

Menu: Childcare Week 1 - 3.08.26 - 7.08.26

Organic Milk w/ Apple & Carrot Sticks (Morning Tea)

Serving Size: 200 g



Ingredients

Full Cream **Milk** (50%), Apple (25%), Carrot (25%).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.0 g
Dairy Free:	No	Sugar:	14.6 g
Lactose Free:	No	Sodium:	62 mg
Soy Free:	Yes	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.5 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	505 kJ (121 Cal)	Energy (per 100g):	253 kJ (60 Cal)
Protein:	4.0 g	Protein (per 100g):	2.0 g

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.9 g
Dairy Free:	No	Sugar:	14.2 g
Lactose Free:	Yes	Sodium:	63 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.4 g
Fish Free:	Yes	Sugar (per 100g)	7.1 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	430 kJ (103 Cal)	Energy (per 100g):	215 kJ (51 Cal)
Protein:	3.7 g	Protein (per 100g):	1.8 g

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

Serving Size:



Ingredients

No Information

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:
Dairy Free:	Yes	Sugar:
Lactose Free:	Yes	Sodium:
Soy Free:	Yes	Fat (total):
Egg Free:	Yes	Fat (Sat):
Vegetarian:	Yes	Carbohydrates (per 100g):
Fish Free:	Yes	Sugar (per 100g)
Red Meat Free:	Yes	Sodium (per 100g):
Tomato Free:	Yes	Fat (total, per 100g):
Sesame Free:	Yes	Fat (Sat, per 100g):
Energy:		Energy (per 100g):
Protein:		Protein (per 100g):

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

Serving Size: 200 g



Ingredients

Soy Milk (50%) (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Apple (25%), Carrot (25%).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.5 g
Dairy Free:	Yes	Sugar:	10.4 g
Lactose Free:	Yes	Sodium:	40 mg
Soy Free:	No	Fat (total):	3.4 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.8 g
Fish Free:	Yes	Sugar (per 100g)	5.2 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	407 kJ (97 Cal)	Energy (per 100g):	204 kJ (49 Cal)
Protein:	3.5 g	Protein (per 100g):	1.7 g

Chicken & Vegetable Noodles (Lunch)

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (14%), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Carrot (9%), Broccoli (7%), Corn Kernals (7%), Onion (7%), Skim **Milk** Powder, **Wheat** Flour, Olive Oil, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), White Pepper (White Pepper, Rice).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.8 g
Dairy Free:	No	Sugar:	8.9 g
Lactose Free:	No	Sodium:	124 mg
Soy Free:	Yes	Fat (total):	8.3 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	No	Carbohydrates (per 100g):	17.9 g
Fish Free:	Yes	Sugar (per 100g)	4.5 g
Red Meat Free:	Yes	Sodium (per 100g):	62 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	1230 kJ (295 Cal)	Energy (per 100g):	616 kJ (147 Cal)
Protein:	16.3 g	Protein (per 100g):	8.2 g

GF & DF Chicken & Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Rice Noodles (Rice 72%, Water, Potato Starch, Salt, Food Acid (Lactic Acid)), Chicken Thigh (17%), Cauliflower (13%), Broccoli (7%), Carrot (7%), Creamed Corn (7%) (Sweet Corn (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Onion, Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Potato Starch, White Pepper (White Pepper, Rice).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.3 g
Dairy Free:	Yes	Sugar:	6.4 g
Lactose Free:	Yes	Sodium:	170 mg
Soy Free:	Yes	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	13.6 g
Fish Free:	Yes	Sugar (per 100g)	3.2 g
Red Meat Free:	Yes	Sodium (per 100g):	85 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1030 kJ (246 Cal)	Energy (per 100g):	515 kJ (123 Cal)
Protein:	14.3 g	Protein (per 100g):	7.1 g

Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Cauliflower (16%), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Cannellini Beans (10%), Broccoli, Carrot (6%), Creamed Corn (6%) (Sweet Corn (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Onion (6%), Garlic (Minced Garlic (99%), Citric Acid (1%)), Olive Oil, Parsley, Potato Starch, Pepper.

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.6 g
Dairy Free:	Yes	Sugar:	10.3 g
Lactose Free:	Yes	Sodium:	110 mg
Soy Free:	Yes	Fat (total):	2.7 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.3 g
Fish Free:	Yes	Sugar (per 100g)	5.2 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	800 kJ (191 Cal)	Energy (per 100g):	400 kJ (96 Cal)
Protein:	6.2 g	Protein (per 100g):	3.1 g

Wholemeal Garlic Bread w/ Orange Wedges (Afternoon Tea)

Serving Size: 93 g



Ingredients

Orange (54%), Garlic Filled Rolls (46%) (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)).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	18.0 g
Dairy Free:	No	Sugar:	4.5 g
Lactose Free:	No	Sodium:	166 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	179 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	625 kJ (149 Cal)	Energy (per 100g):	672 kJ (161 Cal)
Protein:	3.6 g	Protein (per 100g):	3.9 g

GF & DF Garlic Bread w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



Ingredients

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.), Orange, 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, 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 (Minced Garlic (99%), Citric Acid (1%)), Parsley.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.0 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	266 mg
Soy Free:	Yes	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	3.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.0 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	266 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	773 kJ (185 Cal)	Energy (per 100g):	773 kJ (185 Cal)
Protein:	1.3 g	Protein (per 100g):	1.3 g

GF & LF Garlic Bread w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



Ingredients

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.), Orange (40%), Lactose Free Cheese (10%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Cannellini Beans, 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 (Minced Garlic (99%), Citric Acid (1%)), Parsley.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.8 g
Dairy Free:	No	Sugar:	6.3 g
Lactose Free:	Yes	Sodium:	268 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.8 g
Fish Free:	Yes	Sugar (per 100g)	6.3 g
Red Meat Free:	Yes	Sodium (per 100g):	268 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	794 kJ (190 Cal)	Energy (per 100g):	794 kJ (190 Cal)
Protein:	3.8 g	Protein (per 100g):	3.8 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 (Non-animal Rennet, Non-animal Lipase))).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.5 g
Dairy Free:	No	Sugar:	0.6 g
Lactose Free:	No	Sodium:	235 mg
Soy Free:	No	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.7 g
Fish Free:	Yes	Sugar (per 100g)	0.9 g
Red Meat Free:	Yes	Sodium (per 100g):	336 mg
Tomato Free:	No	Fat (total, per 100g):	8.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.1 g
Energy:	621 kJ (148 Cal)	Energy (per 100g):	888 kJ (212 Cal)
Protein:	7.6 g	Protein (per 100g):	10.8 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 (Non-animal Rennet, Non-animal Lipase))).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.9 g
Dairy Free:	No	Sugar:	0.1 g
Lactose Free:	No	Sodium:	235 mg
Soy Free:	No	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.8 g
Fish Free:	Yes	Sugar (per 100g)	0.2 g
Red Meat Free:	Yes	Sodium (per 100g):	469 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.1 g
Energy:	606 kJ (145 Cal)	Energy (per 100g):	1210 kJ (290 Cal)
Protein:	7.5 g	Protein (per 100g):	14.9 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

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

Serving Size: 200 g



Ingredients

Tomato Passata (20%) (Tomato (99%), Citric Acid), Risoni (**Wheat**), Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion, Baby Spinach (5%), Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil, Potato Starch, Tomato Paste (Citric Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.4 g
Dairy Free:	No	Sugar:	7.4 g
Lactose Free:	Yes	Sodium:	141 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.7 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	70 mg
Tomato Free:	No	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	900 kJ (215 Cal)	Energy (per 100g):	450 kJ (108 Cal)
Protein:	8.3 g	Protein (per 100g):	4.2 g

GF & DF Chicken & Pumpkin Risotto (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (20%), Arborio Rice, Broccoli, Carrot, Onion, Pumpkin (6%), Zucchini, Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.2 g
Dairy Free:	Yes	Sugar:	3.1 g
Lactose Free:	Yes	Sodium:	102 mg
Soy Free:	Yes	Fat (total):	13.3 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	No	Carbohydrates (per 100g):	10.6 g
Fish Free:	Yes	Sugar (per 100g)	1.5 g
Red Meat Free:	Yes	Sodium (per 100g):	51 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1140 kJ (272 Cal)	Energy (per 100g):	569 kJ (136 Cal)
Protein:	15.2 g	Protein (per 100g):	7.6 g

Cheesy Vegetable Lasagne (Lunch)

Serving Size: 250 g



Ingredients

Water, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Lasagne Sheet (Durum **Wheat** Semolina, Water), Pumpkin (9%), Zucchini (9%), Red Lentils, Mozzarella Cheese (5%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion (4.5%), Skim **Milk** Powder, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), **Wheat** Flour, Capsicum (2%), Carrot (2%), Celery (2%), Tomato Paste (2%) (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), White Pepper (White Pepper, Rice), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	45.5 g
Dairy Free:	No	Sugar:	12.0 g
Lactose Free:	No	Sodium:	140 mg
Soy Free:	Yes	Fat (total):	12.5 g
Egg Free:	Yes	Fat (Sat):	6.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.2 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	56 mg
Tomato Free:	No	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1580 kJ (377 Cal)	Energy (per 100g):	630 kJ (151 Cal)
Protein:	17.0 g	Protein (per 100g):	6.8 g

Cucumber, Hummus, Grapes, Capsicum & Crispbread (Afternoon Tea)

Serving Size: 112.5 g



Ingredients

Grapes (44%), Cucumber (18%), Beetroot, Chickpeas, Capsicum (9%), Sweet Potato Crispbread (7%) (Rice Flour (81%), Corn (12%), Sweet Potato Flour (7%), Salt, Natural Colour (Beta Carotenes), Raising Agent (Sodium Bicarbonate)), Lemon Juice, Olive Oil, Cumin, Garlic Powder.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.3 g
Dairy Free:	Yes	Sugar:	9.4 g
Lactose Free:	Yes	Sodium:	56 mg
Soy Free:	Yes	Fat (total):	0.9 g
Egg Free:	Yes	Fat (Sat):	0.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.4 g
Fish Free:	Yes	Sugar (per 100g)	8.4 g
Red Meat Free:	Yes	Sodium (per 100g):	49 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.1 g
Energy:	373 kJ (89 Cal)	Energy (per 100g):	331 kJ (79 Cal)
Protein:	2.1 g	Protein (per 100g):	1.9 g

Tortilla Chips w/ Tzatziki, Pear & Mandarin (Morning Tea)

Serving Size: 130 g



Ingredients

Pear, Mandarin, All Natural Yoghurt (**Milk**, **Milk** Solids, Skim **Milk**, Live Yoghurt Cultures (Incl. L.Acidophilus)), 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)), Cucumber (5%), Lemon Juice, Garlic (Minced Garlic (99%), Citric Acid (1%)), Parsley, White Pepper (White Pepper, Rice).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	17.0 g
Dairy Free:	No	Sugar:	11.0 g
Lactose Free:	No	Sodium:	66 mg
Soy Free:	No	Fat (total):	2.0 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.1 g
Fish Free:	Yes	Sugar (per 100g)	8.5 g
Red Meat Free:	Yes	Sodium (per 100g):	51 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	444 kJ (106 Cal)	Energy (per 100g):	342 kJ (82 Cal)
Protein:	2.9 g	Protein (per 100g):	2.2 g

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

Serving Size: 50 g



Ingredients

Coconut Yoghurt (48%) (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), Organic Brown Rice Crackers (30%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cucumber, Lemon Juice, Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.9 g
Dairy Free:	Yes	Sugar:	0.7 g
Lactose Free:	Yes	Sodium:	87 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	3.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.8 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	174 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.2 g
Energy:	427 kJ (102 Cal)	Energy (per 100g):	855 kJ (204 Cal)
Protein:	1.5 g	Protein (per 100g):	3.1 g

Chicken, Carrot & Cheesy Mint Pea Sandwich (Lunch)

Serving Size: 150 g



Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Roast Chicken Breast (27%), Cucumber, Carrot (7%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Peas (4%), Olive Oil, Lemon Juice, Mint (0%), Garlic Powder.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.2 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	316 mg
Soy Free:	No	Fat (total):	8.4 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	No	Carbohydrates (per 100g):	18.8 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	211 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1150 kJ (276 Cal)	Energy (per 100g):	770 kJ (184 Cal)
Protein:	18.4 g	Protein (per 100g):	12.3 g

Roast Beef, Tomato & Pepitas Pesto Sandwich (Lunch)

Serving Size: 160 g



Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Beef (25%), Tomato (13%), Iceberg Lettuce, Baby Spinach, Basil, Pepitas (2%), Olive Oil, Lemon Juice, Garlic (Minced Garlic (99%), Citric Acid (1%)), White Pepper (White Pepper, Rice).

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.3 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	314 mg
Soy Free:	No	Fat (total):	9.5 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	17.7 g
Fish Free:	Yes	Sugar (per 100g)	0.7 g
Red Meat Free:	No	Sodium (per 100g):	196 mg
Tomato Free:	No	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1260 kJ (301 Cal)	Energy (per 100g):	788 kJ (188 Cal)
Protein:	22.5 g	Protein (per 100g):	14.1 g

Teriyaki Beef & Avocado Sushi (Lunch)

Serving Size: 200 g



Ingredients

Short Grain Rice, Beef (16%), Avocado (14%), White Vinegar, Raw Sugar, Olive Oil, Lemon Juice, Seaweed, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Salt, Garlic (Minced Garlic (99%), Citric Acid (1%)), Ginger.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.7 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	275 mg
Soy Free:	No	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	138 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1280 kJ (306 Cal)	Energy (per 100g):	639 kJ (153 Cal)
Protein:	14.1 g	Protein (per 100g):	7.1 g

Teriyaki Chicken & Avocado Sushi (Lunch)

Serving Size: 200 g



Ingredients

Short Grain Rice, Chicken Breast (16%), Avocado (14%), White Vinegar, Raw Sugar, Olive Oil, Seaweed, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Salt, Garlic (Minced Garlic (99%), Citric Acid (1%)), Ginger.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.7 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	273 mg
Soy Free:	No	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	No	Carbohydrates (per 100g):	20.8 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	136 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1230 kJ (294 Cal)	Energy (per 100g):	615 kJ (147 Cal)
Protein:	14.8 g	Protein (per 100g):	7.4 g

Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Short Grain Rice, Avocado (17%), Cucumber (14%), White Vinegar, Raw Sugar, Olive Oil, Lemon Juice, Seaweed, Salt.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.9 g
Dairy Free:	Yes	Sugar:	5.8 g
Lactose Free:	Yes	Sodium:	178 mg
Soy Free:	Yes	Fat (total):	6.7 g
Egg Free:	Yes	Fat (Sat):	1.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.0 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	Yes	Sodium (per 100g):	89 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	1080 kJ (259 Cal)	Energy (per 100g):	542 kJ (130 Cal)
Protein:	4.9 g	Protein (per 100g):	2.4 g

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

Serving Size: 220 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	45.9 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	223 mg
Soy Free:	Yes	Fat (total):	5.2 g
Egg Free:	Yes	Fat (Sat):	0.9 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):	102 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1260 kJ (301 Cal)	Energy (per 100g):	572 kJ (137 Cal)
Protein:	15.0 g	Protein (per 100g):	6.8 g

Cheese & Tomato Pizza (Afternoon Tea)

Serving Size: 60 g



Ingredients

Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), Water, Semi Dried Tomato (6%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Capers, Olive Oil, Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Fresh Herbs.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	19.4 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	273 mg
Soy Free:	No	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.3 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	456 mg
Tomato Free:	No	Fat (total, per 100g):	7.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.5 g
Energy:	636 kJ (152 Cal)	Energy (per 100g):	1060 kJ (254 Cal)
Protein:	7.0 g	Protein (per 100g):	11.7 g

LF Cheese & Tomato Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Lactose Free Cheese (26%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Water, Semi Dried Tomato (8%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil, Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Capers, Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate), Fresh Herbs.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.3 g
Dairy Free:	No	Sugar:	2.2 g
Lactose Free:	Yes	Sodium:	410 mg
Soy Free:	No	Fat (total):	10.6 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.8 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	586 mg
Tomato Free:	No	Fat (total, per 100g):	15.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.6 g
Energy:	926 kJ (221 Cal)	Energy (per 100g):	1320 kJ (316 Cal)
Protein:	8.2 g	Protein (per 100g):	11.6 g

GF & DF Tropicana Pizza Pocket (AI) (Afternoon 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.), Cannellini Beans, 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).), Pineapple, Chickpeas, Pumpkin, Olive Oil, Nutritional Yeast, Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.2 g
Dairy Free:	Yes	Sugar:	4.2 g
Lactose Free:	Yes	Sodium:	282 mg
Soy Free:	Yes	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	38.7 g
Fish Free:	Yes	Sugar (per 100g)	6.9 g
Red Meat Free:	Yes	Sodium (per 100g):	470 mg
Tomato Free:	Yes	Fat (total, per 100g):	13.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.9 g
Energy:	758 kJ (181 Cal)	Energy (per 100g):	1260 kJ (302 Cal)
Protein:	2.2 g	Protein (per 100g):	3.6 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

Bean Burrito Bowl w/ Corn Chips, Rice & Guacamole (Lunch)

Serving Size: 220 g



Ingredients

Basmati Rice (34%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Tomato Passata (Tomato (99%), Citric Acid), Corn Chips (7%) (Cornflour (72%), Vegetable Oil, Water, Salt), Black Beans (6%), Kidney Beans, Red (6%), Onion, Carrot, Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Red Lentils (3%), Paprika, Ricotta (**Milk**), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Olive Oil, Tomato Paste (Citric Acid), Oregano, Dried, Avocado, Cumin, Ground Coriander, Garlic (Minced Garlic (99%), Citric Acid (1%)), Baby Spinach, Lemon Juice, Cinnamon, Nutmeg.

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	48.1 g
Dairy Free:	No	Sugar:	8.4 g
Lactose Free:	No	Sodium:	140 mg
Soy Free:	Yes	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	2.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.9 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	64 mg
Tomato Free:	No	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1350 kJ (322 Cal)	Energy (per 100g):	612 kJ (146 Cal)
Protein:	10.2 g	Protein (per 100g):	4.6 g

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

Serving Size: 200 g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Arborio Rice, Broccoli, Carrot, Onion, Pumpkin, Zucchini, Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.5 g
Dairy Free:	Yes	Sugar:	15.6 g
Lactose Free:	Yes	Sodium:	28 mg
Soy Free:	Yes	Fat (total):	11.4 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.7 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	14 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1200 kJ (287 Cal)	Energy (per 100g):	601 kJ (144 Cal)
Protein:	4.4 g	Protein (per 100g):	2.2 g

Bean Burrito Bowl w/ Corn Chips & Rice (No Guac) (Lunch) [Allergy]

Serving Size: 215 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), Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Black Beans (6%), Kidney Beans, Red (6%), Carrot, Onion, Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Red Lentils (3%), Paprika, Olive Oil, Tomato Paste (Citric Acid), Oregano, Dried, Cumin, Ground Coriander, Garlic (Minced Garlic (99%), Citric Acid (1%)), Cinnamon, Nutmeg.

Allergy Information

:May Contain Gluten, Peanut, Soy, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	47.9 g
Dairy Free:	Yes	Sugar:	8.3 g
Lactose Free:	Yes	Sodium:	133 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.3 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	62 mg
Tomato Free:	No	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1310 kJ (313 Cal)	Energy (per 100g):	609 kJ (146 Cal)
Protein:	9.9 g	Protein (per 100g):	4.6 g

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

Serving Size: 30 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

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

Tuna & Chive Dip w/ Veggie Sticks & Crackers (Afternoon Tea)

Serving Size: 68 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), Capsicum (15%), Carrot (15%), Celery (15%), Tuna (11%) (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), **Milk**, Chives (1%), White Pepper (White Pepper, Rice).

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.0 g
Dairy Free:	No	Sugar:	1.9 g
Lactose Free:	No	Sodium:	158 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	16.3 g
Fish Free:	No	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	234 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.3 g
Energy:	495 kJ (118 Cal)	Energy (per 100g):	734 kJ (175 Cal)
Protein:	4.6 g	Protein (per 100g):	6.7 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 (White Pepper, Rice).

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.3 g
Dairy Free:	Yes	Sugar:	2.3 g
Lactose Free:	Yes	Sodium:	191 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	No	Carbohydrates (per 100g):	28.5 g
Fish Free:	No	Sugar (per 100g)	4.6 g
Red Meat Free:	Yes	Sodium (per 100g):	381 mg
Tomato Free:	No	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	410 kJ (98 Cal)	Energy (per 100g):	820 kJ (196 Cal)
Protein:	3.9 g	Protein (per 100g):	7.9 g

Tomato & Cheese Dip w/ Veggie Sticks & Crackers (Afternoon Tea)

Serving Size: 68 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.), Capsicum (15%), Carrot (15%), Celery (15%), Semi Dried Tomato (8%) (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:	13.4 g
Dairy Free:	No	Sugar:	3.9 g
Lactose Free:	No	Sodium:	181 mg
Soy Free:	Yes	Fat (total):	7.6 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.8 g
Fish Free:	Yes	Sugar (per 100g)	5.8 g
Red Meat Free:	Yes	Sodium (per 100g):	267 mg
Tomato Free:	No	Fat (total, per 100g):	11.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.2 g
Energy:	594 kJ (142 Cal)	Energy (per 100g):	878 kJ (210 Cal)
Protein:	3.4 g	Protein (per 100g):	5.1 g

Organic Milk w/ Black Bean Brownie (Morning Tea)

Serving Size: 140 g



Ingredients

Organic Full Cream **Milk** (71%), Black Beans (16%), Brown Sugar, Olive Oil, Rolled **Oats**, Cranberries (Cranberries, Sugar, Sunflower Oil), Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Coconut Flour.

Allergy Information

Contains Gluten, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.4 g
Dairy Free:	No	Sugar:	11.9 g
Lactose Free:	No	Sodium:	92 mg
Soy Free:	Yes	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	8.5 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	758 kJ (181 Cal)	Energy (per 100g):	542 kJ (129 Cal)
Protein:	5.6 g	Protein (per 100g):	4.0 g

LF Milk w/ Black Bean Brownie (AI) (Morning Tea) [Allergy]

Serving Size: 140 g



Ingredients

Lactose Free **Milk** (71%) (Full Cream **Milk**, Enzyme (Lactase)), Black Beans (16%), Brown Sugar, Olive Oil, Rolled **Oats**, Cranberries (Cranberries, Sugar, Sunflower Oil), Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Coconut Flour.

Allergy Information

Contains Gluten, Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.2 g
Dairy Free:	No	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	93 mg
Soy Free:	Yes	Fat (total):	7.9 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.6 g
Fish Free:	Yes	Sugar (per 100g)	8.3 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8 g
Energy:	683 kJ (163 Cal)	Energy (per 100g):	488 kJ (117 Cal)
Protein:	5.4 g	Protein (per 100g):	3.8 g

Rice Milk w/ GF Black Bean Brownie (AI) (Morning Tea) [Allergy]

Serving Size: 140 g



Ingredients

Rice Milk (71%) (Water, Rice Flour, Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Salt.), Black Beans (16%), 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)), Olive Oil, Raw Sugar, Cranberries (Cranberries, Sugar, Sunflower Oil), Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.8 g
Dairy Free:	Yes	Sugar:	11.3 g
Lactose Free:	Yes	Sodium:	141 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	8.1 g
Red Meat Free:	Yes	Sodium (per 100g):	101 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	729 kJ (174 Cal)	Energy (per 100g):	520 kJ (124 Cal)
Protein:	2.5 g	Protein (per 100g):	1.8 g

Soy Milk w/ Black Bean Brownie (AI) (Morning Tea) [Allergy]

Serving Size: 140 g



Ingredients

Soy Milk (71%) (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Black Beans (16%), Brown Sugar, Olive Oil, Rolled **Oats**, Cranberries (Cranberries, Sugar, Sunflower Oil), Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Coconut Flour.

Allergy Information

Contains Gluten, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	12.9 g
Dairy Free:	Yes	Sugar:	7.7 g
Lactose Free:	Yes	Sodium:	70 mg
Soy Free:	No	Fat (total):	9.0 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.2 g
Fish Free:	Yes	Sugar (per 100g)	5.5 g
Red Meat Free:	Yes	Sodium (per 100g):	50 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	660 kJ (158 Cal)	Energy (per 100g):	472 kJ (113 Cal)
Protein:	5.1 g	Protein (per 100g):	3.7 g

Organic Milk w/ GF & DF Black Bean Brownie (Al) (Morning Tea) [Allergy]

Serving Size: 140 g



Ingredients

Organic Full Cream **Milk** (71%), Black Beans (16%), 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)), Olive Oil, Raw Sugar, Cranberries (Cranberries, Sugar, Sunflower Oil), Cocoa Powder, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.5 g
Dairy Free:	No	Sugar:	12.8 g
Lactose Free:	No	Sodium:	114 mg
Soy Free:	Yes	Fat (total):	9.8 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.9 g
Fish Free:	Yes	Sugar (per 100g)	9.1 g
Red Meat Free:	Yes	Sodium (per 100g):	81 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	808 kJ (193 Cal)	Energy (per 100g):	577 kJ (138 Cal)
Protein:	5.2 g	Protein (per 100g):	3.7 g

Cheese Burger Pasta (Lunch)

Serving Size: 200 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Beef Mince, Cauliflower, Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Skim **Milk** Powder, Celery, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), **Wheat** Flour, Olive Oil, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), Tomato Paste (Citric Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Nutritional Yeast, Onion, Powdered, Paprika, White Pepper (White Pepper, Rice), Oregano, Dried, Pepper, Ground Turmeric.

Allergy Information

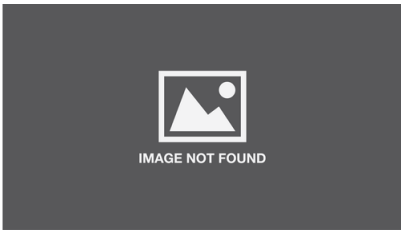
Contains Gluten, Wheat, Milk.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.9 g
Dairy Free:	No	Sugar:	5.8 g
Lactose Free:	No	Sodium:	96 mg
Soy Free:	Yes	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	No	Carbohydrates (per 100g):	16.0 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	No	Sodium (per 100g):	48 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1080 kJ (259 Cal)	Energy (per 100g):	542 kJ (130 Cal)
Protein:	16.3 g	Protein (per 100g):	8.2 g

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

Serving Size: 200 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Pumpkin (9%), Zucchini (9%), Red Lentils, 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)), Onion (4.5%), Capsicum (2%), Carrot (2%), Celery (2%), Tomato Paste (2%) (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	41.7 g
Dairy Free:	Yes	Sugar:	6.7 g
Lactose Free:	Yes	Sodium:	29 mg
Soy Free:	Yes	Fat (total):	7.1 g
Egg Free:	Yes	Fat (Sat):	3.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.8 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	15 mg
Tomato Free:	No	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7 g
Energy:	1210 kJ (288 Cal)	Energy (per 100g):	603 kJ (144 Cal)
Protein:	10.1 g	Protein (per 100g):	5.1 g

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

Serving Size: 220 g



Ingredients

Organic Multigrain Gluten Free Fusilli (Organic Corn Flour (75%), Organic Rice Flour (10%), Organic Buckwheat Flour (10%), Organic Quinoa Flour (5%)), Water, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Peas, Pumpkin, Zucchini, Red Lentils, 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)), Onion, Capsicum, Carrot, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

:May Contain Gluten, Peanut, Soy, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Lupin.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	44.1 g
Dairy Free:	Yes	Sugar:	6.5 g
Lactose Free:	Yes	Sodium:	30 mg
Soy Free:	Yes	Fat (total):	7.1 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.0 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	Yes	Sodium (per 100g):	14 mg
Tomato Free:	No	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	1240 kJ (296 Cal)	Energy (per 100g):	563 kJ (134 Cal)

Macaroni Bolognese (Lunch) [Allergy]

Serving Size: 200 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 (Minced Garlic (99%), Citric Acid (1%)), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper (White Pepper, Rice).

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	36.8 g
Dairy Free:	Yes	Sugar:	4.4 g
Lactose Free:	No	Sodium:	46 mg
Soy Free:	Yes	Fat (total):	5.4 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	18.4 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):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	576 kJ (138 Cal)
Protein:	16.6 g	Protein (per 100g):	8.3 g

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

Serving Size: 200 g



Ingredients

Beef Mince (20%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Organic Multigrain Gluten Free Fusilli (Organic Corn Flour (75%), Organic Rice Flour (10%), Organic Buckwheat Flour (10%), Organic Quinoa Flour (5%)), Water, 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 (Minced Garlic (99%), Citric Acid (1%)), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper (White Pepper, Rice).

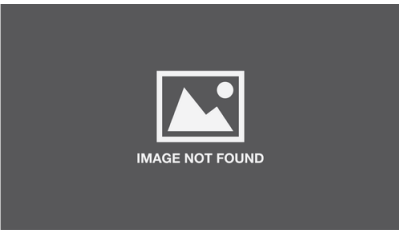
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.9 g
Dairy Free:	Yes	Sugar:	4.0 g
Lactose Free:	Yes	Sodium:	50 mg
Soy Free:	Yes	Fat (total):	5.7 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	17.5 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	25 mg
Tomato Free:	No	Fat (total, per 100g):	2.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1100 kJ (263 Cal)	Energy (per 100g):	550 kJ (131 Cal)
Protein:	15.7 g	Protein (per 100g):	7.9 g

Banana, Strawberry & Kiwi (Afternoon Tea)

Serving Size: 130 g



Ingredients

Banana (69%), Kiwi (15%), Strawberries.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.2 g
Dairy Free:	Yes	Sugar:	14.0 g
Lactose Free:	Yes	Sodium:	1 mg
Soy Free:	Yes	Fat (total):	0.4 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	10.8 g
Red Meat Free:	Yes	Sodium (per 100g):	1 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	422 kJ (101 Cal)	Energy (per 100g):	325 kJ (78 Cal)
Protein:	1.6 g	Protein (per 100g):	1.3 g