

Menu: Childcare Week 4 - 6.4.26 - 10.4.26

Tuesday - 07/04/2026

Pineapple, Rockmelon & Grapes (Morning Tea)

Serving Size: 120 g



Ingredients

Grapes, Pineapple, Rockmelon.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.6 g
Dairy Free:	Yes	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	7 mg
Soy Free:	Yes	Fat (total):	0.2 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.7 g
Fish Free:	Yes	Sugar (per 100g)	9.7 g
Red Meat Free:	Yes	Sodium (per 100g):	6 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	235 kJ (56 Cal)	Energy (per 100g):	195 kJ (47 Cal)
Protein:	0.7 g	Protein (per 100g):	0.6 g

Tuesday - 07/04/2026

Macaroni & Cheese (Lunch)

Serving Size: 200 g



Ingredients

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

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.6 g
Dairy Free:	No	Sugar:	2.3 g
Lactose Free:	No	Sodium:	60 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.8 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1010 kJ (242 Cal)	Energy (per 100g):	505 kJ (121 Cal)
Protein:	7.6 g	Protein (per 100g):	3.8 g

Tuesday - 07/04/2026

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)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Onion, Nutritional Yeast, Garlic, Pepper.

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

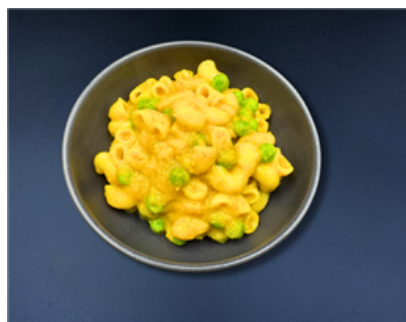
Nutrition Info

Gluten Free:	No	Carbohydrates:	40.1 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

Tuesday - 07/04/2026

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

Tuesday - 07/04/2026

Mexican Beef Nachos (Afternoon Tea)

Serving Size: 60 g



Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Beef Mince (27%), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Black Beans, Carrot, Corn Kernals, Onion, Capsicum, Cumin, Olive Oil, Paprika, Tomato Paste (Citric Acid), Garlic, Ground Turmeric, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.8 g
Dairy Free:	No	Sugar:	0.8 g
Lactose Free:	No	Sodium:	140 mg
Soy Free:	Yes	Fat (total):	11.9 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	No	Carbohydrates (per 100g):	26.3 g
Fish Free:	Yes	Sugar (per 100g)	1.3 g
Red Meat Free:	No	Sodium (per 100g):	234 mg
Tomato Free:	No	Fat (total, per 100g):	19.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.8 g
Energy:	900 kJ (215 Cal)	Energy (per 100g):	1500 kJ (358 Cal)
Protein:	10.2 g	Protein (per 100g):	17.0 g

Mexican Beef 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)), Beef Mince (24%), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Black Beans, Carrot, Corn Kernal, Onion, Capsicum, Cumin, Olive Oil, Paprika, Tomato Paste (Citric Acid), Garlic, Ground Turmeric, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.0 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	184 mg
Soy Free:	No	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	22.7 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	No	Sodium (per 100g):	279 mg
Tomato Free:	No	Fat (total, per 100g):	11.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4 g
Energy:	738 kJ (176 Cal)	Energy (per 100g):	1120 kJ (267 Cal)
Protein:	11.0 g	Protein (per 100g):	16.6 g

Tuesday - 07/04/2026

Mexican Beef 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)), Beef Mince, Black Beans, Carrot, Corn Kernal, Onion, Capsicum, Cumin, Olive Oil, Paprika, Tomato Paste (Citric Acid), Garlic, Ground Turmeric, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)).

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.5 g
Dairy Free:	Yes	Sugar:	1.8 g
Lactose Free:	Yes	Sodium:	142 mg
Soy Free:	No	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	No	Carbohydrates (per 100g):	23.4 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	215 mg
Tomato Free:	No	Fat (total, per 100g):	9.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0 g
Energy:	706 kJ (169 Cal)	Energy (per 100g):	1070 kJ (256 Cal)
Protein:	10.7 g	Protein (per 100g):	16.2 g

Tuesday - 07/04/2026

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.:

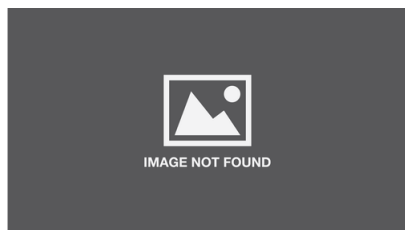
Nutrition Info

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 - 07/04/2026

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

Wednesday - 08/04/2026

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 - 08/04/2026

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

Wednesday - 08/04/2026

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 - 08/04/2026

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

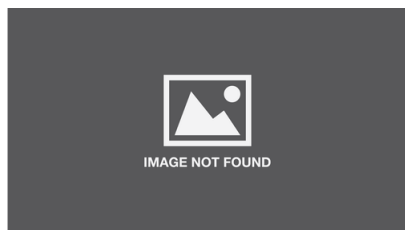
Contains Milk.:

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

Chicken & Cheese Burrito (Lunch)

Serving Size: 150 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)), Chicken Thigh (18%), Iceberg Lettuce, Cheese Slices (11%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Carrot, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Onion, Olive Oil, Cumin, Ground Turmeric, Paprika, Potato Starch.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.4 g
Dairy Free:	No	Sugar:	3.9 g
Lactose Free:	No	Sodium:	365 mg
Soy Free:	No	Fat (total):	12.2 g
Egg Free:	Yes	Fat (Sat):	6.9 g
Vegetarian:	No	Carbohydrates (per 100g):	19.6 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	243 mg
Tomato Free:	No	Fat (total, per 100g):	8.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.6 g
Energy:	1250 kJ (299 Cal)	Energy (per 100g):	835 kJ (199 Cal)
Protein:	15.4 g	Protein (per 100g):	10.2 g

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

Serving Size: 80 g



Ingredients

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

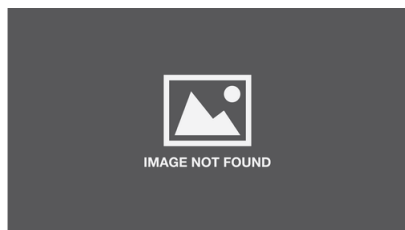
Allergy Information

Nutrition Info

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

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

Serving Size: 80 g



Ingredients

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

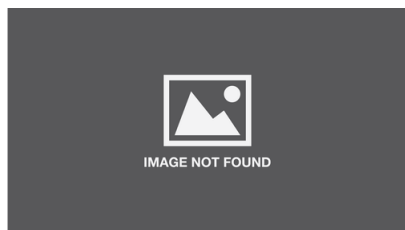
Allergy Information

Nutrition Info

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

DF Chicken Burrito (Al) (Lunch) [Allergy]

Serving Size: 133.5 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)), Chicken Thigh (20%), Iceberg Lettuce, Carrot, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Onion, Olive Oil, Cumin, Ground Turmeric, Paprika, Potato Starch.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.3 g
Dairy Free:	Yes	Sugar:	3.8 g
Lactose Free:	Yes	Sodium:	253 mg
Soy Free:	No	Fat (total):	6.7 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	No	Carbohydrates (per 100g):	21.9 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	190 mg
Tomato Free:	No	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5 g
Energy:	980 kJ (234 Cal)	Energy (per 100g):	734 kJ (175 Cal)
Protein:	11.5 g	Protein (per 100g):	8.6 g

Spinach & Fetta Rolls (Afternoon Tea)

Serving Size: 60 g



Ingredients

Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), 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).), Baby Spinach, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion, Fetta (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Ricotta (**Milk**), Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.3 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	142 mg
Soy Free:	No	Fat (total):	12.2 g
Egg Free:	Yes	Fat (Sat):	7.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.2 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	237 mg
Tomato Free:	Yes	Fat (total, per 100g):	20.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.7 g
Energy:	782 kJ (187 Cal)	Energy (per 100g):	1300 kJ (312 Cal)

GF & DF Spinach & Corn 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.), Baby Spinach, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil, Nutritional Yeast, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.3 g
Dairy Free:	Yes	Sugar:	1.5 g
Lactose Free:	Yes	Sodium:	136 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	42.1 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	227 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7 g
Energy:	722 kJ (173 Cal)	Energy (per 100g):	1200 kJ (288 Cal)
Protein:	3.6 g	Protein (per 100g):	6.0 g

GF Spinach & Fetta 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.), Baby Spinach, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Fetta (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion.

Allergy Information

Contains Milk, Soy.:

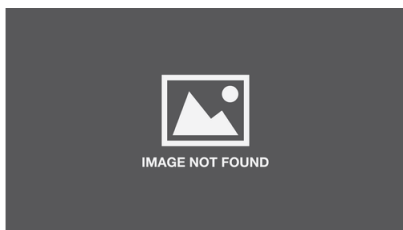
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.6 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	231 mg
Soy Free:	No	Fat (total):	12.5 g
Egg Free:	Yes	Fat (Sat):	7.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.7 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	386 mg
Tomato Free:	Yes	Fat (total, per 100g):	20.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	876 kJ (209 Cal)	Energy (per 100g):	1460 kJ (349 Cal)
Protein:	4.4 g	Protein (per 100g):	7.3 g

Wednesday - 08/04/2026

Sweet Potato & Spinach Roll SML (AI) (Afternoon Tea)

Serving Size:



Ingredients

No Information

Allergy Information

Nutrition Info

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

Thursday - 09/04/2026

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

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.

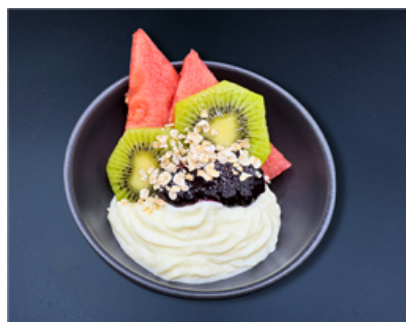
Nutrition Info

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

Thursday - 09/04/2026

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

Thursday - 09/04/2026

Not So Chilli Con Carne w/ Rice & Corn Cobs (Lunch)

Serving Size: 220 g



Ingredients

Basmati Rice (34%), Beef Mince, Corn Cob (9%), Kidney Beans, Red, Tomato Passata (Tomato (99%), Citric Acid), Carrot, Onion, Capsicum, Celery, Tomato Paste (Citric Acid), Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil, Potato Starch, Garlic, Cumin, Paprika, Garlic Powder, Onion, Powdered, Oregano, Dried, Pepper.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.6 g
Dairy Free:	Yes	Sugar:	4.0 g
Lactose Free:	Yes	Sodium:	201 mg
Soy Free:	No	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	No	Carbohydrates (per 100g):	13.4 g
Fish Free:	Yes	Sugar (per 100g)	1.8 g
Red Meat Free:	No	Sodium (per 100g):	91 mg
Tomato Free:	No	Fat (total, per 100g):	2.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1050 kJ (250 Cal)	Energy (per 100g):	475 kJ (114 Cal)
Protein:	16.3 g	Protein (per 100g):	7.4 g

Thursday - 09/04/2026

GF & DF Bean Burrito Bowl (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	38.3 g
Dairy Free:	Yes	Sugar:	8.2 g
Lactose Free:	Yes	Sodium:	102 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.2 g
Fish Free:	Yes	Sugar (per 100g)	4.1 g
Red Meat Free:	Yes	Sodium (per 100g):	51 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	977 kJ (233 Cal)	Energy (per 100g):	488 kJ (117 Cal)
Protein:	8.9 g	Protein (per 100g):	4.4 g

Thursday - 09/04/2026

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

Serving Size: 30 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

Thursday - 09/04/2026

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

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 Kernals), 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

Thursday - 09/04/2026

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

Thursday - 09/04/2026

Beef & Vegetable Risotto SML (Afternoon Tea) [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

Friday - 10/04/2026

Organic Milk w/ Banana & Apple (Morning Tea)

Serving Size: 200 g



Ingredients

Full Cream **Milk** (42%), Banana (38%), Apple (21%).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.4 g
Dairy Free:	No	Sugar:	23.0 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.7 g
Fish Free:	Yes	Sugar (per 100g)	11.5 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	788 kJ (188 Cal)	Energy (per 100g):	394 kJ (94 Cal)
Protein:	4.9 g	Protein (per 100g):	2.5 g

Friday - 10/04/2026

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

Serving Size: 240 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.9 g
Dairy Free:	Yes	Sugar:	18.8 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):	10.8 g
Fish Free:	Yes	Sugar (per 100g)	7.8 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:	690 kJ (165 Cal)	Energy (per 100g):	288 kJ (69 Cal)
Protein:	4.4 g	Protein (per 100g):	1.8 g

Friday - 10/04/2026

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

Serving Size: 240 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.7 g
Dairy Free:	Yes	Sugar:	21.5 g
Lactose Free:	Yes	Sodium:	64 mg
Soy Free:	Yes	Fat (total):	1.6 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	27 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	709 kJ (169 Cal)	Energy (per 100g):	295 kJ (71 Cal)
Protein:	2.2 g	Protein (per 100g):	0.9 g

Friday - 10/04/2026

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

Serving Size: 240 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.2 g
Dairy Free:	No	Sugar:	22.7 g
Lactose Free:	Yes	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.2 g
Fish Free:	Yes	Sugar (per 100g)	9.4 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	713 kJ (170 Cal)	Energy (per 100g):	297 kJ (71 Cal)
Protein:	4.6 g	Protein (per 100g):	1.9 g

Friday - 10/04/2026

Tuna, Cheese & Cucumber Sandwich (Lunch)

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).), Cucumber (17%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Tuna (6%) (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), All Natural Yoghurt (**Milk**, **Milk** Solids, Skim **Milk**, Live Yoghurt Cultures (Incl. L.Acidophilus)), Chives, White Pepper.

Allergy Information

Contains Gluten, Wheat, Fish, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.2 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	352 mg
Soy Free:	No	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	No	Carbohydrates (per 100g):	23.5 g
Fish Free:	No	Sugar (per 100g)	1.3 g
Red Meat Free:	Yes	Sodium (per 100g):	293 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.8 g
Energy:	1030 kJ (246 Cal)	Energy (per 100g):	858 kJ (205 Cal)
Protein:	10.7 g	Protein (per 100g):	8.9 g

Friday - 10/04/2026

Roast Chicken, Pumpkin Hummus & Spinach 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%), Tomato, Chickpeas, Pumpkin, Baby Spinach (3.5%), Olive Oil, Lemon Juice, Garlic Powder, White Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.5 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	308 mg
Soy Free:	No	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	No	Carbohydrates (per 100g):	21.1 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	220 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1130 kJ (271 Cal)	Energy (per 100g):	810 kJ (194 Cal)
Protein:	18.4 g	Protein (per 100g):	13.2 g

Friday - 10/04/2026

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

Friday - 10/04/2026

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

Friday - 10/04/2026

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

Friday - 10/04/2026

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

Friday - 10/04/2026

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

Friday - 10/04/2026

DF Tropicana Chicken Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Roast Chicken Breast (27%), Pineapple, Gluten (**Wheat**), Yeast (Sorbitan Monostearate), Plain Flour Perfection (**Wheat**), Wholemeal Flour (Wholemeal **Wheat** Flour, **Wheat** Flour, Vitamin (Thiamin)), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Olive Oil, Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Raw Sugar, Garlic, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	12.4 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	25 mg
Soy Free:	No	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	No	Carbohydrates (per 100g):	17.7 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	36 mg
Tomato Free:	No	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	704 kJ (168 Cal)	Energy (per 100g):	1010 kJ (240 Cal)
Protein:	18.1 g	Protein (per 100g):	25.9 g