

Menu: Childcare Week 2

Monday - 16/08/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Monday - 16/08/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Monday - 16/08/2021

GF & DF Chicken & Sweet Corn Soup (AI) (Lunch) [Allergy]

Serving Size: 250g



Ingredients

Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower (28%), Chicken Thigh (11%), Onion, Carrot, Corn, Olive Oil, Parsley, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	7.5g
Dairy Free:	Yes	Sugar:	5.0g
Lactose Free:	Yes	Sodium:	210mg
Soy Free:	Yes	Energy (per 100g):	264kJ (63Cal)
Egg Free:	Yes	Protein (per 100g):	4.4g
Vegetarian:	No	Fat (total, per 100g):	3.4g
Energy:	660kJ (158Cal)	Fat (Sat, per 100g):	0.7g
Protein:	11.0g	Carbohydrates (per 100g):	3.0g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	1.6g	Sodium (per 100g):	84mg

Monday - 16/08/2021

Chicken & Corn Soup w/ Cheesy Garlic Bread (Lunch)

Serving Size: 260g



Ingredients

Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (10%), Plain Flour, Creamed Corn, Cauliflower, Wholemeal Flour, Filtered Water, Onion, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot, Celery, Skim Milk Powder, Unsalted Butter (Cream, Water), Olive Oil, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Garlic, Raw Sugar, Yeast (Yeast, Rehydration Agent (Sorbitan Monostearate), Ascorbic Acid), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.9g
Dairy Free:	No	Sugar:	8.4g
Lactose Free:	No	Sodium:	374mg
Soy Free:	No	Energy (per 100g):	624kJ (149Cal)
Egg Free:	Yes	Protein (per 100g):	7.5g
Vegetarian:	Yes	Fat (total, per 100g):	7.4g
Energy:	1620kJ (388Cal)	Fat (Sat, per 100g):	3.1g
Protein:	19.4g	Carbohydrates (per 100g):	12.7g
Fat (total):	n/a	Sugar (per 100g):	3.2g
Fat (Sat):	7.9g	Sodium (per 100g):	144mg

Monday - 16/08/2021

GF & DF Carrot & Cauliflower Soup (AI) (Lunch) [Allergy]

Serving Size: 250g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower (28%), Chickpeas, Onion, Carrot, Corn, Olive Oil, Parsley, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.2g
Dairy Free:	Yes	Sugar:	15.1g
Lactose Free:	Yes	Sodium:	120mg
Soy Free:	Yes	Energy (per 100g):	217kJ (52Cal)
Egg Free:	Yes	Protein (per 100g):	2.0g
Vegetarian:	Yes	Fat (total, per 100g):	2.4g
Energy:	543kJ (130Cal)	Fat (Sat, per 100g):	0.3g
Protein:	4.9g	Carbohydrates (per 100g):	8.9g
Fat (total):	n/a	Sugar (per 100g)	6.0g
Fat (Sat):	0.8g	Sodium (per 100g):	48mg

Monday - 16/08/2021

Creamy Guacamole & Corn Chips (Afternoon Tea)

Serving Size: 50g



Ingredients

Corn Chips (50%) (Cornflour (72%), Vegetable Oil, Water, Salt), Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Avocado, Onion, Spinach, Filtered Water, Olive Oil, Lemon Juice

Allergy Information

Contains Milk

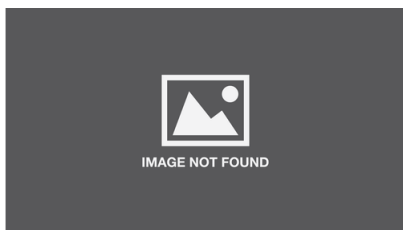
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.1g
Dairy Free:	No	Sugar:	0.9g
Lactose Free:	No	Sodium:	140mg
Soy Free:	Yes	Energy (per 100g):	1450kJ (346Cal)
Egg Free:	Yes	Protein (per 100g):	6.0g
Vegetarian:	Yes	Fat (total, per 100g):	21.6g
Energy:	724kJ (173Cal)	Fat (Sat, per 100g):	10.4g
Protein:	3.0g	Carbohydrates (per 100g):	30.3g
Fat (total):	n/a	Sugar (per 100g)	1.7g
Fat (Sat):	5.2g	Sodium (per 100g):	280mg

Monday - 16/08/2021

Df Guacamole & Corn Chips (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Avocado, Spanish Onion, Olive Oil, Lime Juice, Coriander, Parsley

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.8g
Dairy Free:	Yes	Sugar:	0.6g
Lactose Free:	Yes	Sodium:	109mg
Soy Free:	Yes	Energy (per 100g):	1460kJ (348Cal)
Egg Free:	Yes	Protein (per 100g):	4.7g
Vegetarian:	Yes	Fat (total, per 100g):	22.6g
Energy:	728kJ (174Cal)	Fat (Sat, per 100g):	8.0g
Protein:	2.4g	Carbohydrates (per 100g):	29.6g
Fat (total):	n/a	Sugar (per 100g)	1.1g
Fat (Sat):	4.0g	Sodium (per 100g):	218mg

Monday - 16/08/2021

GF & DF Spinach & Corn Muffin (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Creamed Corn (14%), Spinach, Olive Oil, Yeast Flakes (Inactive Yeast), Italian Mixed Herbs

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.2g
Dairy Free:	Yes	Sugar:	1.4g
Lactose Free:	Yes	Sodium:	126mg
Soy Free:	Yes	Energy (per 100g):	958kJ (229Cal)
Egg Free:	Yes	Protein (per 100g):	2.1g
Vegetarian:	Yes	Fat (total, per 100g):	10.0g
Energy:	575kJ (137Cal)	Fat (Sat, per 100g):	1.4g
Protein:	1.3g	Carbohydrates (per 100g):	42.0g
Fat (total):	n/a	Sugar (per 100g)	2.4g
Fat (Sat):	0.9g	Sodium (per 100g):	211mg

Tuesday - 17/08/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g):	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Tuesday - 17/08/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Tuesday - 17/08/2021

Gf & Lf Beef Bolognese & Cheese (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Beef (14%), Onion, Lactose Free Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Celery, Carrot, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Balsamic Vinegar (Wine Vinegar, Grape Must, Sulfites), Parsley, Olive Oil, Garlic, Maize Cornflour (Gluten Free, Sulphites), Mixed Herbs, White Pepper

Allergy Information

Contains Milk:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.8g
Dairy Free:	No	Sugar:	3.8g
Lactose Free:	Yes	Sodium:	120mg
Soy Free:	Yes	Energy (per 100g):	527kJ (126Cal)
Egg Free:	Yes	Protein (per 100g):	6.6g
Vegetarian:	No	Fat (total, per 100g):	3.8g
Energy:	1050kJ (252Cal)	Fat (Sat, per 100g):	1.8g
Protein:	13.2g	Carbohydrates (per 100g):	15.4g
Fat (total):	n/a	Sugar (per 100g)	1.9g
Fat (Sat):	3.5g	Sodium (per 100g):	60mg

Tuesday - 17/08/2021

Gf & Df Vegetable Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Pasta (15%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Filtered Water, Leek, Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.4g
Dairy Free:	Yes	Sugar:	8.5g
Lactose Free:	Yes	Sodium:	62mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	1.2g
Energy:	700kJ (167Cal)	Fat (Sat, per 100g):	0.3g
Protein:	4.6g	Carbohydrates (per 100g):	16.7g
Fat (total):	n/a	Sugar (per 100g)	4.2g
Fat (Sat):	0.5g	Sodium (per 100g):	31mg

Tuesday - 17/08/2021

Beef Bolognese Pasta Bake (Lunch)

Serving Size: 200g



Ingredients

Wholemeal Pasta (33%) (Durum Wheat Semolina), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Beef (13%), Filtered Water, Onion, Mozzarella Cheese (5%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot, Celery, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Maize Cornflour (Gluten Free), Olive Oil, Balsamic Vinegar (Wine Vinegar, Grape Must, Sulphites), Garlic, Italian Mixed Herbs, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk:May Contain Egg

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.3g
Dairy Free:	No	Sugar:	3.9g
Lactose Free:	No	Sodium:	203mg
Soy Free:	Yes	Energy (per 100g):	437kJ (104Cal)
Egg Free:	Yes	Protein (per 100g):	7.0g
Vegetarian:	No	Fat (total, per 100g):	3.5g
Energy:	874kJ (209Cal)	Fat (Sat, per 100g):	1.4g
Protein:	13.9g	Carbohydrates (per 100g):	11.1g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	2.7g	Sodium (per 100g):	101mg

Tuesday - 17/08/2021

Gf & Df Beef Bolognese (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Beef (15%), Onion, Celery, Carrot, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Balsamic Vinegar (Wine Vinegar, Grape Must, Sulfites), Parsley, Olive Oil, Garlic, Maize Cornflour (Gluten Free), Mixed Herbs, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.1g
Dairy Free:	Yes	Sugar:	4.8g
Lactose Free:	Yes	Sodium:	62mg
Soy Free:	Yes	Energy (per 100g):	473kJ (113Cal)
Egg Free:	No	Protein (per 100g):	5.7g
Vegetarian:	No	Fat (total, per 100g):	2.2g
Energy:	945kJ (226Cal)	Fat (Sat, per 100g):	0.8g
Protein:	11.5g	Carbohydrates (per 100g):	16.6g
Fat (total):	n/a	Sugar (per 100g)	2.4g
Fat (Sat):	1.5g	Sodium (per 100g):	31mg

Tuesday - 17/08/2021

Cheddar Cheese & Multigrain Corn Thins (Afternoon Tea)

Serving Size: 28g



Ingredients

Cheese Slices (57%) ((Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Multigrain Corn Thins (43%) (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	8.7g
Dairy Free:	No	Sugar:	less than 0.1g
Lactose Free:	No	Sodium:	138mg
Soy Free:	Yes	Energy (per 100g):	1700kJ (407Cal)
Egg Free:	Yes	Protein (per 100g):	17.8g
Vegetarian:	Yes	Fat (total, per 100g):	22.5g
Energy:	476kJ (114Cal)	Fat (Sat, per 100g):	15.0g
Protein:	5.0g	Carbohydrates (per 100g):	31.0g
Fat (total):	n/a	Sugar (per 100g)	0.4g
Fat (Sat):	4.2g	Sodium (per 100g):	493mg

Tuesday - 17/08/2021

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

Serving Size: 30g



Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Vita-Weat Crackers (47%) (Wholegrain (50%) [Whole-Wheat Flour], Wheat Flour, Vegetable Oil, Cornflour, Sugar, Salt, Malt Extract [From Barley], Emulsifier (Soy Lecithin), Yeast)

Allergy Information

Contains Wheat, Barley, Contains Gluten, Milk, Soybeans:May Contain Egg, Peanuts, Tree Nuts, Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.9g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	Yes	Sodium:	194mg
Soy Free:	No	Energy (per 100g):	1740kJ (415Cal)
Egg Free:	Yes	Protein (per 100g):	16.9g
Vegetarian:	Yes	Fat (total, per 100g):	23.2g
Energy:	521kJ (124Cal)	Fat (Sat, per 100g):	13.0g
Protein:	5.1g	Carbohydrates (per 100g):	32.9g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	3.9g	Sodium (per 100g):	645mg

Tuesday - 17/08/2021

Gf & Lf Cheddar Cheese & Brown Rice Crackers (Al) (Afternoon Tea) [Allergy]

Serving Size: 30g



Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Brown Rice Crackers (Brown Rice Flour, Rice Bran Oil (10%))

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.8g
Dairy Free:	No	Sugar:	0.3g
Lactose Free:	Yes	Sodium:	105mg
Soy Free:	Yes	Energy (per 100g):	1740kJ (415Cal)
Egg Free:	Yes	Protein (per 100g):	16.9g
Vegetarian:	Yes	Fat (total, per 100g):	22.3g
Energy:	521kJ (124Cal)	Fat (Sat, per 100g):	13.7g
Protein:	5.1g	Carbohydrates (per 100g):	36.0g
Fat (total):	n/a	Sugar (per 100g)	0.9g
Fat (Sat):	4.1g	Sodium (per 100g):	350mg

Tuesday - 17/08/2021

Tomato & Bean Dip W/ Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



Ingredients

Brown Rice Crackers (Brown Rice Flour, Rice Bran Oil (10%)), Butter Beans (28%) (Butter Beans, Water, Salt, Ascorbic Acid), Semi Dried Tomato (28%), Onion, Olive Oil, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.8g
Dairy Free:	Yes	Sugar:	3.0g
Lactose Free:	Yes	Sodium:	140mg
Soy Free:	Yes	Energy (per 100g):	969kJ (231Cal)
Egg Free:	Yes	Protein (per 100g):	5.7g
Vegetarian:	Yes	Fat (total, per 100g):	7.5g
Energy:	484kJ (116Cal)	Fat (Sat, per 100g):	1.4g
Protein:	2.8g	Carbohydrates (per 100g):	33.6g
Fat (total):	n/a	Sugar (per 100g)	6.0g
Fat (Sat):	0.7g	Sodium (per 100g):	279mg

Wednesday - 18/08/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Wednesday - 18/08/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Wednesday - 18/08/2021

Chicken, Cucumber & Cheesy Sweet Corn Sandwich (Lunch)

Serving Size: 140g



Ingredients

Wholemeal Bread (Unbleached Wholemeal Wheat Flour (64%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (Sodium Lactylate, Diacetyltartaric), Soy Flour, Vitamin (Thiamin, Folic Acid)), Roast Chicken Breast (21%), Cucumber (14%), Cream Cheese (3.5%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Onion, Corn, Olive Oil, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.7g
Dairy Free:	No	Sugar:	1.3g
Lactose Free:	No	Sodium:	422mg
Soy Free:	No	Energy (per 100g):	755kJ (180Cal)
Egg Free:	Yes	Protein (per 100g):	12.1g
Vegetarian:	No	Fat (total, per 100g):	3.4g
Energy:	1060kJ (252Cal)	Fat (Sat, per 100g):	1.3g
Protein:	17.0g	Carbohydrates (per 100g):	23.4g
Fat (total):	n/a	Sugar (per 100g)	1.0g
Fat (Sat):	1.8g	Sodium (per 100g):	302mg

Wednesday - 18/08/2021

Roast Beef, Cheese & Tomato Relish Sandwich (Lunch)

Serving Size: 136g



Ingredients

Wholemeal Bread (55%) (Unbleached Wholemeal Wheat Flour (64%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (Sodium Lactylate, Diacetyltartaric), Soy Flour, Vitamin (Thiamin, Folic Acid)), Beef (22%), Cheddar Cheese (12%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Tomato, Tomato Puree, Onion, Raw Sugar, Organic Apple Cider Vinegar, Olive Oil, Tomato Paste (Citric Acid), Garlic, Mustard Seeds, Coriander Ground, Fenugreek, Ginger, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.7g
Dairy Free:	No	Sugar:	1.4g
Lactose Free:	No	Sodium:	514mg
Soy Free:	No	Energy (per 100g):	919kJ (220Cal)
Egg Free:	Yes	Protein (per 100g):	15.0g
Vegetarian:	No	Fat (total, per 100g):	5.9g
Energy:	1250kJ (299Cal)	Fat (Sat, per 100g):	3.0g
Protein:	20.4g	Carbohydrates (per 100g):	23.3g
Fat (total):	n/a	Sugar (per 100g)	1.0g
Fat (Sat):	4.1g	Sodium (per 100g):	378mg

Wednesday - 18/08/2021

GF & DF Vegetable Chow Mein (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Lentils (Lentils, Water, Ascorbic Acid), Rice Noodles (18%) (Rice), Carrot, Celery, Cabbage, Broccoli, Onion, Peas, Maize Cornflour (Gluten Free), Olive Oil, Garlic, Ginger, Five Spice ((Cinnamon, Fennel, Pimento, Aniseed, Cloves, Pepper, Star Anise)), White Pepper

Allergy Information

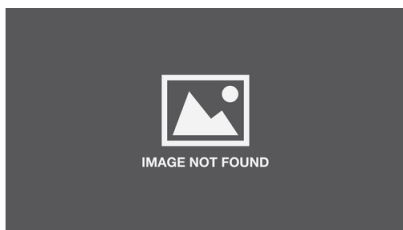
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	46.1g
Dairy Free:	Yes	Sugar:	6.9g
Lactose Free:	Yes	Sodium:	132mg
Soy Free:	Yes	Energy (per 100g):	454kJ (109Cal)
Egg Free:	Yes	Protein (per 100g):	3.1g
Vegetarian:	Yes	Fat (total, per 100g):	0.7g
Energy:	908kJ (217Cal)	Fat (Sat, per 100g):	0.3g
Protein:	6.1g	Carbohydrates (per 100g):	23.0g
Fat (total):	n/a	Sugar (per 100g)	3.4g
Fat (Sat):	0.6g	Sodium (per 100g):	66mg

Wednesday - 18/08/2021

Apple & Sultana Rice Pudding w/ Egg (Afternoon Tea)

Serving Size:



Ingredients

No Information

Allergy Information

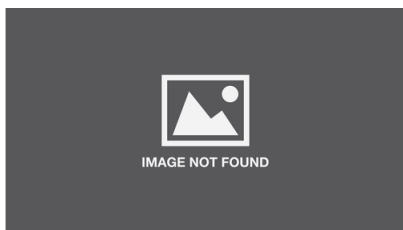
Nutrition Info

Gluten Free:	Yes	Carbohydrates:
Dairy Free:	No	Sugar:
Lactose Free:	No	Sodium:
Soy Free:	Yes	Energy (per 100g):
Egg Free:	No	Protein (per 100g):
Vegetarian:	Yes	Fat (total, per 100g):
Energy:		Fat (Sat, per 100g):
Protein:		Carbohydrates (per 100g):
Fat (total):	n/a	Sugar (per 100g)
Fat (Sat):		Sodium (per 100g):

Wednesday - 18/08/2021

GF & DF Rice Pudding (EGG FREE) (Afternoon 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	Energy (per 100g):
Egg Free:	Yes	Protein (per 100g):
Vegetarian:	Yes	Fat (total, per 100g):
Energy:		Fat (Sat, per 100g):
Protein:		Carbohydrates (per 100g):
Fat (total):	n/a	Sugar (per 100g)
Fat (Sat):		Sodium (per 100g):

Thursday - 19/08/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Thursday - 19/08/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

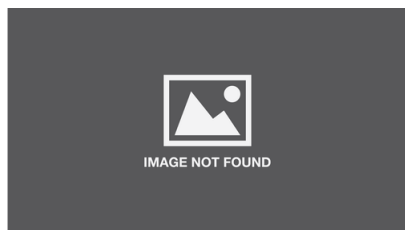
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Thursday - 19/08/2021

Cauliflower & Lentil Dahl w/ Rice (Lunch)

Serving Size: 200g



Ingredients

Brown Rice (35%), Tomato Puree, Chickpeas, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Coconut Cream (Coconut Extract (63%), Water, Stabiliser (466)), Carrot, Cauliflower (6%), Green Beans, Onion, Red Lentil (0.5%), Olive Oil, Garlic, Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour), Allspice, Ground Coriander, Cumin

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.4g
Dairy Free:	Yes	Sugar:	5.6g
Lactose Free:	Yes	Sodium:	120mg
Soy Free:	Yes	Energy (per 100g):	434kJ (104Cal)
Egg Free:	Yes	Protein (per 100g):	2.7g
Vegetarian:	Yes	Fat (total, per 100g):	2.9g
Energy:	867kJ (207Cal)	Fat (Sat, per 100g):	1.2g
Protein:	5.5g	Carbohydrates (per 100g):	16.7g
Fat (total):	n/a	Sugar (per 100g)	2.8g
Fat (Sat):	2.5g	Sodium (per 100g):	60mg

Thursday - 19/08/2021

Gf & Df Vegetable Risotto (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Arborio Rice, Onion, Pumpkin (8%), Carrot, Zucchini, Broccoli, Olive Oil, Garlic, Ground Black Pepper

Allergy Information

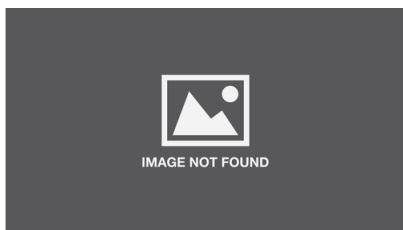
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7g
Dairy Free:	Yes	Sugar:	15.4g
Lactose Free:	Yes	Sodium:	29mg
Soy Free:	Yes	Energy (per 100g):	532kJ (127Cal)
Egg Free:	Yes	Protein (per 100g):	2.2g
Vegetarian:	Yes	Fat (total, per 100g):	6.2g
Energy:	1060kJ (254Cal)	Fat (Sat, per 100g):	1.0g
Protein:	4.4g	Carbohydrates (per 100g):	20.4g
Fat (total):	n/a	Sugar (per 100g)	7.7g
Fat (Sat):	1.9g	Sodium (per 100g):	14mg

Thursday - 19/08/2021

Chicken & Sage Sausage Rolls (Afternoon Tea)

Serving Size: 65g



Ingredients

Chicken, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Onion, Carrot, Celery, Filtered Water, Garlic, Olive Oil, Sage, White Pepper

Allergy Information

Contains Wheat, Soybean, Gluten:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.4g
Dairy Free:	No	Sugar:	0.7g
Lactose Free:	No	Sodium:	49mg
Soy Free:	No	Energy (per 100g):	535kJ (128Cal)
Egg Free:	No	Protein (per 100g):	9.8g
Vegetarian:	No	Fat (total, per 100g):	5.9g
Energy:	693kJ (166Cal)	Fat (Sat, per 100g):	1.4g
Protein:	6.2g	Carbohydrates (per 100g):	6.0g
Fat (total):	n/a	Sugar (per 100g)	1.6g
Fat (Sat):	4.4g	Sodium (per 100g):	119mg

Thursday - 19/08/2021

Gf & Df Vegetable & Kale Sausage Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Flour Raising Gluten Free (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)), Filtered Water, Chickpeas, Red Capsicum, Corn, Onion, Carrot, Celery, Kale, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Garlic, Olive Oil, Cumin, Thyme, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.2g
Dairy Free:	Yes	Sugar:	2.5g
Lactose Free:	Yes	Sodium:	74mg
Soy Free:	Yes	Energy (per 100g):	607kJ (145Cal)
Egg Free:	Yes	Protein (per 100g):	1.7g
Vegetarian:	Yes	Fat (total, per 100g):	4.4g
Energy:	364kJ (87Cal)	Fat (Sat, per 100g):	0.4g
Protein:	1.0g	Carbohydrates (per 100g):	32.0g
Fat (total):	n/a	Sugar (per 100g)	4.2g
Fat (Sat):	0.3g	Sodium (per 100g):	124mg

Friday - 20/08/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Friday - 20/08/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Friday - 20/08/2021

Shepherds Pie w/ Mashed Potato (Lunch)

Serving Size: 200g



Ingredients

Potato, Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef Chuck (10%), Milk, Lamb Mince (7%), Onion, Carrot, Celery, Mushrooms, Green Beans, Gravy (Maize Starch, Salt, Vegetable Protein (Corn), Onion, Natural Caramel, Vegetable Oil), Tomato Paste (Citric Acid), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Olive Oil, Garlic, Italian Mixed Herbs, White Pepper

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.7g
Dairy Free:	No	Sugar:	4.4g
Lactose Free:	No	Sodium:	267mg
Soy Free:	Yes	Energy (per 100g):	412kJ (98Cal)
Egg Free:	Yes	Protein (per 100g):	7.9g
Vegetarian:	No	Fat (total, per 100g):	2.9g
Energy:	824kJ (197Cal)	Fat (Sat, per 100g):	1.0g
Protein:	15.8g	Carbohydrates (per 100g):	9.4g
Fat (total):	n/a	Sugar (per 100g)	2.2g
Fat (Sat):	2.1g	Sodium (per 100g):	133mg

Friday - 20/08/2021

GF & DF Sweet Potato Shepherds Pie (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Sweet Potato, Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef Chuck (10%), Lamb Mince (7%), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Onion, Carrot, Celery, Mushrooms, Green Beans, Gravy (Maize Starch, Salt, Vegetable Protein (Corn), Onion, Natural Caramel, Vegetable Oil), Tomato Paste (Citric Acid), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Olive Oil, Garlic, Italian Mixed Herbs, White Pepper

Allergy Information

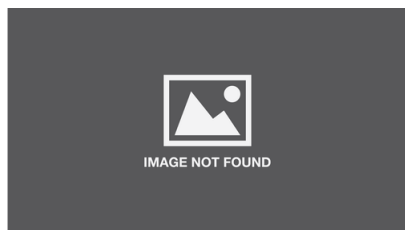
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.8g
Dairy Free:	Yes	Sugar:	7.1g
Lactose Free:	Yes	Sodium:	268mg
Soy Free:	Yes	Energy (per 100g):	414kJ (99Cal)
Egg Free:	Yes	Protein (per 100g):	7.3g
Vegetarian:	No	Fat (total, per 100g):	2.7g
Energy:	829kJ (198Cal)	Fat (Sat, per 100g):	0.8g
Protein:	14.5g	Carbohydrates (per 100g):	10.4g
Fat (total):	n/a	Sugar (per 100g)	3.5g
Fat (Sat):	1.7g	Sodium (per 100g):	134mg

Friday - 20/08/2021

GF & DF Lentil Veggie Pie (Al) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Tomato Puree, Potato, Sweet Potato (18%), Borlotti Beans (Water, Salt, Ascorbic Acid), Onion, Carrot, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Celery, Zucchini, Red Capsicum, Peas, Red Lentil, Filtered Water, Tomato Paste (Citric Acid), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Garlic, Mixed Herbs, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.2g
Dairy Free:	Yes	Sugar:	7.3g
Lactose Free:	Yes	Sodium:	61mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.0g
Vegetarian:	Yes	Fat (total, per 100g):	1.0g
Energy:	600kJ (143Cal)	Fat (Sat, per 100g):	less than 0.1g
Protein:	5.9g	Carbohydrates (per 100g):	11.1g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	0.2g	Sodium (per 100g):	31mg

Friday - 20/08/2021

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

Serving Size: 50g



Ingredients

Brown Rice Crackers (Brown Rice Flour, Rice Bran Oil (10%)), Tuna (22%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Semi Dried Tomato (22%), Cannellini Beans, Olive Oil, Lemon Juice, White Pepper

Allergy Information

Contains Fish

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.3g
Dairy Free:	Yes	Sugar:	1.7g
Lactose Free:	Yes	Sodium:	99mg
Soy Free:	Yes	Energy (per 100g):	905kJ (216Cal)
Egg Free:	Yes	Protein (per 100g):	9.9g
Vegetarian:	Yes	Fat (total, per 100g):	6.2g
Energy:	453kJ (108Cal)	Fat (Sat, per 100g):	1.3g
Protein:	4.9g	Carbohydrates (per 100g):	28.6g
Fat (total):	n/a	Sugar (per 100g)	3.4g
Fat (Sat):	0.7g	Sodium (per 100g):	198mg

Friday - 20/08/2021

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

Serving Size: 35g



Ingredients

Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Brown Rice Crackers (Brown Rice Flour, Rice Bran Oil (10%)), Tuna (21%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Chives (1.5%), White Pepper

Allergy Information

Contains Fish, Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	8.3g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	No	Sodium:	77mg
Soy Free:	Yes	Energy (per 100g):	1240kJ (295Cal)
Egg Free:	Yes	Protein (per 100g):	12.0g
Vegetarian:	No	Fat (total, per 100g):	16.7g
Energy:	433kJ (103Cal)	Fat (Sat, per 100g):	10.6g
Protein:	4.2g	Carbohydrates (per 100g):	23.6g
Fat (total):	n/a	Sugar (per 100g)	1.8g
Fat (Sat):	3.7g	Sodium (per 100g):	220mg

Friday - 20/08/2021

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

Serving Size: 35g



Ingredients

Cream Cheese (42%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Brown Rice Crackers (Brown Rice Flour, Rice Bran Oil (10%)), Semi Dried Tomato (17%), Onion, Olive Oil, Mixed Herbs (0%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.8g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	98mg
Soy Free:	Yes	Energy (per 100g):	1370kJ (326Cal)
Egg Free:	Yes	Protein (per 100g):	7.4g
Vegetarian:	Yes	Fat (total, per 100g):	20.4g
Energy:	478kJ (114Cal)	Fat (Sat, per 100g):	11.1g
Protein:	2.6g	Carbohydrates (per 100g):	27.9g
Fat (total):	n/a	Sugar (per 100g)	5.1g
Fat (Sat):	3.9g	Sodium (per 100g):	281mg

Friday - 20/08/2021

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

Serving Size: 50g



Ingredients

Pumpkin (31%), Brown Rice Crackers (28%) (Brown Rice Flour, Rice Bran Oil (10%)), Chickpeas (25%), Tahini, Olive Oil, Lemon Juice, Cumin, Garlic Powder, White Pepper

Allergy Information

Contains Sesame Seeds

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.5g
Dairy Free:	Yes	Sugar:	1.6g
Lactose Free:	Yes	Sodium:	47mg
Soy Free:	Yes	Energy (per 100g):	1050kJ (251Cal)
Egg Free:	Yes	Protein (per 100g):	6.2g
Vegetarian:	Yes	Fat (total, per 100g):	11.8g
Energy:	525kJ (125Cal)	Fat (Sat, per 100g):	1.9g
Protein:	3.1g	Carbohydrates (per 100g):	29.1g
Fat (total):	n/a	Sugar (per 100g)	3.3g
Fat (Sat):	1.0g	Sodium (per 100g):	95mg