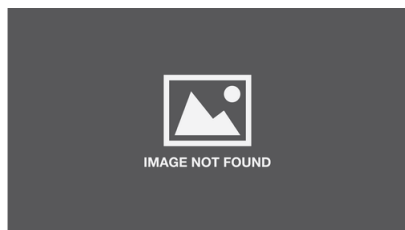


Menu: Childcare Week 3 - 30.03.26 - 03.04.26

Monday - 30/03/2026

Organic Milk w/ Pear & Rockmelon (Morning Tea)

Serving Size: 170 g



Ingredients

Full Cream **Milk** (59%), Rockmelon (24%), Pear (18%).

Allergy Information

Contains Milk.:

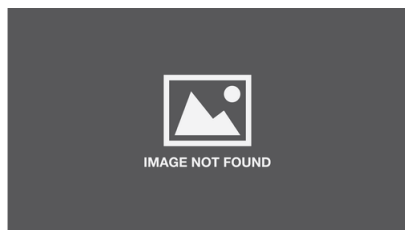
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.8 g
Dairy Free:	No	Sugar:	9.8 g
Lactose Free:	No	Sodium:	43 mg
Soy Free:	Yes	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.8 g
Fish Free:	Yes	Sugar (per 100g)	5.8 g
Red Meat Free:	Yes	Sodium (per 100g):	25 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	402 kJ (96 Cal)	Energy (per 100g):	237 kJ (57 Cal)
Protein:	3.8 g	Protein (per 100g):	2.2 g

Monday - 30/03/2026

LF Milk w/ Pear & Rockmelon (Morning Tea) [Allergy]

Serving Size: 170 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Rockmelon, Pear.

Allergy Information

Contains Milk.:

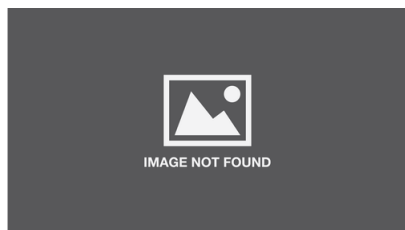
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.7 g
Dairy Free:	No	Sugar:	9.5 g
Lactose Free:	Yes	Sodium:	44 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.7 g
Fish Free:	Yes	Sugar (per 100g)	5.6 g
Red Meat Free:	Yes	Sodium (per 100g):	26 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	327 kJ (78 Cal)	Energy (per 100g):	192 kJ (46 Cal)
Protein:	3.5 g	Protein (per 100g):	2.1 g

Monday - 30/03/2026

Organic Rice Milk w/ Pear & Rockmelon (Morning Tea) [Allergy]

Serving Size: 170 g



Ingredients

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

Allergy Information

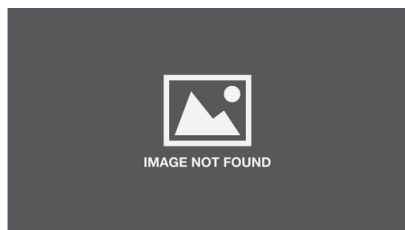
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.2 g
Dairy Free:	Yes	Sugar:	8.4 g
Lactose Free:	Yes	Sodium:	70 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.3 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	41 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	323 kJ (77 Cal)	Energy (per 100g):	190 kJ (45 Cal)
Protein:	1.1 g	Protein (per 100g):	0.6 g

Monday - 30/03/2026

Organic Soy Milk w/ Pear & Rockmelon (Morning Tea) [Allergy]

Serving Size: 170 g



Ingredients

Soy Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Rockmelon, Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	7.3 g
Dairy Free:	Yes	Sugar:	5.7 g
Lactose Free:	Yes	Sodium:	22 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	4.3 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	13 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	317 kJ (76 Cal)	Energy (per 100g):	186 kJ (45 Cal)
Protein:	3.3 g	Protein (per 100g):	1.9 g

Monday - 30/03/2026

Spaghetti Bolognese w/ Cheddar Cheese (Lunch)

Serving Size: 220 g



Ingredients

Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), 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, Milk.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.2 g
Dairy Free:	No	Sugar:	4.8 g
Lactose Free:	No	Sodium:	189 mg
Soy Free:	Yes	Fat (total):	13.2 g
Egg Free:	Yes	Fat (Sat):	6.7 g
Vegetarian:	No	Carbohydrates (per 100g):	14.6 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	No	Sodium (per 100g):	86 mg
Tomato Free:	No	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	1440 kJ (344 Cal)	Energy (per 100g):	654 kJ (156 Cal)
Protein:	21.2 g	Protein (per 100g):	9.6 g

Monday - 30/03/2026

Spaghetti Bolognese (No Cheese) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

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

Monday - 30/03/2026

Tomato & Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	34.1 g
Dairy Free:	Yes	Sugar:	7.2 g
Lactose Free:	Yes	Sodium:	61 mg
Soy Free:	Yes	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	809 kJ (193 Cal)	Energy (per 100g):	404 kJ (97 Cal)
Protein:	6.0 g	Protein (per 100g):	3.0 g

Monday - 30/03/2026

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

Serving Size: 200 g



Ingredients

Tomato Passata (Tomato (99%), Citric Acid), Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Beef Mince, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic, Maize Cornflour (Gluten Free), Olive Oil, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.3 g
Dairy Free:	Yes	Sugar:	3.8 g
Lactose Free:	Yes	Sodium:	56 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	No	Carbohydrates (per 100g):	18.1 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	28 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	959 kJ (229 Cal)	Energy (per 100g):	480 kJ (115 Cal)
Protein:	10.4 g	Protein (per 100g):	5.2 g

Monday - 30/03/2026

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

Allergy Information

Nutrition Info

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

Monday - 30/03/2026

Tuna & Chive Dip w/ Brown Rice Crackers (Afternoon Tea)

Serving Size: 38 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), 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:	9.8 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	143 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	26.0 g
Fish Free:	No	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	380 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	9.5 g
Energy:	463 kJ (111 Cal)	Energy (per 100g):	1230 kJ (293 Cal)
Protein:	4.2 g	Protein (per 100g):	11.2 g

Monday - 30/03/2026

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

Serving Size: 38 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

Monday - 30/03/2026

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

Monday - 30/03/2026

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

Serving Size: 50 g



Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

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

Apple, Cheese, Corn Thins & Veggie Sticks (Morning Tea)

Serving Size: 100 g



Ingredients

Apple (49%), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Multigrain Corn Thins (Maize (78%), Sorghum (6%), Brown Rice (6%), Buckwheat (4.5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum (10%), Carrot (10%), Celery (5%).

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.7 g
Dairy Free:	No	Sugar:	7.8 g
Lactose Free:	No	Sodium:	153 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.7 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	153 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.7 g
Energy:	627 kJ (150 Cal)	Energy (per 100g):	627 kJ (150 Cal)
Protein:	5.6 g	Protein (per 100g):	5.6 g

Tuesday - 31/03/2026

GF & LF Cheese & Crudites w/ Rice Crackers (AI) (Morning 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), Capsicum, Celery.

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.7 g
Dairy Free:	No	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	203 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.7 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	678 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	518 kJ (124 Cal)	Energy (per 100g):	1730 kJ (412 Cal)
Protein:	5.3 g	Protein (per 100g):	17.7 g

Tuesday - 31/03/2026

Apple, Sweet Potato Dip, Corn Thins & Veggies (AI) (Morning Tea) [Allergy]

Serving Size: 112 g



Ingredients

Apple (45%), Multigrain Corn Thins (Maize (78%), Sorghum (6%), Brown Rice (6%), Buckwheat (4.5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum (9%), Carrot (9%), Chickpeas, Sweet Potato (8%), Water, Celery (4.5%), Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper.

Allergy Information

:May Contain Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.2 g
Dairy Free:	Yes	Sugar:	8.2 g
Lactose Free:	Yes	Sodium:	58 mg
Soy Free:	Yes	Fat (total):	1.5 g
Egg Free:	Yes	Fat (Sat):	0.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.2 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	52 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	456 kJ (109 Cal)	Energy (per 100g):	407 kJ (97 Cal)
Protein:	2.5 g	Protein (per 100g):	2.3 g

Tuesday - 31/03/2026

Cheesy Vegetable Lasagne (Lunch)

Serving Size: 250 g



Ingredients

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

Allergy Information

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

Nutrition Info

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

Tuesday - 31/03/2026

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

Serving Size: 200 g



Ingredients

Tomato Passata (20%) (Tomato (99%), Citric Acid), Risoni (Durum **Wheat** Semolina, Water), Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Baby Spinach (5%), Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil, Potato Starch, Tomato Paste (Citric Acid), Garlic, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

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

Tuesday - 31/03/2026

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

GF & DF Apple & Cinnamon Muffin (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

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

Allergy Information

Nutrition Info

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

Tuesday - 31/03/2026

Apple & Sultana Scroll (Afternoon Tea)

Serving Size: 60 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

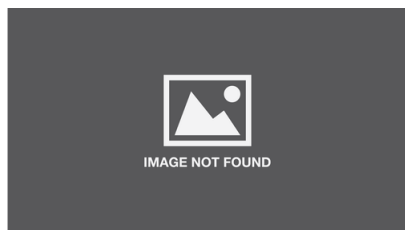
Nutrition Info

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

Tuesday - 31/03/2026

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

Serving Size: 60 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

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

Wednesday - 01/04/2026

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

Wednesday - 01/04/2026

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

Wednesday - 01/04/2026

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

Wednesday - 01/04/2026

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

Roast Chicken, Lettuce & Cheesy Carrot 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 (29%), Iceberg Lettuce (11%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Carrot (3%), White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.5 g
Dairy Free:	No	Sugar:	1.1 g
Lactose Free:	No	Sodium:	320 mg
Soy Free:	No	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	No	Carbohydrates (per 100g):	20.4 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	229 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	1150 kJ (276 Cal)	Energy (per 100g):	825 kJ (197 Cal)
Protein:	18.5 g	Protein (per 100g):	13.2 g

Wednesday - 01/04/2026

Teriyaki Chicken & Avocado Sushi (Lunch)

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

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 - 01/04/2026

Teriyaki Beef & Avocado Sushi (Lunch) [Allergy]

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 - 01/04/2026

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

Wednesday - 01/04/2026

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

Tropicana Pizza (Afternoon Tea)

Serving Size: 70 g



Ingredients

Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Pineapple, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.6 g
Dairy Free:	No	Sugar:	2.3 g
Lactose Free:	No	Sodium:	100 mg
Soy Free:	No	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.3 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	143 mg
Tomato Free:	No	Fat (total, per 100g):	10.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.3 g
Energy:	835 kJ (200 Cal)	Energy (per 100g):	1190 kJ (285 Cal)
Protein:	8.7 g	Protein (per 100g):	12.4 g

LF Tropicana Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Pineapple, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	21.1 g
Dairy Free:	No	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	121 mg
Soy Free:	No	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.1 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	173 mg
Tomato Free:	No	Fat (total, per 100g):	12.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.8 g
Energy:	833 kJ (199 Cal)	Energy (per 100g):	1190 kJ (284 Cal)
Protein:	7.7 g	Protein (per 100g):	11.0 g

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

Serving Size: 90 g



Ingredients

Gluten Free Slider Bun ((Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium, Baking Powder, Sea Salt, Buckwheat, Flaxseed, Spirulina), Vegetable Oil, Vinegar, Yeast.), Chicken Breast (22%), Pineapple, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Salt, Bamboo Fibre, Acid(270), Fructose, Gelling Agent(406), Colour(160a).), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.0 g
Dairy Free:	Yes	Sugar:	4.6 g
Lactose Free:	Yes	Sodium:	236 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	3.1 g
Vegetarian:	No	Carbohydrates (per 100g):	23.3 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	262 mg
Tomato Free:	No	Fat (total, per 100g):	7.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	723 kJ (173 Cal)	Energy (per 100g):	803 kJ (192 Cal)
Protein:	5.7 g	Protein (per 100g):	6.3 g

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

Serving Size: 30 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Vita Weat Crackers (Wholegrain (60%)(Whole **Wheat** Flour, **Oats**), **Wheat** Flour, Vegetable Oil, Starch (Maize), Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Yeast, Sugar, Salt, **Wheat** Germ, Emulsifier (**Soy** Lecithin)).

Allergy Information

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

Nutrition Info

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

Thursday - 02/04/2026

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

Serving Size: 88 g



Ingredients

Vita Weat **Sesame** & Poppy Seed (**Barley**) (Wholegrain (45%), [Whole-wheat Flour], **Wheat** Flour, Seeds (6%) [**Sesame**, Poppy], Vegetable Oil, Cornflour, Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin).), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Capsicum, Carrot, Celery, Cucumber.

Allergy Information

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

Nutrition Info

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

Thursday - 02/04/2026

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

Serving Size: 50 g



Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

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

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

Serving Size: 88 g



Ingredients

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

Allergy Information

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

Nutrition Info

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

Thursday - 02/04/2026

Chicken & Pineapple Curry w/ Brown Rice & Veggies (Lunch)

Serving Size: 220 g



Ingredients

Brown Rice (34%), Chicken Thigh (14%), Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Coconut Cream (Coconut Cream (74%), Water, Thickener (415)), Carrot (5%), Cauliflower, Green Beans, Onion, Pineapple (5%), Corn Kernals, Peas (4.5%), Potato Starch, Garlic, Olive Oil, Cinnamon, Cumin, Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper), Ground Coriander, Ground Turmeric, Paprika, White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.8 g
Dairy Free:	Yes	Sugar:	5.2 g
Lactose Free:	Yes	Sodium:	73 mg
Soy Free:	Yes	Fat (total):	7.9 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	No	Carbohydrates (per 100g):	14.9 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	Yes	Sodium (per 100g):	33 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9 g
Energy:	1110 kJ (265 Cal)	Energy (per 100g):	504 kJ (121 Cal)
Protein:	13.1 g	Protein (per 100g):	5.9 g

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

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

Thursday - 02/04/2026

Peach & Pear w/ Organic Yoghurt (Afternoon 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 - 02/04/2026

Peach & Pear w/ Coconut Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 175 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), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.8 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	4 mg
Soy Free:	Yes	Fat (total):	5.1 g
Egg Free:	Yes	Fat (Sat):	4.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.2 g
Fish Free:	Yes	Sugar (per 100g)	3.2 g
Red Meat Free:	Yes	Sodium (per 100g):	2 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.8 g
Energy:	388 kJ (93 Cal)	Energy (per 100g):	222 kJ (53 Cal)
Protein:	0.8 g	Protein (per 100g):	0.4 g

Thursday - 02/04/2026

Peach & Pear w/ LF Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 175 g



Ingredients

Lactose Free Yoghurt (Certified Organic Unhomogenised **Milk**, Certified Organic Non-fat **Milk** Solids, Lactase Enzyme, 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:	12.7 g
Dairy Free:	No	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	21 mg
Soy Free:	Yes	Fat (total):	2.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.2 g
Fish Free:	Yes	Sugar (per 100g)	6.6 g
Red Meat Free:	Yes	Sodium (per 100g):	12 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	358 kJ (85 Cal)	Energy (per 100g):	204 kJ (49 Cal)
Protein:	3.4 g	Protein (per 100g):	2.0 g

Thursday - 02/04/2026

Blueberry Crumble w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 175 g



Ingredients

Organic All Natural Yoghurt (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.), Frozen Blueberries (7%), Wholemeal Flour (**Wheat**), Rolled **Oats**, Unsalted Butter (**Milk**) (Cream, Water), Maize Cornflour (Gluten Free), Sultana (Sultanas, Vegetable Oil), 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:	25.0 g
Dairy Free:	No	Sugar:	17.3 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):	14.3 g
Fish Free:	Yes	Sugar (per 100g)	9.9 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:	747 kJ (179 Cal)	Energy (per 100g):	427 kJ (102 Cal)
Protein:	5.0 g	Protein (per 100g):	2.8 g