

Menu: Childcare Week 3 - 20.07.26 - 24.07.26

Organic Milk, Kiwi, Pear & Mandarin (Morning Tea)

Serving Size: 180 g



Ingredients

Full Cream **Milk**, Kiwi, Mandarin, Pear.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.5 g
Dairy Free:	No	Sugar:	12.5 g
Lactose Free:	No	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.0 g
Fish Free:	Yes	Sugar (per 100g)	7.0 g
Red Meat Free:	Yes	Sodium (per 100g):	22 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	465 kJ (111 Cal)	Energy (per 100g):	258 kJ (62 Cal)
Protein:	4.2 g	Protein (per 100g):	2.3 g

LF Milk, Kiwi, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 180 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Kiwi, Mandarin, Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.0 g
Dairy Free:	No	Sugar:	12.2 g
Lactose Free:	Yes	Sodium:	41 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.2 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	23 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	399 kJ (95 Cal)	Energy (per 100g):	221 kJ (53 Cal)
Protein:	3.9 g	Protein (per 100g):	2.2 g

Organic Rice Milk, Kiwi, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 180 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Kiwi, Mandarin, Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.5 g
Dairy Free:	Yes	Sugar:	11.1 g
Lactose Free:	Yes	Sodium:	67 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.7 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	37 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	395 kJ (94 Cal)	Energy (per 100g):	219 kJ (52 Cal)
Protein:	1.4 g	Protein (per 100g):	0.8 g

Organic Soy Milk, Kiwi, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 180 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	8.1 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	21 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	4.5 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	12 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	345 kJ (82 Cal)	Energy (per 100g):	192 kJ (46 Cal)
Protein:	3.6 g	Protein (per 100g):	2.0 g

Spaghetti Bolognese w/ Cheddar Cheese (Lunch)

Serving Size: 225 g



Ingredients

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	37.0 g
Dairy Free:	No	Sugar:	4.5 g
Lactose Free:	No	Sodium:	177 mg
Soy Free:	Yes	Fat (total):	12.6 g
Egg Free:	Yes	Fat (Sat):	6.7 g
Vegetarian:	No	Carbohydrates (per 100g):	16.4 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	79 mg
Tomato Free:	No	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	1520 kJ (363 Cal)	Energy (per 100g):	674 kJ (161 Cal)
Protein:	22.0 g	Protein (per 100g):	9.8 g

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

Serving Size: 205 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Brown Lentils (Brown 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:	36.9 g
Dairy Free:	Yes	Sugar:	4.4 g
Lactose Free:	Yes	Sodium:	47 mg
Soy Free:	Yes	Fat (total):	5.6 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	18.0 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	23 mg
Tomato Free:	No	Fat (total, per 100g):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1170 kJ (279 Cal)	Energy (per 100g):	570 kJ (136 Cal)
Protein:	17.0 g	Protein (per 100g):	8.3 g

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

Serving Size: 200 g



Ingredients

Water, Tomato Passata (20%) (Tomato (99%), Citric Acid), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion (5%), Capsicum (4.5%), Carrot (4%), Zucchini (4%), Cannellini Beans, Celery (2%), 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.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	33.4 g
Dairy Free:	Yes	Sugar:	7.2 g
Lactose Free:	Yes	Sodium:	50 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.7 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	25 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	817 kJ (195 Cal)	Energy (per 100g):	408 kJ (98 Cal)
Protein:	5.8 g	Protein (per 100g):	2.9 g

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

Serving Size: 200 g



Ingredients

Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Brown Lentils (Brown 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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.4 g
Dairy Free:	Yes	Sugar:	3.4 g
Lactose Free:	Yes	Sodium:	45 mg
Soy Free:	Yes	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	No	Carbohydrates (per 100g):	19.7 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	No	Sodium (per 100g):	23 mg
Tomato Free:	No	Fat (total, per 100g):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1140 kJ (272 Cal)	Energy (per 100g):	569 kJ (136 Cal)
Protein:	14.5 g	Protein (per 100g):	7.3 g

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

Serving Size: 200 g



Ingredients

Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Tomato Passata (20%) (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion (5%), Capsicum (4.5%), Carrot (4%), Zucchini (4%), Cannellini Beans, Celery (2%), 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

Nutrition Info

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

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

Serving Size: 200 g



Ingredients

Water, Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Cannellini Beans, Onion (7%), Carrot (6%), Beetroot (3%), Celery (3%), Roasted Capsicum (3%), Zucchini (3%), Nutritional Yeast, Olive Oil, Garlic, Potato Starch, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.5 g
Dairy Free:	Yes	Sugar:	2.7 g
Lactose Free:	Yes	Sodium:	94 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.7 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	47 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	914 kJ (218 Cal)	Energy (per 100g):	457 kJ (109 Cal)
Protein:	6.9 g	Protein (per 100g):	3.5 g

Apple & Sultana Scroll (Afternoon Tea)

Serving Size: 60 g



Ingredients

Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Diced Apple (20%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Currants, Sultana (8%) (Sultanas, Vegetable Oil), Olive Oil, Modified Corn Starch (Gluten Free), Pureharvest Organic Rice Malt Syrup, Skim **Milk** Powder, Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate), Cinnamon.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.1 g
Dairy Free:	No	Sugar:	9.0 g
Lactose Free:	No	Sodium:	195 mg
Soy Free:	No	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	50.2 g
Fish Free:	Yes	Sugar (per 100g)	14.9 g
Red Meat Free:	Yes	Sodium (per 100g):	325 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	716 kJ (171 Cal)	Energy (per 100g):	1190 kJ (285 Cal)
Protein:	3.5 g	Protein (per 100g):	5.8 g

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

Serving Size: 60 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Diced Apple (20%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Nuttalex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Sultana (Sultanas, Vegetable Oil), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Cinnamon.

Allergy Information

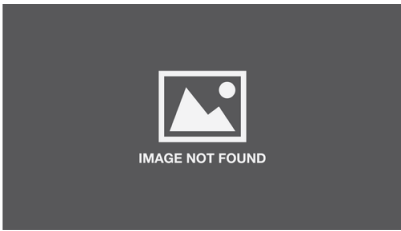
Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.1 g
Dairy Free:	Yes	Sugar:	8.6 g
Lactose Free:	Yes	Sodium:	354 mg
Soy Free:	Yes	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	46.8 g
Fish Free:	Yes	Sugar (per 100g)	14.3 g
Red Meat Free:	Yes	Sodium (per 100g):	591 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9 g
Energy:	721 kJ (172 Cal)	Energy (per 100g):	1200 kJ (287 Cal)
Protein:	3.0 g	Protein (per 100g):	5.0 g

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

Serving Size: 60 g



Ingredients

Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Banana, Diced Apple (15%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Sultana (Sultanas, Vegetable Oil), Olive Oil, Cinnamon (3.5%), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.4 g
Dairy Free:	Yes	Sugar:	9.9 g
Lactose Free:	Yes	Sodium:	164 mg
Soy Free:	Yes	Fat (total):	5.6 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	57.3 g
Fish Free:	Yes	Sugar (per 100g)	16.6 g
Red Meat Free:	Yes	Sodium (per 100g):	273 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	835 kJ (200 Cal)	Energy (per 100g):	1390 kJ (333 Cal)
Protein:	1.2 g	Protein (per 100g):	1.9 g

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

Serving Size: 100 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

GF & LF Cheese & Crudites w/ Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 30 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

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

Serving Size: 112 g



Ingredients

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

Allergy Information

:May Contain Soy, Sesame.

Nutrition Info

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

Creamy Vegetable Pasta Bake w/ Zucchini (Lunch)

Serving Size: 220 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Zucchini (13%), Mozzarella Cheese (9%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Passata (8%) (Tomato (99%), Citric Acid), Pumpkin (4%), Red Lentils, Onion (2%), Skim **Milk** Powder, Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Capsicum (1%), Carrot (1%), Celery (1%), Tomato Paste (1%) (Citric Acid), Olive Oil, Garlic (0%), White Pepper, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

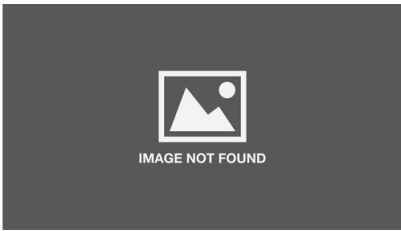
Contains Gluten, Wheat, Milk.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	33.2 g
Dairy Free:	No	Sugar:	3.4 g
Lactose Free:	No	Sodium:	119 mg
Soy Free:	Yes	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.1 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	Yes	Sodium (per 100g):	54 mg
Tomato Free:	No	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1130 kJ (271 Cal)	Energy (per 100g):	516 kJ (123 Cal)
Protein:	12.1 g	Protein (per 100g):	5.5 g

DF Creamy Vegetable Pasta (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato Passata (15%) (Tomato (99%), Citric Acid), Pumpkin (7%), Zucchini (7%), Thickened Plant Cream (Lentil Protein Preparation (Water, 1.1% Lentil Flour), Coconut Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavourings, Salt, Colour (Beta-carotene)), Red Lentils, Onion (3.5%), Capsicum (2%), Carrot (2%), Celery (2%), Tomato Paste (2%) (Citric Acid), Olive Oil, Garlic (0.5%), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	36.1 g
Dairy Free:	Yes	Sugar:	4.5 g
Lactose Free:	Yes	Sodium:	26 mg
Soy Free:	Yes	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.1 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	13 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	1040 kJ (248 Cal)	Energy (per 100g):	518 kJ (124 Cal)
Protein:	8.2 g	Protein (per 100g):	4.1 g

LF Creamy Vegetable Pasta Bake (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato Passata (14%) (Tomato (99%), Citric Acid), Pumpkin (7%), Zucchini (7%), Thickened Plant Cream (Lentil Protein Preparation (Water, 1.1% Lentil Flour), Coconut Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavourings, Salt, Colour (Beta-carotene)), Red Lentils, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Onion (3.5%), Capsicum (2%), Carrot (2%), Celery (2%), Tomato Paste (2%) (Citric Acid), Olive Oil, Garlic (0.5%), 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:	34.0 g
Dairy Free:	No	Sugar:	4.4 g
Lactose Free:	Yes	Sodium:	97 mg
Soy Free:	Yes	Fat (total):	9.3 g
Egg Free:	Yes	Fat (Sat):	5.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	49 mg
Tomato Free:	No	Fat (total, per 100g):	4.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6 g
Energy:	1150 kJ (274 Cal)	Energy (per 100g):	574 kJ (137 Cal)

GF & DF Creamy Vegetable Pasta (AI) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Water, Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Tomato Passata (Tomato (99%), Citric Acid), Peas, Pumpkin, Zucchini, Thickened Plant Cream (Lentil Protein Preparation (Water, 1.1% Lentil Flour), Coconut Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavourings, Salt, Colour (Beta-carotene)), Red Lentils, Onion, Capsicum, Carrot, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.8 g
Dairy Free:	Yes	Sugar:	4.1 g
Lactose Free:	Yes	Sodium:	29 mg
Soy Free:	Yes	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.5 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	13 mg
Tomato Free:	No	Fat (total, per 100g):	2.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	1080 kJ (258 Cal)	Energy (per 100g):	491 kJ (117 Cal)
Protein:	7.1 g	Protein (per 100g):	3.2 g

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

Serving Size: 38 g



Ingredients

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

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.8 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	143 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	26.0 g
Fish Free:	No	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	380 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	9.5 g
Energy:	463 kJ (111 Cal)	Energy (per 100g):	1230 kJ (293 Cal)
Protein:	4.3 g	Protein (per 100g):	11.3 g

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

Serving Size: 38 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

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

Serving Size: 50 g



Ingredients

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

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.2 g
Dairy Free:	Yes	Sugar:	2.2 g
Lactose Free:	Yes	Sodium:	190 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	No	Carbohydrates (per 100g):	28.3 g
Fish Free:	No	Sugar (per 100g)	4.4 g
Red Meat Free:	Yes	Sodium (per 100g):	380 mg
Tomato Free:	No	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	407 kJ (97 Cal)	Energy (per 100g):	815 kJ (195 Cal)
Protein:	3.9 g	Protein (per 100g):	7.8 g

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

Serving Size: 50 g



Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

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

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

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

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

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

Chicken & Sweet Corn Soup w/ Wholemeal Roll (Lunch)

Serving Size: 235 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Wholemeal Dinner Roll (Wholemeal Flour [Contains: **Wheat** Flour, Coarse Bran, Vitamins (Thiamine, Folic Acid)], Water, **Wheat** Gluten, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [**Soya** Flour, Emulsifier (472), Interactive Dry Yeast, Flour Treatment Agent (300), Enzyme (Amylase)], Processing Aid [Canola Oil].), Chicken Breast, Creamed Corn (Sweet Corn (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Onion, Carrot, Corn Kernals, Skim **Milk** Powder, Celery, Plain Flour (**Wheat**), Olive Oil, Unsalted Butter (**Milk**) (Cream, Water), Cream (**Milk**), Parsley, Pepper.

Allergy Information

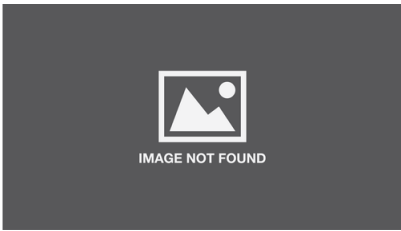
Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.4 g
Dairy Free:	No	Sugar:	6.0 g
Lactose Free:	No	Sodium:	369 mg
Soy Free:	No	Fat (total):	9.5 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	No	Carbohydrates (per 100g):	12.1 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	157 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1150 kJ (276 Cal)	Energy (per 100g):	491 kJ (117 Cal)
Protein:	17.1 g	Protein (per 100g):	7.3 g

GF & DF Chicken & Corn Soup w/ Garlic Bread (AI) (Lunch) [Allergy]

Serving Size: 260 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower, Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flaxseed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Chicken Breast, Onion, 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).), Carrot, Celery, Cannellini Beans, Corn Kernals, Creamed Corn (Sweet Corn (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Olive Oil, Thickened Plant Cream (Lentil Protein Preparation (Water, 1.1% Lentil Flour), Coconut Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavourings, Salt, Colour (Beta-carotene)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Garlic, Parsley, Pepper.

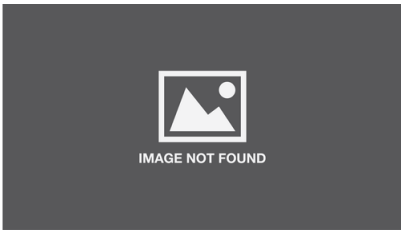
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.5 g
Dairy Free:	Yes	Sugar:	7.1 g
Lactose Free:	Yes	Sodium:	417 mg
Soy Free:	Yes	Fat (total):	15.1 g
Egg Free:	Yes	Fat (Sat):	5.4 g
Vegetarian:	No	Carbohydrates (per 100g):	10.6 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	160 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1340 kJ (321 Cal)	Energy (per 100g):	516 kJ (123 Cal)

Chicken & Sweet Corn Soup w/ GF Garlic Bread (AI) (Lunch) [Allergy]

Serving Size: 260 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flaxseed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Chicken Breast (12%), Creamed Corn (9%) (Sweet Corn (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Onion, Carrot, Corn Kernals, 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).), Skim **Milk** Powder, Cannellini Beans, Celery, Plain Flour (**Wheat**), Olive Oil, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Unsalted Butter (**Milk**) (Cream, Water), Cream (**Milk**), Parsley, Garlic, Pepper.

Allergy Information

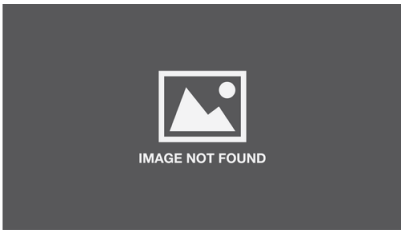
Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	34.2 g
Dairy Free:	No	Sugar:	7.9 g
Lactose Free:	No	Sodium:	439 mg
Soy Free:	Yes	Fat (total):	16.5 g
Egg Free:	Yes	Fat (Sat):	6.5 g
Vegetarian:	No	Carbohydrates (per 100g):	13.2 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	169 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5 g
Energy:	1470 kJ (352 Cal)	Energy (per 100g):	567 kJ (135 Cal)
Protein:	14.4 g	Protein (per 100g):	5.6 g

Sweet Corn & Cauliflower Soup w/ Garlic Bread (AI) (Lunch) [Allergy]

Serving Size: 285 g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Cauliflower (20%), Cannellini Beans, Garlic Filled Rolls (Unbleached Wholemeal **Wheat** Flour (48%), Water, Vegetable Oils, Garlic (3%), Baker’s Yeast, **Wheat** Gluten, Vinegar, **Soy** Flour, Iodised Salt, Emulsifiers (481, 471, 472(E), **Soy** Lecithin), Sugar, Skim **Milk** Powder, Flavours, Acidity Regulator (330), Colour (160a), Vitamins (Thiamin, Folic Acid)), Carrot, Onion, Creamed Corn (6%) (Sweet Corn (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Olive Oil, Thickened Plant Cream (Lentil Protein Preparation (Water, 1.1% Lentil Flour), Coconut Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters Of Fatty Acids, Mono- And Diglycerides Of Fatty Acids), Stabilizers (Guar Gum, Locust Bean Gum), Natural Flavourings, Salt, Colour (Beta-carotene)), Parsley, White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.2 g
Dairy Free:	No	Sugar:	17.1 g
Lactose Free:	No	Sodium:	369 mg
Soy Free:	No	Fat (total):	12.1 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.3 g
Fish Free:	Yes	Sugar (per 100g)	6.0 g
Red Meat Free:	Yes	Sodium (per 100g):	129 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1230 kJ (295 Cal)	Energy (per 100g):	433 kJ (103 Cal)
Protein:	7.8 g	Protein (per 100g):	2.7 g

Tropicana Pizza (Afternoon Tea)

Serving Size: 70 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), 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), 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:	23.0 g
Dairy Free:	No	Sugar:	3.0 g
Lactose Free:	No	Sodium:	290 mg
Soy Free:	No	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.9 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	415 mg
Tomato Free:	No	Fat (total, per 100g):	10.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2 g
Energy:	823 kJ (197 Cal)	Energy (per 100g):	1180 kJ (281 Cal)
Protein:	8.2 g	Protein (per 100g):	11.6 g

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

Serving Size: 70 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Pineapple, Plain Flour 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:	21.4 g
Dairy Free:	No	Sugar:	3.6 g
Lactose Free:	Yes	Sodium:	291 mg
Soy Free:	No	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.6 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	416 mg
Tomato Free:	No	Fat (total, per 100g):	12.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.8 g
Energy:	822 kJ (196 Cal)	Energy (per 100g):	1170 kJ (281 Cal)
Protein:	7.3 g	Protein (per 100g):	10.4 g

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

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

DF Nomato Veggie Pizza (Al) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), 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).), Cannellini Beans, Red Capsicum Strips (7%) (Red Peppers, Water, Vinegar, Salt, Sugar), Beetroot (5%), Carrot (5%), Onion (1.5%), Olive Oil, Honey, Organic Apple Cider Vinegar, Raw Sugar, Yeast (Sorbitan Monostearate), Garlic, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Potato Starch, Cinnamon, Cloves.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	23.3 g
Dairy Free:	Yes	Sugar:	3.1 g
Lactose Free:	Yes	Sodium:	231 mg
Soy Free:	No	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.2 g
Fish Free:	Yes	Sugar (per 100g)	4.5 g
Red Meat Free:	Yes	Sodium (per 100g):	330 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.9 g
Energy:	630 kJ (151 Cal)	Energy (per 100g):	901 kJ (215 Cal)
Protein:	3.6 g	Protein (per 100g):	5.2 g

Cheesy Tomato Wholemeal Muffin (Morning Tea)

Serving Size: 70 g



Ingredients

Wholemeal Muffin (49%) (Unbleached Wholemeal **Wheat** Flour (56%), Water, Bakers Yeast, Maize Polenta, **Wheat** Gluten, Vinegar, Sourdough (**Rye** Flour, Water, Mature Sour), Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472e), **Soy** Flour, Acidity Regulator (260), Vitamins (Thiamin, Folic Acid)), Tomato (28%), Cheese Slices (23%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.7 g
Dairy Free:	No	Sugar:	0.8 g
Lactose Free:	No	Sodium:	232 mg
Soy Free:	No	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	331 mg
Tomato Free:	No	Fat (total, per 100g):	8.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.3 g
Energy:	623 kJ (149 Cal)	Energy (per 100g):	890 kJ (213 Cal)
Protein:	7.3 g	Protein (per 100g):	10.5 g

Cheesy Wholemeal Muffin (Tomato Free) (Morning Tea) [Allergy]

Serving Size: 50 g



Ingredients

Wholemeal Muffin (Unbleached Wholemeal **Wheat** Flour (56%), Water, Bakers Yeast, Maize Polenta, **Wheat** Gluten, Vinegar, Sourdough (**Rye** Flour, Water, Mature Sour), Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472e), **Soy** Flour, Acidity Regulator (260), Vitamins (Thiamin, Folic Acid)), Cheese Slices (31%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.1 g
Dairy Free:	No	Sugar:	0.3 g
Lactose Free:	No	Sodium:	231 mg
Soy Free:	No	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.1 g
Fish Free:	Yes	Sugar (per 100g)	0.5 g
Red Meat Free:	Yes	Sodium (per 100g):	461 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.5 g
Energy:	607 kJ (145 Cal)	Energy (per 100g):	1210 kJ (290 Cal)
Protein:	7.2 g	Protein (per 100g):	14.5 g

GF & LF Cheesy Muffin (AI) (Morning Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Slider Bun ((Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium, Baking Powder, Sea Salt, Buckwheat, Flaxseed, Spirulina), Vegetable Oil, Vinegar, Yeast.), Lactose Free Cheese (33%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.5 g
Dairy Free:	No	Sugar:	2.6 g
Lactose Free:	Yes	Sodium:	308 mg
Soy Free:	Yes	Fat (total):	13.0 g
Egg Free:	Yes	Fat (Sat):	5.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.5 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	514 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	9.3 g
Energy:	868 kJ (207 Cal)	Energy (per 100g):	1450 kJ (346 Cal)
Protein:	5.5 g	Protein (per 100g):	9.2 g

GF & DF Cheesy Mini Muffin (AI) (Morning Tea) [Allergy]

Serving Size: 60 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.7 g
Dairy Free:	Yes	Sugar:	2.4 g
Lactose Free:	Yes	Sodium:	286 mg
Soy Free:	Yes	Fat (total):	14.0 g
Egg Free:	Yes	Fat (Sat):	6.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.8 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	476 mg
Tomato Free:	Yes	Fat (total, per 100g):	23.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	9.9 g
Energy:	872 kJ (208 Cal)	Energy (per 100g):	1450 kJ (347 Cal)
Protein:	0.4 g	Protein (per 100g):	0.6 g

Amits Chicken Curry w/ Rice & Broccoli (Lunch)

Serving Size: 220 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Basmati Rice (17%), Water, Broccoli (9%), Chicken Thigh (9%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Yellow Pigeon Peas, Carrot, Onion, Zucchini, Corn Kernals, Tomato Paste (Citric Acid), Olive Oil, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Garlic, Ground Coriander, Paprika, Curry Powder (0%) (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper), Ground Turmeric, Potato Starch.

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	26.1 g
Dairy Free:	Yes	Sugar:	4.5 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	No	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	No	Carbohydrates (per 100g):	11.9 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	52 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	807 kJ (193 Cal)	Energy (per 100g):	367 kJ (88 Cal)
Protein:	12.8 g	Protein (per 100g):	5.8 g

Amits Vegetable Curry w/ Rice & Broccoli (AI) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Basmati Rice (17%), Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Tomato Crushed (13%) (Tomatoes (99%), Salt, Food Acid (330)), Peas (9%), Broccoli (9%), Yellow Pigeon Peas (6%), Onion (4%), Carrot (4%), Zucchini, Corn Kernals (2%), Tomato Paste (Citric Acid), Garlic, Olive Oil, Ground Coriander, Ground Turmeric, Paprika, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	35.9 g
Dairy Free:	Yes	Sugar:	10.6 g
Lactose Free:	Yes	Sodium:	54 mg
Soy Free:	No	Fat (total):	2.2 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.3 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	No	Fat (total, per 100g):	1.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	895 kJ (214 Cal)	Energy (per 100g):	407 kJ (97 Cal)
Protein:	9.4 g	Protein (per 100g):	4.3 g

Vegetable Curry w/ Brown Rice & Broccoli (AI) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7 g
Dairy Free:	Yes	Sugar:	10.4 g
Lactose Free:	Yes	Sodium:	62 mg
Soy Free:	Yes	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.5 g
Fish Free:	Yes	Sugar (per 100g)	4.7 g
Red Meat Free:	Yes	Sodium (per 100g):	28 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1160 kJ (278 Cal)	Energy (per 100g):	529 kJ (126 Cal)
Protein:	7.4 g	Protein (per 100g):	3.4 g

Peach & Pear w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 150 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

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

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

Serving Size: 175 g



Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

Allergy Information

Nutrition Info

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

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

Serving Size: 175 g



Ingredients

Lactose Free Yoghurt (Certified Organic Unhomogenised **Milk**, Certified Organic Non-fat **Milk** Solids, Lactase Enzyme, Cultures), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.7 g
Dairy Free:	No	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	21 mg
Soy Free:	Yes	Fat (total):	2.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.2 g
Fish Free:	Yes	Sugar (per 100g)	6.6 g
Red Meat Free:	Yes	Sodium (per 100g):	12 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	358 kJ (85 Cal)	Energy (per 100g):	204 kJ (49 Cal)
Protein:	3.4 g	Protein (per 100g):	2.0 g

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

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

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

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

Aussie Beef Burger w/ Beetroot (Lunch)

Serving Size: 180 g



Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Beef Mince (20%), Beetroot, Iceberg Lettuce, Tomato, Bread Crumbs (Unbleached Whole **Wheat** Flour, Mixed Grains (**Wheat**, Triticale, Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Yeast, **Wheat** Gluten, Vinegar, Salt, Canola Oil, Emulsifiers (481,471,472 (E)), **Soy** Flour, Thiamin, Folic Acid.), Carrot, Onion, Zucchini, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Garlic Powder, Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	34.5 g
Dairy Free:	Yes	Sugar:	4.3 g
Lactose Free:	Yes	Sodium:	417 mg
Soy Free:	No	Fat (total):	5.6 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	No	Carbohydrates (per 100g):	19.1 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	No	Sodium (per 100g):	232 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	1220 kJ (291 Cal)	Energy (per 100g):	677 kJ (162 Cal)

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

Serving Size: 80 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.6 g
Dairy Free:	Yes	Sugar:	2.1 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	No	Carbohydrates (per 100g):	18.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	144 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	585 kJ (140 Cal)	Energy (per 100g):	731 kJ (175 Cal)
Protein:	13.3 g	Protein (per 100g):	16.6 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

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

Serving Size: 88 g



Ingredients

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).), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Capsicum, Carrot, Celery, Cucumber.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.1 g
Dairy Free:	No	Sugar:	2.5 g
Lactose Free:	No	Sodium:	218 mg
Soy Free:	No	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	4.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.2 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	248 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.0 g
Sesame Free:	No	Fat (Sat, per 100g):	4.5 g
Energy:	684 kJ (163 Cal)	Energy (per 100g):	777 kJ (186 Cal)
Protein:	6.5 g	Protein (per 100g):	7.4 g

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

Serving Size: 88 g



Ingredients

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

Allergy Information

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

Nutrition Info

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

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

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

Serving Size: 50 g



Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

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