Menu: Childcare Week 1 - 26.10.26 - 30.10.26

Monday - 26/10/2026

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

Monday - 26/10/2026

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

Monday - 26/10/2026

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):	

Monday - 26/10/2026

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

Monday - 26/10/2026

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

Monday - 26/10/2026

GF & DF Chicken & Vegetable Noodles (Al) (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):	1.7 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

Monday - 26/10/2026

Vegetable Noodles (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Cauliflower (15%), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Cannellini Beans (9%), 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:	34.8 g
Dairy Free:	Yes	Sugar:	12.3 g
Lactose Free:	Yes	Sodium:	112 mg
Soy Free:	Yes	Fat (total):	2.7 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.4 g
Fish Free:	Yes	Sugar (per 100g)	6.1 g
Red Meat Free:	Yes	Sodium (per 100g):	56 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	839 kJ (200 Cal)	Energy (per 100g):	419 kJ (100 Cal)
Protein:	6.2 g	Protein (per 100g):	3.1 g

Monday - 26/10/2026

Wholemeal Garlic Bread w/ Pear Wedges (Afternoon Tea)

Serving Size: 93 g



Ingredients

Pear (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:	18.9 g
Dairy Free:	No	Sugar:	5.3 g
Lactose Free:	No	Sodium:	167 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.3 g
Fish Free:	Yes	Sugar (per 100g)	5.7 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:	637 kJ (152 Cal)	Energy (per 100g):	685 kJ (164 Cal)
Protein:	3.2 g	Protein (per 100g):	3.5 g

Monday - 26/10/2026

GF & DF Garlic Bread w/ Pear 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.), Pear (40%), 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:	25.6 g
Dairy Free:	Yes	Sugar:	6.9 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):	25.6 g
Fish Free:	Yes	Sugar (per 100g)	6.9 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:	783 kJ (187 Cal)	Energy (per 100g):	783 kJ (187 Cal)
Protein:	1.0 g	Protein (per 100g):	1.0 g

Monday - 26/10/2026

GF & LF Garlic Bread w/ Pear Wedges (Al) (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.), Pear (40%), Lactose Free Cheese (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:	23.5 g
Dairy Free:	No	Sugar:	6.9 g
Lactose Free:	Yes	Sodium:	269 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.5 g
Fish Free:	Yes	Sugar (per 100g)	6.9 g
Red Meat Free:	Yes	Sodium (per 100g):	269 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	804 kJ (192 Cal)	Energy (per 100g):	804 kJ (192 Cal)
Protein:	3.6 g	Protein (per 100g):	3.6 g

Tuesday - 27/10/2026

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

Tuesday - 27/10/2026

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

Tuesday - 27/10/2026

GF & LF Cheesy Muffin (Al) (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

Tuesday - 27/10/2026

GF & DF Cheesy Mini Muffin (Al) (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

Tuesday - 27/10/2026

LF Cheesy Tomato & Spinach Risoni (Al) (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

Tuesday - 27/10/2026

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):	2.7 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):	6.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1140 kJ (272 Cal)	Energy (per 100g):	569 kJ (136 Cal)
Protein:	15.2 g	Protein (per 100g):	7.6 g

Tuesday - 27/10/2026

Cheesy Vegetable Lasagne (Lunch)

Serving Size: 250 g



Ingredients

Water, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Lasagne Sheet (Durum **Wheat** Semolina, Water), Carrot (6%), Onion (6%), Zucchini (6%), Pumpkin (5%), Mozzarella Cheese (5%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Red Lentils (Red Lentils, Vegetable Oil), Skim **Milk** Powder, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), **Wheat** Flour, Capsicum (2.5%), Celery (2.5%), Tomato Paste (1.5%) (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:	39.8 g
Dairy Free:	No	Sugar:	10.6 g
Lactose Free:	No	Sodium:	138 mg
Soy Free:	Yes	Fat (total):	11.7 g
Egg Free:	Yes	Fat (Sat):	6.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	55 mg
Tomato Free:	No	Fat (total, per 100g):	4.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1390 kJ (332 Cal)	Energy (per 100g):	556 kJ (133 Cal)
Protein:	14.3 g	Protein (per 100g):	5.7 g

Tuesday - 27/10/2026

Chicken, Spinach & Tomato Risoni (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Chicken Thigh, Tomato Passata (16%) (Tomato (99%), Citric Acid), Durum **Wheat** Semolina, Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Baby Spinach (2%), 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.:May Contain Egg, Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.0 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	85 mg
Soy Free:	Yes	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	No	Carbohydrates (per 100g):	14.0 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	43 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	976 kJ (233 Cal)	Energy (per 100g):	488 kJ (117 Cal)
Protein:	15.0 g	Protein (per 100g):	7.5 g

Tuesday - 27/10/2026

Pineapple, Orange & Watermelon (Afternoon Tea)

Serving Size: 120 g



Ingredients

Watermelon, Orange, Pineapple.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.4 g
Dairy Free:	Yes	Sugar:	9.2 g
Lactose Free:	Yes	Sodium:	2 mg
Soy Free:	Yes	Fat (total):	less than 0.1 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.8 g
Fish Free:	Yes	Sugar (per 100g)	7.7 g
Red Meat Free:	Yes	Sodium (per 100g):	2 mg
Tomato Free:	Yes	Fat (total, per 100g):	less than 0.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	197 kJ (47 Cal)	Energy (per 100g):	164 kJ (39 Cal)
Protein:	0.9 g	Protein (per 100g):	0.7 g

Wednesday - 28/10/2026

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

Wednesday - 28/10/2026

Tortilla Chips, Coconut Tzatziki, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 130 g



Ingredients

Pear, Mandarin, 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), 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%)), Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	17.7 g
Dairy Free:	Yes	Sugar:	9.8 g
Lactose Free:	Yes	Sodium:	54 mg
Soy Free:	No	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.6 g
Fish Free:	Yes	Sugar (per 100g)	7.6 g
Red Meat Free:	Yes	Sodium (per 100g):	42 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	492 kJ (118 Cal)	Energy (per 100g):	378 kJ (90 Cal)
Protein:	2.1 g	Protein (per 100g):	1.6 g

Wednesday - 28/10/2026

Coconut Tzatziki & Brown Rice Crackers (Al) (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

Wednesday - 28/10/2026

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):	769 kJ (184 Cal)
Protein:	18.4 g	Protein (per 100g):	12.3 g

Wednesday - 28/10/2026

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

Wednesday - 28/10/2026

Teriyaki Beef & Avocado Sushi (Lunch)

Serving Size: 175 g



Ingredients

Short Grain Rice, Beef (17%), Avocado (11%), White Vinegar, Raw Sugar, 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:	37.3 g
Dairy Free:	Yes	Sugar:	4.9 g
Lactose Free:	Yes	Sodium:	248 mg
Soy Free:	No	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	No	Carbohydrates (per 100g):	21.3 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	142 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	1060 kJ (254 Cal)	Energy (per 100g):	607 kJ (145 Cal)
Protein:	12.7 g	Protein (per 100g):	7.3 g

Wednesday - 28/10/2026

Teriyaki Chicken & Avocado Sushi (Lunch)

Serving Size: 175 g



Ingredients

Short Grain Rice, Chicken Breast (16%), Avocado (13%), White Vinegar, Raw Sugar, 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:	37.2 g
Dairy Free:	Yes	Sugar:	4.9 g
Lactose Free:	Yes	Sodium:	243 mg
Soy Free:	No	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	No	Carbohydrates (per 100g):	21.3 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	139 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1030 kJ (246 Cal)	Energy (per 100g):	589 kJ (141 Cal)
Protein:	13.1 g	Protein (per 100g):	7.5 g

Wednesday - 28/10/2026

Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.5 g
Dairy Free:	Yes	Sugar:	5.9 g
Lactose Free:	Yes	Sodium:	181 mg
Soy Free:	Yes	Fat (total):	4.9 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.3 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	Yes	Sodium (per 100g):	90 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1030 kJ (246 Cal)	Energy (per 100g):	515 kJ (123 Cal)
Protein:	4.9 g	Protein (per 100g):	2.5 g

Wednesday - 28/10/2026

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

Serving Size: 175 g



Ingredients

Short Grain Rice, Chicken, White Vinegar, Avocado (6%), Cucumber (6%), Raw Sugar, Lemon Juice, Seaweed, Salt.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.2 g
Dairy Free:	Yes	Sugar:	5.0 g
Lactose Free:	Yes	Sodium:	181 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	No	Carbohydrates (per 100g):	21.3 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	Yes	Sodium (per 100g):	103 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	940 kJ (225 Cal)	Energy (per 100g):	537 kJ (128 Cal)
Protein:	11.7 g	Protein (per 100g):	6.7 g

Wednesday - 28/10/2026

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):	3.4 g
Energy:	636 kJ (152 Cal)	Energy (per 100g):	1060 kJ (254 Cal)
Protein:	7.0 g	Protein (per 100g):	11.7 g

Wednesday - 28/10/2026

LF Cheese & Tomato Pizza (Al) (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

Wednesday - 28/10/2026

GF & DF Tropicana Pizza Pocket (Al) (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

Thursday - 29/10/2026

Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 250 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

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

Thursday - 29/10/2026

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

Serving Size: 250 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

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

Thursday - 29/10/2026

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

Serving Size: 250 g



Ingredients

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

Allergy Information

Nutrition Info

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

Thursday - 29/10/2026

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

Serving Size: 250 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

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

Thursday - 29/10/2026

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

Serving Size: 225 g



Ingredients

Basmati Rice (33%), 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, Onion, Carrot, Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Red Lentils (3%) (Red Lentils, Vegetable Oil), Ricotta (Whey (**Milk**), Pasteurised Cow's **Milk**, Salt, Acetic Acid), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Paprika, Olive Oil, Avocado, Tomato Paste (Citric Acid), Oregano, Dried, Baby Spinach, Cumin, Ground Coriander, Lemon Juice, Garlic (Minced Garlic (99%), Citric Acid (1%)), 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:	48.3 g
Dairy Free:	No	Sugar:	8.5 g
Lactose Free:	No	Sodium:	145 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	2.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.5 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	65 mg
Tomato Free:	No	Fat (total, per 100g):	3.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1380 kJ (331 Cal)	Energy (per 100g):	615 kJ (147 Cal)

Thursday - 29/10/2026

GF & DF Vegetable Risotto (Al) (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):	1.8 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):	0.9 g
Energy:	1200 kJ (287 Cal)	Energy (per 100g):	601 kJ (144 Cal)
Protein:	4.4 g	Protein (per 100g):	2.2 g

Thursday - 29/10/2026

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, Carrot, Onion, Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Red Lentils (3%) (Red Lentils, Vegetable Oil), 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:	132 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

Thursday - 29/10/2026

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

Serving Size: 30 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

Thursday - 29/10/2026

Beetroot Hummus & Brown Rice Crackers (Al) (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:	352 kJ (84 Cal)	Energy (per 100g):	705 kJ (168 Cal)
Protein:	2.4 g	Protein (per 100g):	4.8 g

Thursday - 29/10/2026

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:	163 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):	241 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.3 g
Energy:	498 kJ (119 Cal)	Energy (per 100g):	738 kJ (176 Cal)
Protein:	4.7 g	Protein (per 100g):	7.0 g

Thursday - 29/10/2026

GF & DF Tuna & Tomato Dip W/ Rice Crackers (Al) (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:	195 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):	390 mg
Tomato Free:	No	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	413 kJ (99 Cal)	Energy (per 100g):	826 kJ (197 Cal)
Protein:	4.1 g	Protein (per 100g):	8.2 g

Thursday - 29/10/2026

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):	877 kJ (210 Cal)
Protein:	3.4 g	Protein (per 100g):	5.1 g

Friday - 30/10/2026

Organic Milk w/ Black Bean Brownie (Morning Tea)

Serving Size: 145 g



Ingredients

Organic Full Cream **Milk** (69%), Black Beans (17%), 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:	17.8 g
Dairy Free:	No	Sugar:	12.8 g
Lactose Free:	No	Sodium:	99 mg
Soy Free:	Yes	Fat (total):	10.4 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.3 g
Fish Free:	Yes	Sugar (per 100g)	8.8 g
Red Meat Free:	Yes	Sodium (per 100g):	68 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	815 kJ (195 Cal)	Energy (per 100g):	562 kJ (134 Cal)
Protein:	5.9 g	Protein (per 100g):	4.1 g

Friday - 30/10/2026

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

Serving Size: 145 g



Ingredients

Lactose Free **Milk** (69%) (Full Cream **Milk**, Enzyme (Lactase)), Black Beans (17%), 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:	17.7 g
Dairy Free:	No	Sugar:	12.4 g
Lactose Free:	Yes	Sodium:	100 mg
Soy Free:	Yes	Fat (total):	8.6 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.2 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	69 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9 g
Energy:	740 kJ (177 Cal)	Energy (per 100g):	511 kJ (122 Cal)
Protein:	5.6 g	Protein (per 100g):	3.9 g

Friday - 30/10/2026

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

Serving Size: 145 g



Ingredients

Rice Milk (69%) (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Black Beans (17%), 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), Coconut Flour.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.7 g
Dairy Free:	Yes	Sugar:	12.3 g
Lactose Free:	Yes	Sodium:	150 mg
Soy Free:	Yes	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.7 g
Fish Free:	Yes	Sugar (per 100g)	8.5 g
Red Meat Free:	Yes	Sodium (per 100g):	104 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	792 kJ (189 Cal)	Energy (per 100g):	546 kJ (131 Cal)
Protein:	2.7 g	Protein (per 100g):	1.9 g

Friday - 30/10/2026

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

Serving Size: 145 g



Ingredients

Soy Milk (69%) (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Black Beans (17%), 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:	14.3 g
Dairy Free:	Yes	Sugar:	8.6 g
Lactose Free:	Yes	Sodium:	77 mg
Soy Free:	No	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.9 g
Fish Free:	Yes	Sugar (per 100g)	5.9 g
Red Meat Free:	Yes	Sodium (per 100g):	53 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	717 kJ (171 Cal)	Energy (per 100g):	495 kJ (118 Cal)
Protein:	5.4 g	Protein (per 100g):	3.7 g

Friday - 30/10/2026

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

Serving Size: 145 g



Ingredients

Organic Full Cream **Milk** (69%), Black Beans (17%), 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), Coconut Flour.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.3 g
Dairy Free:	No	Sugar:	13.8 g
Lactose Free:	No	Sodium:	124 mg
Soy Free:	Yes	Fat (total):	10.5 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.7 g
Fish Free:	Yes	Sugar (per 100g)	9.5 g
Red Meat Free:	Yes	Sodium (per 100g):	85 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	871 kJ (208 Cal)	Energy (per 100g):	601 kJ (144 Cal)
Protein:	5.5 g	Protein (per 100g):	3.8 g

Friday - 30/10/2026

Cheese Burger Pasta (Lunch)

Serving Size: 200 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Beef Mince, Cauliflower, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Carrot, Onion, Skim **Milk** Powder, Celery, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), **Wheat** Flour, Olive Oil, Tomato Paste (Citric Acid), Unsalted Butter (Pasteurised Cream (From **Milk**), Water), Garlic (Minced Garlic (99%), Citric Acid (1%)), Onion Powder, Paprika, Nutritional Yeast, 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:	31.7 g
Dairy Free:	No	Sugar:	5.7 g
Lactose Free:	No	Sodium:	90 mg
Soy Free:	Yes	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	No	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	No	Sodium (per 100g):	45 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1070 kJ (257 Cal)	Energy (per 100g):	537 kJ (128 Cal)
Protein:	16.1 g	Protein (per 100g):	8.1 g

Friday - 30/10/2026

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

Serving Size: 200 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Thickened Plant Cream (Lentil Milk (Water, Lentil Protein), Coconut And Canola Oil, Sugar, Modified Corn Starch, Sunflower Lecithin, Sugar Esters, Mono & Diglycerides Of Fatty Acids, Guar Gum, Locust Bean Gum, Natural Flavouring, Salt, Beta-carotene), Carrot (6%), Onion (6%), Zucchini (6%), Pumpkin (5%), Red Lentils (Red Lentils, Vegetable Oil), Capsicum (2.5%), Celery (2.5%), Tomato Paste (1.5%) (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:	37.1 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	28 mg
Soy Free:	Yes	Fat (total):	6.5 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.5 g
Fish Free:	Yes	Sugar (per 100g)	2.8 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):	1.6 g
Energy:	1060 kJ (253 Cal)	Energy (per 100g):	529 kJ (126 Cal)

Friday - 30/10/2026

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

Serving Size: 220 g



Ingredients

Water, Organic Multigrain Gluten Free Fusilli (Organic Corn Flour (75%), Organic Rice Flour (10%), Organic Buckwheat Flour (10%), Organic Quinoa Flour (5%)), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Peas, Thickened Plant Cream (Lentil Milk (Water, Lentil Protein), Coconut And Canola Oil, Sugar, Modified Corn Starch, Sunflower Lecithin, Sugar Esters, Mono & Diglycerides Of Fatty Acids, Guar Gum, Locust Bean Gum, Natural Flavouring, Salt, Beta-carotene), Carrot, Onion, Zucchini, Pumpkin, Red Lentils (Red Lentils, Vegetable Oil), Capsicum, 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:	39.5 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	28 mg
Soy Free:	Yes	Fat (total):	6.5 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.0 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	13 mg
Tomato Free:	No	Fat (total, per 100g):	3.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1090 kJ (260 Cal)	Energy (per 100g):	495 kJ (118 Cal)

Friday - 30/10/2026

Macaroni Bolognaise (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

Friday - 30/10/2026

GF & DF Beef Bolognaise (Al) (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

Friday - 30/10/2026

Banana, Strawberry & Mandarin (Afternoon Tea)

Serving Size: 140 g



Ingredients

Banana (64%), Mandarin (21%), Strawberries (14%).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.4 g
Dairy Free:	Yes	Sugar:	15.2 g
Lactose Free:	Yes	Sodium:	1 mg
Soy Free:	Yes	Fat (total):	0.3 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.3 g
Fish Free:	Yes	Sugar (per 100g)	10.9 g
Red Meat Free:	Yes	Sodium (per 100g):	1 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	443 kJ (106 Cal)	Energy (per 100g):	316 kJ (76 Cal)
Protein:	1.7 g	Protein (per 100g):	1.2 g