 g
Lactose Free:	Yes	Sodium:	139 mg
Soy Free:	No	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.5 g
Fish Free:	Yes	Sugar (per 100g)	4.5 g
Red Meat Free:	Yes	Sodium (per 100g):	70 mg
Tomato Free:	No	Fat (total, per 100g):	2.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	982 kJ (235 Cal)	Energy (per 100g):	491 kJ (117 Cal)
Protein:	6.5 g	Protein (per 100g):	3.2 g

Monday - 23/03/2026

## Cheesy Tomato Pinwheel w/ Honeydew (Afternoon Tea)

Serving Size: 110 g



### Ingredients

Honeydew Melon (45%), Gluten (**Wheat**), Yeast (Sorbitan Monostearate), Mozzarella Cheese (10%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour Perfection (**Wheat**), Wholemeal Flour (Wholemeal **Wheat** Flour, **Wheat** Flour, Vitamin (Thiamin)), Fetta (4.5%) (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Semi Dried Tomato (4.5%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Raw Sugar.

### Allergy Information

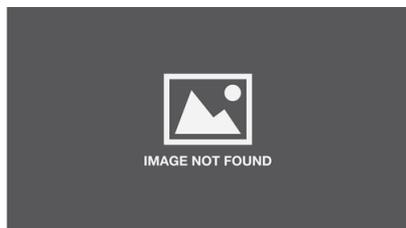
Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	18.8 g
Dairy Free:	No	Sugar:	7.1 g
Lactose Free:	No	Sodium:	214 mg
Soy Free:	No	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.1 g
Fish Free:	Yes	Sugar (per 100g)	6.5 g
Red Meat Free:	Yes	Sodium (per 100g):	195 mg
Tomato Free:	No	Fat (total, per 100g):	6.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5 g
Energy:	978 kJ (234 Cal)	Energy (per 100g):	889 kJ (212 Cal)
Protein:	20.2 g	Protein (per 100g):	18.4 g

## GF & DF Pumpkin Pinwheel w/ Honeydew (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



### Ingredients

Honeydew Melon (45%), 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)), Chickpeas, Pumpkin (8%), Water, Olive Oil, 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.)), Raw Sugar, Nutritional Yeast, Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.7 g
Dairy Free:	Yes	Sugar:	7.5 g
Lactose Free:	Yes	Sodium:	127 mg
Soy Free:	Yes	Fat (total):	5.6 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.1 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	115 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	743 kJ (178 Cal)	Energy (per 100g):	676 kJ (161 Cal)
Protein:	2.4 g	Protein (per 100g):	2.2 g

## Melon & Blueberry Coconut Yoghurt Crunch (AI) (Morning Tea) [Allergy]

Serving Size: 180 g



### Ingredients

Coconut Yoghurt (35%) (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Rockmelon (28%), Watermelon (28%), Flaked Corn (Corn, Sugar, Salt, Emulsifier (Sunflower Lecithin)), Frozen Blueberries (3%), Chia Seeds, Honey.

### Allergy Information

:May Contain Gluten, Wheat, Soy, Sesame.

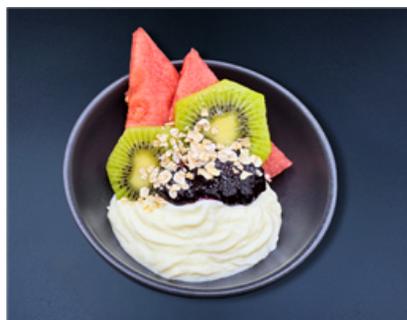
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.5 g
Dairy Free:	Yes	Sugar:	7.9 g
Lactose Free:	Yes	Sodium:	43 mg
Soy Free:	Yes	Fat (total):	6.0 g
Egg Free:	Yes	Fat (Sat):	5.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.4 g
Fish Free:	Yes	Sugar (per 100g)	4.4 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	628 kJ (150 Cal)	Energy (per 100g):	349 kJ (83 Cal)
Protein:	2.2 g	Protein (per 100g):	1.2 g

Tuesday - 24/03/2026

## Melon & Blueberry Coconut Yoghurt w/ Oats (AI) (Morning Tea) [Allergy]

Serving Size: 160 g



### Ingredients

Blueberry Coconut Yoghurt (31%) (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics), Blueberry Blend (Blueberry (6% ), Water, Sugar, Rice Starch, Natural Flavour, Natural Colour, Sodium Citrate)), Rockmelon (31%), Watermelon (31%), Rolled **Oats**.

### Allergy Information

Contains Gluten.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	15.1 g
Dairy Free:	Yes	Sugar:	6.4 g
Lactose Free:	Yes	Sodium:	11 mg
Soy Free:	Yes	Fat (total):	5.4 g
Egg Free:	Yes	Fat (Sat):	4.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.5 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	7 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	515 kJ (123 Cal)	Energy (per 100g):	322 kJ (77 Cal)
Protein:	2.3 g	Protein (per 100g):	1.5 g

Tuesday - 24/03/2026

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

Serving Size: 167 g



### Ingredients

Organic All Natural Yoghurt (30%) (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Rockmelon (30%), Watermelon (30%), Rolled **Oats** (6%), Frozen Blueberries (3%), Chia Seeds, Honey.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	15.7 g
Dairy Free:	No	Sugar:	10.6 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.4 g
Fish Free:	Yes	Sugar (per 100g)	6.3 g
Red Meat Free:	Yes	Sodium (per 100g):	23 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	475 kJ (114 Cal)	Energy (per 100g):	285 kJ (68 Cal)
Protein:	4.4 g	Protein (per 100g):	2.7 g

Tuesday - 24/03/2026

## Wholemeal Tuna Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220 g



### Ingredients

Water, Tuna (18%) (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Broccoli, Steamed (9%), 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:	27.0 g
Dairy Free:	No	Sugar:	2.0 g
Lactose Free:	No	Sodium:	168 mg
Soy Free:	Yes	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	No	Carbohydrates (per 100g):	12.3 g
Fish Free:	No	Sugar (per 100g)	0.9 g
Red Meat Free:	Yes	Sodium (per 100g):	76 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9 g
Energy:	1070 kJ (256 Cal)	Energy (per 100g):	486 kJ (116 Cal)
Protein:	18.2 g	Protein (per 100g):	8.3 g

Tuesday - 24/03/2026

## Wholemeal Chicken Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220 g



### Ingredients

Water, Chicken Thigh (14%), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Broccoli, Steamed (9%), 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:	24.6 g
Dairy Free:	No	Sugar:	2.3 g
Lactose Free:	No	Sodium:	90 mg
Soy Free:	Yes	Fat (total):	10.1 g
Egg Free:	Yes	Fat (Sat):	5.3 g
Vegetarian:	No	Carbohydrates (per 100g):	11.2 g
Fish Free:	Yes	Sugar (per 100g)	1.0 g
Red Meat Free:	Yes	Sodium (per 100g):	41 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1080 kJ (257 Cal)	Energy (per 100g):	490 kJ (117 Cal)
Protein:	15.0 g	Protein (per 100g):	6.8 g

Tuesday - 24/03/2026

## 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

Tuesday - 24/03/2026

## 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

Tuesday - 24/03/2026

## 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.:

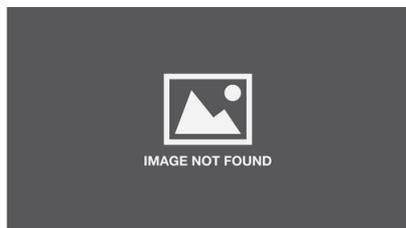
### Nutrition Info

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

Tuesday - 24/03/2026

## 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

Tuesday - 24/03/2026

## 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

## Mexican Bean Burrito (No Cheese) (Afternoon Tea) [Allergy]

Serving Size: 66 g



### Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Tomato Passata (Tomato (99%), Citric Acid), Kidney Beans, Red (14%), Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Ground Turmeric, Paprika.

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	16.4 g
Dairy Free:	Yes	Sugar:	2.3 g
Lactose Free:	Yes	Sodium:	138 mg
Soy Free:	No	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.9 g
Fish Free:	Yes	Sugar (per 100g)	3.5 g
Red Meat Free:	Yes	Sodium (per 100g):	209 mg
Tomato Free:	No	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	485 kJ (116 Cal)	Energy (per 100g):	735 kJ (176 Cal)
Protein:	3.6 g	Protein (per 100g):	5.5 g

Tuesday - 24/03/2026

## 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

## Spinach & Lentil Dip w/ Tortilla & Crudites (AI) (Morning Tea) [Allergy]

Serving Size: 87.69999694824219 g



### Ingredients

Carrot, Cucumber, 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)), Lentils (Lentils, Water, Ascorbic Acid), Capsicum, Onion, Baby Spinach, Olive Oil, Cumin.

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	10.5 g
Dairy Free:	Yes	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	58 mg
Soy Free:	No	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.0 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	338 kJ (81 Cal)	Energy (per 100g):	386 kJ (92 Cal)
Protein:	3.0 g	Protein (per 100g):	3.4 g

## Spinach & Cheese Dip w/ Tortilla & Crudites (Morning Tea)

Serving Size: 87.69999694824219 g



### Ingredients

Carrot (23%), Cucumber (23%), Wholemeal Wrap (14%) (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Capsicum (11%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Ricotta (**Milk**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Baby Spinach (4.5%), Onion, Olive Oil, Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	8.5 g
Dairy Free:	No	Sugar:	3.0 g
Lactose Free:	No	Sodium:	118 mg
Soy Free:	No	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.7 g
Fish Free:	Yes	Sugar (per 100g)	3.5 g
Red Meat Free:	Yes	Sodium (per 100g):	134 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0 g
Energy:	458 kJ (109 Cal)	Energy (per 100g):	522 kJ (125 Cal)
Protein:	4.0 g	Protein (per 100g):	4.6 g

## Spinach & Lentil Dip W/ Brown Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 50 g



### Ingredients

Lentils (Lentils, Water, Ascorbic Acid), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Onion, Baby Spinach, Olive Oil, Cumin.

### Allergy Information

:May Contain Milk, Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.5 g
Dairy Free:	Yes	Sugar:	0.7 g
Lactose Free:	Yes	Sodium:	90 mg
Soy Free:	Yes	Fat (total):	2.8 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.0 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	179 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	416 kJ (99 Cal)	Energy (per 100g):	832 kJ (199 Cal)
Protein:	3.0 g	Protein (per 100g):	6.1 g

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

Serving Size: 200 g



### Ingredients

Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic, Paprika, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic Powder, White Pepper, Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	45.1 g
Dairy Free:	Yes	Sugar:	5.6 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	Yes	Fat (total):	6.9 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	22.6 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	45 mg
Tomato Free:	No	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1290 kJ (308 Cal)	Energy (per 100g):	644 kJ (154 Cal)
Protein:	14.1 g	Protein (per 100g):	7.1 g

## Spaghetti Meatballs (No Cheese) (Lunch) [Allergy]

Serving Size: 180 g



### Ingredients

Water, Spaghetti (20%) (**Wheat**), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Onion, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Zucchini, 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.), Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic Powder, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	34.5 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	96 mg
Soy Free:	No	Fat (total):	6.9 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	19.1 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	No	Sodium (per 100g):	54 mg
Tomato Free:	No	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1160 kJ (277 Cal)	Energy (per 100g):	645 kJ (154 Cal)

## Spaghetti Vegetable Balls w/ Cheddar Cheese (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Water, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Spaghetti (15%) (**Wheat**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Organic Brown Lentils, Sweet Potato, Carrot, Onion, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), 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), Garlic Powder, Parsley, White Pepper, Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	39.1 g
Dairy Free:	No	Sugar:	7.2 g
Lactose Free:	No	Sodium:	160 mg
Soy Free:	Yes	Fat (total):	9.0 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.5 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	80 mg
Tomato Free:	No	Fat (total, per 100g):	4.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1200 kJ (288 Cal)	Energy (per 100g):	602 kJ (144 Cal)
Protein:	10.7 g	Protein (per 100g):	5.3 g

## Spaghetti Meatballs w/ Cheddar Cheese (Lunch)

Serving Size: 200 g



### Ingredients

Water, Spaghetti (18%) (**Wheat**), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Onion, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Zucchini, 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.), Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic Powder, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	34.5 g
Dairy Free:	No	Sugar:	5.5 g
Lactose Free:	No	Sodium:	227 mg
Soy Free:	No	Fat (total):	13.9 g
Egg Free:	Yes	Fat (Sat):	6.9 g
Vegetarian:	No	Carbohydrates (per 100g):	17.3 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	113 mg
Tomato Free:	No	Fat (total, per 100g):	7.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	1510 kJ (360 Cal)	Energy (per 100g):	754 kJ (180 Cal)

## Spaghetti Meatballs w/ Tomato Vegetable Sauce (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Water, Beef Mince, Spaghetti (18%) (**Wheat**), Onion, Cannellini Beans, Carrot, Zucchini, 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.), Beetroot, Celery, Roasted Capsicum, Olive Oil, Garlic, Paprika, Potato Starch, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Garlic Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	32.7 g
Dairy Free:	Yes	Sugar:	3.2 g
Lactose Free:	Yes	Sodium:	133 mg
Soy Free:	No	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	2.4 g
Vegetarian:	No	Carbohydrates (per 100g):	16.4 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	No	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1170 kJ (281 Cal)	Energy (per 100g):	587 kJ (140 Cal)
Protein:	19.1 g	Protein (per 100g):	9.6 g

## Sticky Date Pudding w/ Orange Wedges (Afternoon Tea)

Serving Size: 110 g



### Ingredients

Orange (45%), Dates (14%), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Water, Banana, Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Unsalted Butter (**Milk**) (Cream, Water), Olive Oil, Raw Sugar, Cinnamon, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	29.9 g
Dairy Free:	No	Sugar:	18.6 g
Lactose Free:	No	Sodium:	123 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.2 g
Fish Free:	Yes	Sugar (per 100g)	17.0 g
Red Meat Free:	Yes	Sodium (per 100g):	112 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	826 kJ (197 Cal)	Energy (per 100g):	751 kJ (179 Cal)
Protein:	2.5 g	Protein (per 100g):	2.3 g

## GF & DF Sticky Date Pudding w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 110 g



### Ingredients

Orange (45%), Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Banana, Olive Oil, Dates (3.5%), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.2 g
Dairy Free:	Yes	Sugar:	12.7 g
Lactose Free:	Yes	Sodium:	163 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.9 g
Fish Free:	Yes	Sugar (per 100g)	11.5 g
Red Meat Free:	Yes	Sodium (per 100g):	149 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	870 kJ (208 Cal)	Energy (per 100g):	791 kJ (189 Cal)
Protein:	1.5 g	Protein (per 100g):	1.3 g

Thursday - 26/03/2026

## 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

Thursday - 26/03/2026

## 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

Thursday - 26/03/2026

## 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

Thursday - 26/03/2026

## 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

Thursday - 26/03/2026

## Mean Green Mac & Cheese w/ Carrot Batons (Lunch)

Serving Size: 220 g



### Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Carrot (9%), Broccoli (8%), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Skim **Milk** Powder, Baby Spinach, Plain Flour (**Wheat**), Olive Oil, Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.8 g
Dairy Free:	No	Sugar:	2.4 g
Lactose Free:	No	Sodium:	98 mg
Soy Free:	Yes	Fat (total):	9.0 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.1 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	44 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1000 kJ (240 Cal)	Energy (per 100g):	456 kJ (109 Cal)
Protein:	8.5 g	Protein (per 100g):	3.8 g

Thursday - 26/03/2026

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

Serving Size: 200 g



### Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Pumpkin (17%), Cannellini Beans, Peas (10%), Gluten Free Plain Flour (Starch (Maize,Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Nuttalex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Onion, Nutritional Yeast, Garlic, Pepper.

### Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	40.1 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 (246 Cal)	Energy (per 100g):	515 kJ (123 Cal)
Protein:	8.8 g	Protein (per 100g):	4.4 g

Thursday - 26/03/2026

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

Serving Size: 200 g



### Ingredients

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

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	43.2 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	110 mg
Soy Free:	Yes	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.6 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1020 kJ (244 Cal)	Energy (per 100g):	511 kJ (122 Cal)
Protein:	6.7 g	Protein (per 100g):	3.4 g

Thursday - 26/03/2026

## Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60 g



### Ingredients

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

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	11.3 g
Dairy Free:	No	Sugar:	0.6 g
Lactose Free:	No	Sodium:	37 mg
Soy Free:	No	Fat (total):	9.1 g
Egg Free:	Yes	Fat (Sat):	4.9 g
Vegetarian:	No	Carbohydrates (per 100g):	18.8 g
Fish Free:	Yes	Sugar (per 100g)	1.0 g
Red Meat Free:	No	Sodium (per 100g):	62 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	8.1 g
Energy:	631 kJ (151 Cal)	Energy (per 100g):	1050 kJ (251 Cal)
Protein:	5.0 g	Protein (per 100g):	8.4 g

## GF & DF Vegetable Empanada (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Sweet Potato, Chickpeas, Garlic Powder, Onion, Peas, Olive Oil, Raw Sugar, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Cumin.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.1 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	97 mg
Soy Free:	Yes	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	48.5 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	162 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	724 kJ (173 Cal)	Energy (per 100g):	1210 kJ (289 Cal)
Protein:	2.9 g	Protein (per 100g):	4.8 g

## Vegetable Sausage Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Sweet Potato, Chickpeas, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour ( **Wheat**), Wholemeal Flour (**Wheat**), Water, Garlic Powder, Onion, Peas, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Cumin, Olive Oil.

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.7 g
Dairy Free:	No	Sugar:	1.3 g
Lactose Free:	No	Sodium:	40 mg
Soy Free:	Yes	Fat (total):	9.4 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	34.5 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.9 g
Energy:	790 kJ (189 Cal)	Energy (per 100g):	1320 kJ (315 Cal)
Protein:	4.1 g	Protein (per 100g):	6.8 g

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## GF & DF Beef & Kale Sausage Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Gluten Free Puff Pastry (Gluten Free Pastry (Maize Starch, Rice Flour, Yellow Pea Flour, Besan Flour, Faba Bean Flour, Thickener (464, 415), Flaxseed Flour, Bamboo Fibre, Potato Starch, Dextrose, Buckwheat Flour, Salt), Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a)), Vegetable Fibre.), Beef Mince (19%), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Carrot, Onion, Celery, Olive Oil, Kale (0.5%), Garlic Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.3 g
Dairy Free:	Yes	Sugar:	1.2 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	No	Fat (total):	8.9 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	No	Carbohydrates (per 100g):	28.9 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	148 mg
Tomato Free:	Yes	Fat (total, per 100g):	14.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.8 g
Energy:	702 kJ (168 Cal)	Energy (per 100g):	1170 kJ (280 Cal)
Protein:	4.1 g	Protein (per 100g):	6.8 g

Friday - 27/03/2026

## Banana & Watermelon w/ Raspberry Organic Yoghurt (Morning Tea)

Serving Size: 196 g



### Ingredients

Banana (46%), Organic All Natural Yoghurt (25%) (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Watermelon (25%), Raspberries (2.5%), Chia Seeds, Honey.

### Allergy Information

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

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.7 g
Dairy Free:	No	Sugar:	19.4 g
Lactose Free:	No	Sodium:	31 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.1 g
Fish Free:	Yes	Sugar (per 100g)	9.9 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	626 kJ (150 Cal)	Energy (per 100g):	319 kJ (76 Cal)
Protein:	4.2 g	Protein (per 100g):	2.2 g

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## Banana & Watermelon w/ Raspberry Coconut Yoghurt (Morning Tea) [Allergy]

Serving Size: 220 g



### Ingredients

Coconut Yoghurt (45%) (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Banana (27%), Watermelon (23%), Raspberries (3.5%), Chia Seeds, Honey.

### Allergy Information

:May Contain Gluten, Wheat, Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.9 g
Dairy Free:	Yes	Sugar:	13.3 g
Lactose Free:	Yes	Sodium:	7 mg
Soy Free:	Yes	Fat (total):	9.5 g
Egg Free:	Yes	Fat (Sat):	8.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.3 g
Fish Free:	Yes	Sugar (per 100g)	6.1 g
Red Meat Free:	Yes	Sodium (per 100g):	3 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.8 g
Energy:	846 kJ (202 Cal)	Energy (per 100g):	385 kJ (92 Cal)
Protein:	2.6 g	Protein (per 100g):	1.2 g

Friday - 27/03/2026

## Chicken, Cucumber & Cheesy Sweet Corn Sandwich (Lunch)

Serving Size: 140 g



### Ingredients

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

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.9 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	308 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	No	Carbohydrates (per 100g):	20.6 g
Fish Free:	Yes	Sugar (per 100g)	1.2 g
Red Meat Free:	Yes	Sodium (per 100g):	220 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	821 kJ (196 Cal)
Protein:	18.2 g	Protein (per 100g):	13.0 g

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## Roast Beef, Cheese & Baked Bean 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%), Iceberg Lettuce, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Cannellini Beans (4.5%), Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil, Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cumin, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

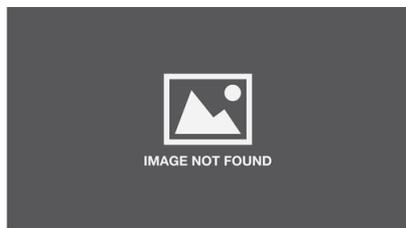
### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.3 g
Dairy Free:	No	Sugar:	1.3 g
Lactose Free:	No	Sodium:	450 mg
Soy Free:	No	Fat (total):	11.5 g
Egg Free:	Yes	Fat (Sat):	5.1 g
Vegetarian:	No	Carbohydrates (per 100g):	17.7 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	No	Sodium (per 100g):	281 mg
Tomato Free:	No	Fat (total, per 100g):	7.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.2 g
Energy:	1400 kJ (335 Cal)	Energy (per 100g):	876 kJ (209 Cal)
Protein:	26.0 g	Protein (per 100g):	16.3 g

Friday - 27/03/2026

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

Serving Size: 220 g



### Ingredients

Short Grain Rice, Chicken Breast (18%), White Vinegar, Avocado (7%), Cucumber (7%), Raw Sugar, Olive Oil, Lemon Juice, Seaweed, Salt.

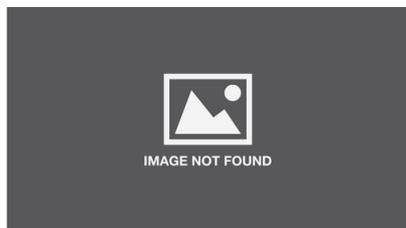
### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	46.2 g
Dairy Free:	Yes	Sugar:	6.3 g
Lactose Free:	Yes	Sodium:	223 mg
Soy Free:	Yes	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	No	Carbohydrates (per 100g):	21.0 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	101 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1270 kJ (303 Cal)	Energy (per 100g):	576 kJ (138 Cal)
Protein:	15.0 g	Protein (per 100g):	6.8 g

## Cheese & Baked Bean Sandwich (Lunch) [Allergy]

Serving Size: 120 g



### Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Iceberg Lettuce, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Cannellini Beans, Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil, Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cumin, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

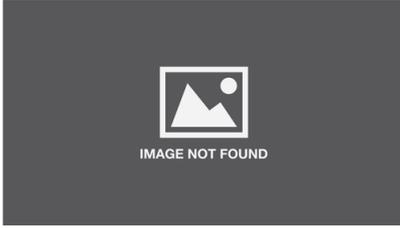
### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.3 g
Dairy Free:	No	Sugar:	1.3 g
Lactose Free:	No	Sodium:	414 mg
Soy Free:	No	Fat (total):	8.6 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.6 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	345 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.5 g
Energy:	1050 kJ (251 Cal)	Energy (per 100g):	873 kJ (209 Cal)
Protein:	11.6 g	Protein (per 100g):	9.7 g

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## Roast Beef & Baked Bean Sandwich (Lunch) [Allergy]

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).), Beef (32%), Iceberg Lettuce, Cannellini Beans (5%), Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil, Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cumin, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	28.2 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	348 mg
Soy Free:	No	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	No	Carbohydrates (per 100g):	18.8 g
Fish Free:	Yes	Sugar (per 100g)	0.7 g
Red Meat Free:	No	Sodium (per 100g):	232 mg
Tomato Free:	No	Fat (total, per 100g):	4.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1220 kJ (291 Cal)	Energy (per 100g):	812 kJ (194 Cal)
Protein:	25.7 g	Protein (per 100g):	17.2 g

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

Serving Size: 56 g



### Ingredients

Tomato (36%), Vita Weat Crackers (Wholegrain (60%)(Whole **Wheat** Flour, **Oats**), **Wheat** Flour, Vegetable Oil, Starch (Maize), Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernal), Yeast, Sugar, Salt, **Wheat** Germ, Emulsifier (**Soy** Lecithin.), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))).

### Allergy Information

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

### Nutrition Info

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

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## 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

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## White Bean Dip & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50 g



### Ingredients

Cannellini Beans (61%), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Olive Oil, Lemon Juice, Cumin, Garlic Powder.

### Allergy Information

:May Contain Milk, Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.1 g
Dairy Free:	Yes	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	167 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.2 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	Yes	Sodium (per 100g):	333 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	433 kJ (103 Cal)	Energy (per 100g):	865 kJ (207 Cal)
Protein:	3.0 g	Protein (per 100g):	5.9 g

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

Serving Size: 65 g



### Ingredients

Cannellini Beans (34%), Tomato, Vita Weat **Sesame** & Poppy Seed (Wholegrain (60%)(Whole **Wheat** Flour), **Wheat** Flour, Vegetable Oil, Seeds (6%) (**Sesame**, Poppy), Starch (Maize), Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin).), Olive Oil, Lemon Juice, Cumin, Garlic Powder.

### Allergy Information

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

### Nutrition Info

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