

## **Menu: Childcare Week 4 - 29.6.26 - 3.7.26**

Monday - 29/06/2026

## 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 Soy.

### 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):	5.4 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):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	627 kJ (150 Cal)	Energy (per 100g):	349 kJ (83 Cal)
Protein:	2.2 g	Protein (per 100g):	1.2 g

Monday - 29/06/2026

## 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

Monday - 29/06/2026

## 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 Soy.

### 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):	284 kJ (68 Cal)
Protein:	4.4 g	Protein (per 100g):	2.7 g

Monday - 29/06/2026

## Macaroni & Cheese w/ Peas & Carrot (Lunch)

Serving Size: 220 g



### Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Cauliflower, Carrot (4.5%), Peas (4.5%), 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, Ground Turmeric.

### Allergy Information

Contains Wheat, Milk.:May Contain Soy.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	32.6 g
Dairy Free:	No	Sugar:	3.0 g
Lactose Free:	No	Sodium:	67 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.8 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8 g
Energy:	1040 kJ (248 Cal)	Energy (per 100g):	472 kJ (113 Cal)
Protein:	7.9 g	Protein (per 100g):	3.6 g

Monday - 29/06/2026

## DF Pumpkin Pasta w/ Peas & Carrot (AI) (Lunch) [Allergy]

Serving Size: 220 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 (15%), Peas (14%), Cannellini Beans, Carrot (4.5%), 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.

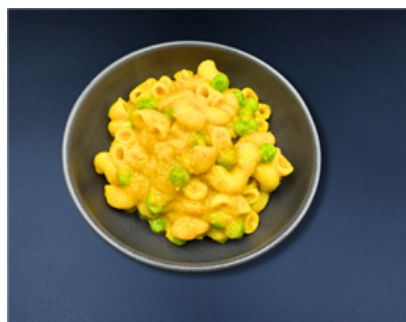
### Nutrition Info

Gluten Free:	No	Carbohydrates:	41.1 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	Yes	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.7 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	52 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1060 kJ (254 Cal)	Energy (per 100g):	482 kJ (115 Cal)
Protein:	9.2 g	Protein (per 100g):	4.2 g

Monday - 29/06/2026

## GF & DF Pumpkin Pasta w/ Peas & Carrot (AI) (Lunch) [Allergy]

Serving Size: 220 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 (15%), Peas (14%), Cannellini Beans, Carrot, 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:	44.2 g
Dairy Free:	Yes	Sugar:	6.0 g
Lactose Free:	Yes	Sodium:	117 mg
Soy Free:	Yes	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.1 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	53 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1050 kJ (252 Cal)	Energy (per 100g):	479 kJ (115 Cal)
Protein:	7.2 g	Protein (per 100g):	3.3 g

Monday - 29/06/2026

## 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:	139 mg
Soy Free:	Yes	Fat (total):	12.0 g
Egg Free:	Yes	Fat (Sat):	4.8 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):	232 mg
Tomato Free:	No	Fat (total, per 100g):	20.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	8.0 g
Energy:	906 kJ (216 Cal)	Energy (per 100g):	1510 kJ (361 Cal)
Protein:	10.4 g	Protein (per 100g):	17.4 g

Monday - 29/06/2026

## 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:	183 mg
Soy Free:	No	Fat (total):	7.5 g
Egg Free:	Yes	Fat (Sat):	3.7 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):	277 mg
Tomato Free:	No	Fat (total, per 100g):	11.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.7 g
Energy:	744 kJ (178 Cal)	Energy (per 100g):	1130 kJ (269 Cal)
Protein:	11.2 g	Protein (per 100g):	17.0 g

Monday - 29/06/2026

## 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:	140 mg
Soy Free:	No	Fat (total):	6.5 g
Egg Free:	Yes	Fat (Sat):	2.8 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):	212 mg
Tomato Free:	No	Fat (total, per 100g):	9.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.3 g
Energy:	714 kJ (171 Cal)	Energy (per 100g):	1080 kJ (259 Cal)
Protein:	11.0 g	Protein (per 100g):	16.7 g

Monday - 29/06/2026

## 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.:

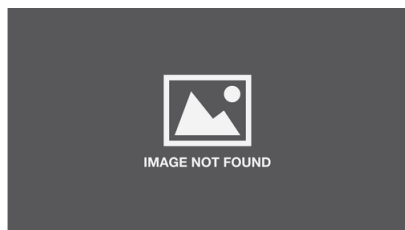
### Nutrition Info

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

Monday - 29/06/2026

## GF & DF Bean Quesadillas (AI) (Afternoon Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Gluten Free Wrap (Tapioca Starch (53%), Water, White Corn Masa Flour (8%), Stabilisers (Glycerin, Xanthan Gum), Quinoa Flour (4%), Amaranth Flour, Emulsifier (Mono- And Di-glycerides Of Fatty Acids), Salt.), Refried Beans ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Capsicum, Black Beans, Corn Kernals, Olive Oil.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.8 g
Dairy Free:	Yes	Sugar:	1.3 g
Lactose Free:	Yes	Sodium:	227 mg
Soy Free:	Yes	Fat (total):	1.2 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	39.7 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	379 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	500 kJ (120 Cal)	Energy (per 100g):	834 kJ (199 Cal)
Protein:	1.7 g	Protein (per 100g):	2.8 g

Tuesday - 30/06/2026

## Italian Focaccia w/ Capsicum & Olives (Morning Tea)

Serving Size: 60 g



### Ingredients

Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Water, Olive Oil, Red Capsicum Strips (7%) (Red Peppers, Water, Vinegar, Salt, Sugar), Kalamata Olives (3.5%) (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	18.9 g
Dairy Free:	No	Sugar:	1.4 g
Lactose Free:	No	Sodium:	268 mg
Soy Free:	No	Fat (total):	9.1 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.6 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	447 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.7 g
Energy:	786 kJ (188 Cal)	Energy (per 100g):	1310 kJ (313 Cal)
Protein:	6.4 g	Protein (per 100g):	10.6 g

Tuesday - 30/06/2026

## DF Focaccia w/ Capsicum, Olives (AI) (Morning Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Pineapple, Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Water, Olive Oil, Red Capsicum Strips (7%) (Red Peppers, Water, Vinegar, Salt, Sugar), Kalamata Olives (3.5%) (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate).

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.5 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	200 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	34.2 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	334 mg
Tomato Free:	Yes	Fat (total, per 100g):	10.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8 g
Energy:	655 kJ (156 Cal)	Energy (per 100g):	1090 kJ (261 Cal)
Protein:	3.1 g	Protein (per 100g):	5.1 g

Tuesday - 30/06/2026

## GF & DF Focaccia (AI) (Morning Tea) [Allergy]

Serving Size: 60 g



### Ingredients

Gluten Free Pizza Base (Water, Corn Starch, Rice Flour, Potato Starch, Faba Flour, Vegetable Fibre, Canola Oil, Dextrose, Sodium Bicarbonate, Salt, Yeast, Lentil Flour, Sourdough), 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).), Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Chickpeas, Pumpkin, Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Olive Oil, Nutritional Yeast, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.3 g
Dairy Free:	Yes	Sugar:	2.7 g
Lactose Free:	Yes	Sodium:	500 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	53.9 g
Fish Free:	Yes	Sugar (per 100g)	4.6 g
Red Meat Free:	Yes	Sodium (per 100g):	833 mg
Tomato Free:	Yes	Fat (total, per 100g):	11.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.5 g
Energy:	845 kJ (202 Cal)	Energy (per 100g):	1410 kJ (337 Cal)
Protein:	1.1 g	Protein (per 100g):	1.9 g

Tuesday - 30/06/2026

## Beef Bolognese Pasta Bake (Lunch)

Serving Size: 200 g



### Ingredients

Beef Mince (19%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (16%) (Organic Whole **Wheat** Durum Semolina), Lentils (Lentils, Water, Ascorbic Acid), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (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:	31.5 g
Dairy Free:	No	Sugar:	4.2 g
Lactose Free:	No	Sodium:	100 mg
Soy Free:	Yes	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	No	Carbohydrates (per 100g):	15.8 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	50 mg
Tomato Free:	No	Fat (total, per 100g):	3.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7 g
Energy:	1180 kJ (282 Cal)	Energy (per 100g):	589 kJ (141 Cal)
Protein:	18.8 g	Protein (per 100g):	9.4 g

Tuesday - 30/06/2026

## Beef Bolognaise Pasta SML (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), Lentils (Lentils, Water, Ascorbic Acid), 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:	35.1 g
Dairy Free:	Yes	Sugar:	4.3 g
Lactose Free:	Yes	Sodium:	47 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	17.6 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	No	Sodium (per 100g):	23 mg
Tomato Free:	No	Fat (total, per 100g):	2.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1130 kJ (270 Cal)	Energy (per 100g):	565 kJ (135 Cal)
Protein:	16.7 g	Protein (per 100g):	8.4 g

Tuesday - 30/06/2026

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

Serving Size: 200 g



### Ingredients

Beef Mince (20%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Water, Lentils (Lentils, Water, Ascorbic Acid), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Parsley, 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

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.8 g
Dairy Free:	Yes	Sugar:	3.6 g
Lactose Free:	Yes	Sodium:	51 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	No	Carbohydrates (per 100g):	18.4 g
Fish Free:	Yes	Sugar (per 100g)	1.8 g
Red Meat Free:	No	Sodium (per 100g):	25 mg
Tomato Free:	No	Fat (total, per 100g):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1110 kJ (265 Cal)	Energy (per 100g):	554 kJ (132 Cal)
Protein:	14.9 g	Protein (per 100g):	7.5 g

Tuesday - 30/06/2026

## Beef Chow Mein Sml (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef Mince (25%), Rice Noodles (Rice 72%, Water, Potato Starch, Salt, Food Acid (Lactic Acid)), Cabbage White, Carrot, Onion, Peas, Garlic, Potato Starch, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil, Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.5 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	143 mg
Soy Free:	No	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	No	Carbohydrates (per 100g):	7.7 g
Fish Free:	Yes	Sugar (per 100g)	1.5 g
Red Meat Free:	Yes	Sodium (per 100g):	71 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	659 kJ (158 Cal)	Energy (per 100g):	330 kJ (79 Cal)
Protein:	14.6 g	Protein (per 100g):	7.3 g

Tuesday - 30/06/2026

## Cheesy Vegetable Pasta (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato Passata (20%) (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion (5%), Cheddar Cheese (5%) (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Capsicum (4.5%), Carrot (4.5%), Zucchini (4.5%), Cannellini Beans, Celery (2.5%), Olive Oil, Potato Starch, Tomato Paste (0.5%) (Citric Acid), Garlic, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	58.5 g
Dairy Free:	No	Sugar:	8.6 g
Lactose Free:	No	Sodium:	119 mg
Soy Free:	Yes	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.3 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	60 mg
Tomato Free:	No	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	1540 kJ (367 Cal)	Energy (per 100g):	769 kJ (184 Cal)
Protein:	12.3 g	Protein (per 100g):	6.2 g

Tuesday - 30/06/2026

## Kiwi, Pear & Mandarin (Afternoon Tea)

Serving Size: 120 g



### Ingredients

Pear (42%), Mandarin (33%), Kiwi (25%).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.5 g
Dairy Free:	Yes	Sugar:	11.5 g
Lactose Free:	Yes	Sodium:	3 mg
Soy Free:	Yes	Fat (total):	less than 0.1 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.6 g
Fish Free:	Yes	Sugar (per 100g)	9.6 g
Red Meat Free:	Yes	Sodium (per 100g):	2 mg
Tomato Free:	Yes	Fat (total, per 100g):	less than 0.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	246 kJ (59 Cal)	Energy (per 100g):	205 kJ (49 Cal)
Protein:	0.9 g	Protein (per 100g):	0.7 g

## Grapes, Hummus, Corn Thins & Veggie Sticks (Morning Tea)

Serving Size: 100 g



### Ingredients

Grapes (39%), Chickpeas, 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%), Lemon Juice, Olive Oil, Garlic Powder, White Pepper.

### Allergy Information

:May Contain Soy, Sesame.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.8 g
Dairy Free:	Yes	Sugar:	7.6 g
Lactose Free:	Yes	Sodium:	83 mg
Soy Free:	Yes	Fat (total):	1.9 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.8 g
Fish Free:	Yes	Sugar (per 100g)	7.6 g
Red Meat Free:	Yes	Sodium (per 100g):	83 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	483 kJ (115 Cal)	Energy (per 100g):	483 kJ (115 Cal)
Protein:	3.5 g	Protein (per 100g):	3.5 g

## Chicken & Cheese Burrito (Lunch)

Serving Size: 148 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 (21%), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Iceberg Lettuce, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Olive Oil, Cumin, Ground Turmeric, Paprika.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	23.8 g
Dairy Free:	No	Sugar:	3.6 g
Lactose Free:	No	Sodium:	348 mg
Soy Free:	No	Fat (total):	13.2 g
Egg Free:	Yes	Fat (Sat):	7.5 g
Vegetarian:	No	Carbohydrates (per 100g):	16.1 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	235 mg
Tomato Free:	No	Fat (total, per 100g):	8.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.1 g
Energy:	1220 kJ (292 Cal)	Energy (per 100g):	826 kJ (197 Cal)
Protein:	17.1 g	Protein (per 100g):	11.5 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 (22%), Iceberg Lettuce, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Olive Oil, Cumin, Ground Turmeric, Paprika.

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	27.9 g
Dairy Free:	Yes	Sugar:	3.8 g
Lactose Free:	Yes	Sodium:	248 mg
Soy Free:	No	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	No	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	186 mg
Tomato Free:	No	Fat (total, per 100g):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	978 kJ (234 Cal)	Energy (per 100g):	733 kJ (175 Cal)
Protein:	12.5 g	Protein (per 100g):	9.3 g

## 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 (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Olive Oil, Nutritional Yeast, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

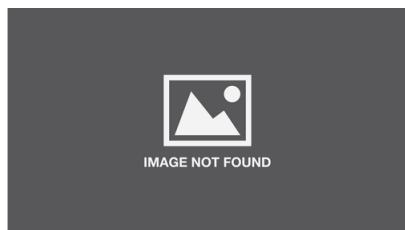
### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.5 g
Dairy Free:	Yes	Sugar:	1.6 g
Lactose Free:	Yes	Sodium:	132 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	42.5 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	219 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	726 kJ (174 Cal)	Energy (per 100g):	1210 kJ (289 Cal)
Protein:	3.5 g	Protein (per 100g):	5.9 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.:May Contain Egg, Peanut, Sesame.

### 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

## Spinach & Fetta Rolls w/ Orange Wedges (Afternoon Tea)

Serving Size: 100 g



### Ingredients

Orange (40%), 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 (5%), 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, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	16.6 g
Dairy Free:	No	Sugar:	4.0 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):	16.6 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	142 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.6 g
Energy:	852 kJ (204 Cal)	Energy (per 100g):	852 kJ (204 Cal)

Thursday - 02/07/2026

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

Serving Size: 250 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

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

Thursday - 02/07/2026

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

Serving Size: 250 g



### Ingredients

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

### Allergy Information

Contains Milk.:

### Nutrition Info

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

Thursday - 02/07/2026

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

Serving Size: 250 g



### Ingredients

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

### Allergy Information

### Nutrition Info

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

Thursday - 02/07/2026

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

Serving Size: 250 g



### Ingredients

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

### Allergy Information

Contains Soy.:

### Nutrition Info

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

Thursday - 02/07/2026

## Not So Chilli Con Carne w/ Rice & Broccoli (Lunch)

Serving Size: 220 g



### Ingredients

Basmati Rice, Beef Mince, Broccoli, Kidney Beans, Red, Tomato Passata (Tomato (99%), Citric Acid), Black Beans, 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:	27.8 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	202 mg
Soy Free:	No	Fat (total):	4.8 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	No	Carbohydrates (per 100g):	12.6 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	No	Sodium (per 100g):	92 mg
Tomato Free:	No	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	928 kJ (222 Cal)	Energy (per 100g):	422 kJ (101 Cal)
Protein:	14.1 g	Protein (per 100g):	6.4 g

Thursday - 02/07/2026

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

Serving Size: 200 g



### Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), 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, Cinnamon, Nutmeg.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	38.3 g
Dairy Free:	Yes	Sugar:	8.2 g
Lactose Free:	Yes	Sodium:	98 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):	49 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	975 kJ (233 Cal)	Energy (per 100g):	488 kJ (117 Cal)
Protein:	8.8 g	Protein (per 100g):	4.4 g

Thursday - 02/07/2026

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

Serving Size: 200 g



### Ingredients

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

### Allergy Information

### Nutrition Info

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

## Cheddar Cheese & Multigrain Vita-Weats (Afternoon Tea)

Serving Size: 36 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))).

### 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:	12.8 g
Dairy Free:	No	Sugar:	0.8 g
Lactose Free:	No	Sodium:	200 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	4.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.5 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	555 mg
Tomato Free:	Yes	Fat (total, per 100g):	22.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	11.0 g
Energy:	634 kJ (152 Cal)	Energy (per 100g):	1760 kJ (421 Cal)
Protein:	6.0 g	Protein (per 100g):	16.6 g

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

Serving Size: 30 g



### Ingredients

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

### Allergy Information

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

### Nutrition Info

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

Thursday - 02/07/2026

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

Serving Size: 50 g



### Ingredients

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

### Allergy Information

### Nutrition Info

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

Friday - 03/07/2026

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

Serving Size: 150 g



### Ingredients

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

### Allergy Information

Contains Milk.:May Contain Soy.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.5 g
Dairy Free:	No	Sugar:	16.3 g
Lactose Free:	No	Sodium:	30 mg
Soy Free:	Yes	Fat (total):	2.5 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.0 g
Fish Free:	Yes	Sugar (per 100g)	10.8 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	571 kJ (136 Cal)	Energy (per 100g):	381 kJ (91 Cal)
Protein:	4.1 g	Protein (per 100g):	2.7 g

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

Serving Size: 200 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), Banana, Raspberries, Chia Seeds, Honey.

### Allergy Information

:May Contain Soy.

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.2 g
Dairy Free:	Yes	Sugar:	13.7 g
Lactose Free:	Yes	Sodium:	5 mg
Soy Free:	Yes	Fat (total):	9.6 g
Egg Free:	Yes	Fat (Sat):	8.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.6 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	3 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2 g
Energy:	894 kJ (214 Cal)	Energy (per 100g):	447 kJ (107 Cal)
Protein:	2.8 g	Protein (per 100g):	1.4 g

Friday - 03/07/2026

## Roast Pumpkin Soup & Grain Dipping Bread (Lunch)

Serving Size: 250 g



### Ingredients

Pumpkin, Roasted, 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).), Cannellini Beans, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Garlic, Carrot, Skim **Milk** Powder, White Pepper, Olive Oil.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	41.2 g
Dairy Free:	No	Sugar:	12.1 g
Lactose Free:	No	Sodium:	329 mg
Soy Free:	No	Fat (total):	11.3 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.5 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	132 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	1460 kJ (348 Cal)	Energy (per 100g):	583 kJ (139 Cal)
Protein:	12.4 g	Protein (per 100g):	5.0 g

Friday - 03/07/2026

## DF Pumpkin Soup & GF Dinner Roll (AI) (Lunch) [Allergy]

Serving Size: 235 g



### Ingredients

Pumpkin, Cannellini Beans, 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.), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Carrot, Garlic, Olive Oil, Onion, Powdered, White Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.2 g
Dairy Free:	Yes	Sugar:	13.8 g
Lactose Free:	Yes	Sodium:	275 mg
Soy Free:	Yes	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.5 g
Fish Free:	Yes	Sugar (per 100g)	5.9 g
Red Meat Free:	Yes	Sodium (per 100g):	117 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	922 kJ (220 Cal)	Energy (per 100g):	392 kJ (94 Cal)
Protein:	5.7 g	Protein (per 100g):	2.4 g

Friday - 03/07/2026

## Tropicana Chicken Pizza (Afternoon Tea)

Serving Size: 90 g



### Ingredients

Roast Chicken Breast (22%), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), Water, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Pineapple (11%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Carrot, Onion, Zucchini, Olive Oil, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), 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

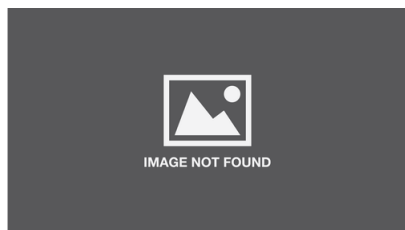
Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.0 g
Dairy Free:	No	Sugar:	2.5 g
Lactose Free:	No	Sodium:	201 mg
Soy Free:	No	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	No	Carbohydrates (per 100g):	22.2 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	224 mg
Tomato Free:	No	Fat (total, per 100g):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	713 kJ (170 Cal)	Energy (per 100g):	792 kJ (189 Cal)

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

Serving Size: 90 g



### Ingredients

Chicken Breast (21%), Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Pineapple, Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Raw Sugar, Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), 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:	24.0 g
Dairy Free:	No	Sugar:	4.0 g
Lactose Free:	Yes	Sodium:	341 mg
Soy Free:	No	Fat (total):	10.0 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.6 g
Fish Free:	Yes	Sugar (per 100g)	4.5 g
Red Meat Free:	Yes	Sodium (per 100g):	379 mg
Tomato Free:	No	Fat (total, per 100g):	11.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.2 g
Energy:	1020 kJ (244 Cal)	Energy (per 100g):	1140 kJ (271 Cal)
Protein:	13.2 g	Protein (per 100g):	14.7 g

Friday - 03/07/2026

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

Serving Size: 70 g



### Ingredients

Roast Chicken Breast (29%), Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Pineapple, Tomato Crushed (Tomatoes (99%)), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Carrot, Onion, Zucchini, Raw Sugar, Capsicum, Tomato Paste (Citric Acid), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), 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, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	18.8 g
Dairy Free:	Yes	Sugar:	2.8 g
Lactose Free:	Yes	Sodium:	164 mg
Soy Free:	No	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	No	Carbohydrates (per 100g):	26.9 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	234 mg
Tomato Free:	No	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	627 kJ (150 Cal)	Energy (per 100g):	895 kJ (214 Cal)
Protein:	8.0 g	Protein (per 100g):	11.4 g

Friday - 03/07/2026

## 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, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), 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

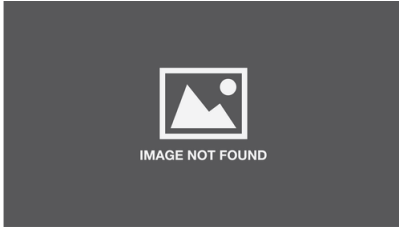
### Nutrition Info

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 - 03/07/2026

## Nomato Chicken Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



### Ingredients

Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Pineapple, Roast Chicken Breast, Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Olive Oil, Beetroot, Carrot, Raw Sugar, Onion, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate), Honey, Organic Apple Cider Vinegar, Garlic, Potato Starch, Cinnamon, Cloves.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	23.0 g
Dairy Free:	No	Sugar:	3.1 g
Lactose Free:	No	Sodium:	256 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	No	Carbohydrates (per 100g):	32.9 g
Fish Free:	Yes	Sugar (per 100g)	4.4 g
Red Meat Free:	Yes	Sodium (per 100g):	366 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	790 kJ (189 Cal)	Energy (per 100g):	1130 kJ (270 Cal)
Protein:	8.6 g	Protein (per 100g):	12.2 g