# Menu: Childcare Week 3 - 9.11.26 - 13.11.26

**Monday - 09/11/2026**

## Apple & Sultana Scroll w/ Organic Milk (Morning Tea)

Serving Size: 160 g



Ingredients

Organic Full Cream **Milk**, Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Currants (**Peanut**) (Currants (99.7%), Sunflower Oil (0.3%)), Sultana (Sultanas, Vegetable Oil), Olive Oil, Modified Corn Starch (Gluten Free), Pureharvest Organic Rice Malt Syrup, Skim **Milk** Powder, Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate), Cinnamon.

Allergy Information

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

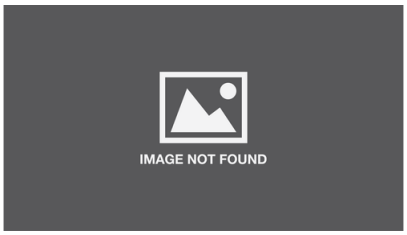
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 35.6 g |
| Dairy Free: | No | Sugar: | 14.4 g |
| Lactose Free: | No | Sodium: | 236 mg |
| Soy Free: | No | Fat (total): | 7.4 g |
| Egg Free: | Yes | Fat (Sat): | 3.2 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 22.3 g |
| Fish Free: | Yes | Sugar (per 100g) | 9.0 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 148 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 4.6 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.0 g |
| Energy: | 1030 kJ (246 Cal) | Energy (per 100g): | 644 kJ (154 Cal) |
| Protein: | 7.3 g | Protein (per 100g): | 4.6 g |

**Monday - 09/11/2026**

## GF & DF Apple Muffin w/ Organic Milk (Al) (Morning Tea) [Allergy]

Serving Size: 160 g




Ingredients

Organic Full Cream **Milk**, Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Banana, Diced Apple (6%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Sultana (Sultanas, Vegetable Oil), Olive Oil, Cinnamon, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

Allergy Information

Contains Milk.:

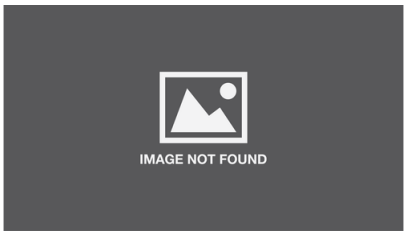
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 39.4 g |
| Dairy Free: | No | Sugar: | 14.9 g |
| Lactose Free: | No | Sodium: | 201 mg |
| Soy Free: | Yes | Fat (total): | 9.7 g |
| Egg Free: | Yes | Fat (Sat): | 3.5 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 24.6 g |
| Fish Free: | Yes | Sugar (per 100g) | 9.3 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 126 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 6.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.2 g |
| Energy: | 1140 kJ (271 Cal) | Energy (per 100g): | 709 kJ (170 Cal) |
| Protein: | 4.7 g | Protein (per 100g): | 2.9 g |

**Monday - 09/11/2026**

## DF Apple Muffin w/ Organic Soy Milk (Al) (Morning Tea) [Allergy]

Serving Size: 160 g




Ingredients

**Soy** Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Diced Apple (7%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Sultana (Sultanas, Vegetable Oil), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Cinnamon.

Allergy Information

Contains Gluten, Wheat, Soy.:

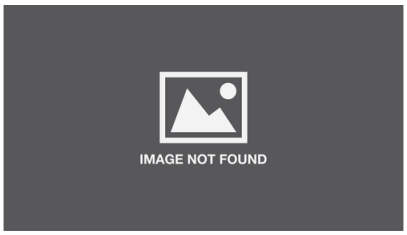
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 29.6 g |
| Dairy Free: | Yes | Sugar: | 9.4 g |
| Lactose Free: | Yes | Sodium: | 369 mg |
| Soy Free: | No | Fat (total): | 8.1 g |
| Egg Free: | Yes | Fat (Sat): | 1.6 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 18.5 g |
| Fish Free: | Yes | Sugar (per 100g) | 5.8 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 231 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 5.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.0 g |
| Energy: | 923 kJ (221 Cal) | Energy (per 100g): | 577 kJ (138 Cal) |
| Protein: | 6.0 g | Protein (per 100g): | 3.7 g |

**Monday - 09/11/2026**

## GF & DF Apple Muffin w/ Rice Milk (Al) (Morning Tea) [Allergy]

Serving Size: 160 g




Ingredients

Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), 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)), Banana, Diced Apple (6%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Sultana (Sultanas, Vegetable Oil), Olive Oil, Cinnamon, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 43.7 g |
| Dairy Free: | Yes | Sugar: | 13.5 g |
| Lactose Free: | Yes | Sodium: | 228 mg |
| Soy Free: | Yes | Fat (total): | 6.9 g |
| Egg Free: | Yes | Fat (Sat): | 0.9 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 27.3 g |
| Fish Free: | Yes | Sugar (per 100g) | 8.4 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 142 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 4.3 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.6 g |
| Energy: | 1060 kJ (252 Cal) | Energy (per 100g): | 660 kJ (158 Cal) |
| Protein: | 1.9 g | Protein (per 100g): | 1.2 g |

**Monday - 09/11/2026**

## Spaghetti Bolognaise w/ Cheddar Cheese (Lunch)

Serving Size: 225 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic (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, Milk.:May Contain Soy.

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 37.2 g |
| Dairy Free: | No | Sugar: | 4.7 g |
| Lactose Free: | No | Sodium: | 178 mg |
| Soy Free: | Yes | Fat (total): | 12.5 g |
| Egg Free: | Yes | Fat (Sat): | 6.7 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 16.5 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.1 g |
| Red Meat Free: | No | Sodium (per 100g): | 79 mg |
| Tomato Free: | No | Fat (total, per 100g): | 5.6 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 3.0 g |
| Energy: | 1520 kJ (364 Cal) | Energy (per 100g): | 676 kJ (162 Cal) |
| Protein: | 22.0 g | Protein (per 100g): | 9.8 g |

**Monday - 09/11/2026**

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

Serving Size: 205 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic (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: | 37.2 g |
| Dairy Free: | Yes | Sugar: | 4.6 g |
| Lactose Free: | Yes | Sodium: | 48 mg |
| Soy Free: | Yes | Fat (total): | 5.6 g |
| Egg Free: | Yes | Fat (Sat): | 2.0 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 18.1 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: | 1170 kJ (280 Cal) | Energy (per 100g): | 572 kJ (137 Cal) |
| Protein: | 17.1 g | Protein (per 100g): | 8.3 g |

**Monday - 09/11/2026**

## Tomato & Vegetable Spaghetti (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Water, Tomato Passata (20%) (Tomato (99%), Citric Acid), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion (5%), Capsicum (4.5%), Carrot (4%), Zucchini (4%), Cannellini Beans, Celery (2%), Olive Oil, Potato Starch, Tomato Paste (0.5%) (Citric Acid), Garlic (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 Soy.

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 33.6 g |
| Dairy Free: | Yes | Sugar: | 7.4 g |
| Lactose Free: | Yes | Sodium: | 51 mg |
| Soy Free: | Yes | Fat (total): | 3.0 g |
| Egg Free: | Yes | Fat (Sat): | 0.6 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 16.8 g |
| Fish Free: | Yes | Sugar (per 100g) | 3.7 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 25 mg |
| Tomato Free: | No | Fat (total, per 100g): | 1.5 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.3 g |
| Energy: | 821 kJ (196 Cal) | Energy (per 100g): | 411 kJ (98 Cal) |
| Protein: | 5.9 g | Protein (per 100g): | 2.9 g |

**Monday - 09/11/2026**

## GF & DF Spaghetti Bolognaise (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic (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: | 39.6 g |
| Dairy Free: | Yes | Sugar: | 3.6 g |
| Lactose Free: | Yes | Sodium: | 46 mg |
| Soy Free: | Yes | Fat (total): | 5.3 g |
| Egg Free: | Yes | Fat (Sat): | 1.9 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 19.8 g |
| Fish Free: | Yes | Sugar (per 100g) | 1.8 g |
| Red Meat Free: | No | Sodium (per 100g): | 23 mg |
| Tomato Free: | No | Fat (total, per 100g): | 2.7 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.9 g |
| Energy: | 1140 kJ (273 Cal) | Energy (per 100g): | 571 kJ (136 Cal) |
| Protein: | 14.6 g | Protein (per 100g): | 7.3 g |

**Monday - 09/11/2026**

## GF & DF Vegetable Spaghetti (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Water, Tomato Passata (20%) (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion (5%), Capsicum (4.5%), Carrot (4%), Zucchini (4%), Cannellini Beans, Celery (2%), Olive Oil, Potato Starch, Tomato Paste (0.5%) (Citric Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 39.3 g |
| Dairy Free: | Yes | Sugar: | 6.7 g |
| Lactose Free: | Yes | Sodium: | 51 mg |
| Soy Free: | Yes | Fat (total): | 3.0 g |
| Egg Free: | Yes | Fat (Sat): | 0.6 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 19.6 g |
| Fish Free: | Yes | Sugar (per 100g) | 3.4 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 26 mg |
| Tomato Free: | No | Fat (total, per 100g): | 1.5 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.3 g |
| Energy: | 874 kJ (209 Cal) | Energy (per 100g): | 437 kJ (104 Cal) |
| Protein: | 4.3 g | Protein (per 100g): | 2.2 g |

**Monday - 09/11/2026**

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

Serving Size: 200 g



Ingredients

Water, Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Cannellini Beans, Onion (7%), Carrot (6%), Beetroot (3%), Celery (3%), Roasted Capsicum (3%), Zucchini (3%), Nutritional Yeast, Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Potato Starch, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 37.8 g |
| Dairy Free: | Yes | Sugar: | 3.0 g |
| Lactose Free: | Yes | Sodium: | 95 mg |
| Soy Free: | Yes | Fat (total): | 3.2 g |
| Egg Free: | Yes | Fat (Sat): | 0.6 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 18.9 g |
| Fish Free: | Yes | Sugar (per 100g) | 1.5 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 47 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 1.6 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.3 g |
| Energy: | 919 kJ (220 Cal) | Energy (per 100g): | 460 kJ (110 Cal) |
| Protein: | 7.0 g | Protein (per 100g): | 3.5 g |

**Monday - 09/11/2026**

## Rockmelon & Pineapple (Afternoon Tea)

Serving Size: 90 g



Ingredients

Rockmelon, Pineapple.

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 5.6 g |
| Dairy Free: | Yes | Sugar: | 5.6 g |
| Lactose Free: | Yes | Sodium: | 8 mg |
| Soy Free: | Yes | Fat (total): | 0.1 g |
| Egg Free: | Yes | Fat (Sat): | less than 0.1 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 6.3 g |
| Fish Free: | Yes | Sugar (per 100g) | 6.3 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 9 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 0.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | less than 0.1 g |
| Energy: | 127 kJ (30 Cal) | Energy (per 100g): | 141 kJ (34 Cal) |
| Protein: | 0.5 g | Protein (per 100g): | 0.5 g |

**Tuesday - 10/11/2026**

## Orange & Pear w/ Cheese & Multigrain Corn Thins (Morning Tea)

Serving Size: 118 g



Ingredients

Orange, Pear (34%), Cheese Slices (14%) ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet, Non-animal Lipase))), Multigrain Corn Thins (10%) (Maize (78%), Sorghum (6%), Brown Rice (6%), Buckwheat (4.5%), Millet (2%), Sunflower Oil, Sea Salt.).

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

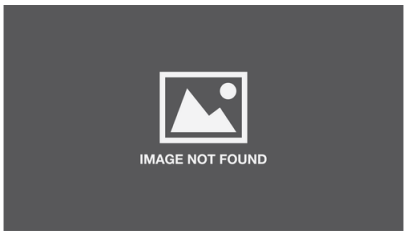
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 16.7 g |
| Dairy Free: | No | Sugar: | 8.1 g |
| Lactose Free: | No | Sodium: | 147 mg |
| Soy Free: | Yes | Fat (total): | 5.7 g |
| Egg Free: | Yes | Fat (Sat): | 3.5 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 14.2 g |
| Fish Free: | Yes | Sugar (per 100g) | 6.9 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 124 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 4.9 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 3.0 g |
| Energy: | 633 kJ (151 Cal) | Energy (per 100g): | 536 kJ (128 Cal) |
| Protein: | 6.0 g | Protein (per 100g): | 5.1 g |

**Tuesday - 10/11/2026**

## Orange & Pear w/ LF Cheese & Crackers (Al) (Morning Tea) [Allergy]

Serving Size: 120 g




Ingredients

Orange (42%), Pear (33%), 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.

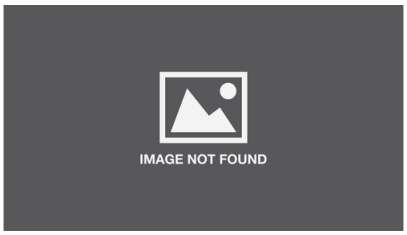
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 18.2 g |
| Dairy Free: | No | Sugar: | 8.3 g |
| Lactose Free: | Yes | Sodium: | 194 mg |
| Soy Free: | Yes | Fat (total): | 6.4 g |
| Egg Free: | Yes | Fat (Sat): | 3.6 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 15.2 g |
| Fish Free: | Yes | Sugar (per 100g) | 6.9 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 161 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 5.3 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 3.0 g |
| Energy: | 669 kJ (160 Cal) | Energy (per 100g): | 557 kJ (133 Cal) |
| Protein: | 5.7 g | Protein (per 100g): | 4.8 g |

**Tuesday - 10/11/2026**

## Orange & Pear w/ Plant Cheese & Crackers (Al) (Morning Tea) [Allergy]

Serving Size: 120 g




Ingredients

Orange (42%), Pear (33%), Plant Based Cheese (Water, Coconut Oil (22%), Modified Potato Starch (1442,1450), Acidity Regulators (333, 270, 325,330), Maize Starch, Fructose, Sea Salt, Natural Flavourings, Modified Maize Starch (1450), Thickeners (407, 412), Yeast Extract, Colour (160a).), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt).

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 21.7 g |
| Dairy Free: | Yes | Sugar: | 8.2 g |
| Lactose Free: | Yes | Sodium: | 190 mg |
| Soy Free: | Yes | Fat (total): | 5.8 g |
| Egg Free: | Yes | Fat (Sat): | 4.2 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 18.1 g |
| Fish Free: | Yes | Sugar (per 100g) | 6.8 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 158 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 4.8 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 3.5 g |
| Energy: | 635 kJ (152 Cal) | Energy (per 100g): | 529 kJ (127 Cal) |
| Protein: | 1.6 g | Protein (per 100g): | 1.3 g |

**Tuesday - 10/11/2026**

## Creamy Vegetable Pasta Bake w/ Zucchini (Lunch)

Serving Size: 220 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Zucchini (12%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Mozzarella Cheese (9%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot (3%), Onion (3%), Pumpkin (3%), Red Lentils (Red Lentils, Vegetable Oil), Skim **Milk** Powder, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), **Wheat** Flour, Capsicum (1%), Celery (1%), Tomato Paste (1%) (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 Peanut, Soy, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Lupin.

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 35.6 g |
| Dairy Free: | No | Sugar: | 5.9 g |
| Lactose Free: | No | Sodium: | 135 mg |
| Soy Free: | Yes | Fat (total): | 8.9 g |
| Egg Free: | Yes | Fat (Sat): | 4.8 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 16.2 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.7 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 61 mg |
| Tomato Free: | No | Fat (total, per 100g): | 4.0 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.2 g |
| Energy: | 1190 kJ (285 Cal) | Energy (per 100g): | 543 kJ (130 Cal) |
| Protein: | 13.1 g | Protein (per 100g): | 6.0 g |

**Tuesday - 10/11/2026**

## 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) |

**Tuesday - 10/11/2026**

## LF Creamy Vegetable Pasta Bake (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%), Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), 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, Milk.:May Contain Peanut, Soy, Almond, Brazil Nut, Cashew, Hazelnut, Sesame, Macadamia, Pecan, Pine Nut, Pistachio, Walnut, Lupin.

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 35.0 g |
| Dairy Free: | No | Sugar: | 5.4 g |
| Lactose Free: | Yes | Sodium: | 99 mg |
| Soy Free: | Yes | Fat (total): | 9.5 g |
| Egg Free: | Yes | Fat (Sat): | 5.3 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 17.5 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.7 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 49 mg |
| Tomato Free: | No | Fat (total, per 100g): | 4.8 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.6 g |
| Energy: | 1170 kJ (279 Cal) | Energy (per 100g): | 584 kJ (140 Cal) |

**Tuesday - 10/11/2026**

## 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) |

**Tuesday - 10/11/2026**

## 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 |

**Tuesday - 10/11/2026**

## 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 |

**Tuesday - 10/11/2026**

## Tuna & Tomato Dip w/ Veggie Sticks & Crackers (Al) (Afternoon Tea) [Allergy]

Serving Size: 80 g



Ingredients

Organic Brown Rice Crackers (19%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Capsicum (13%), Carrot (13%), Celery (13%), Cannellini Beans, Semi Dried Tomato (12%) (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.

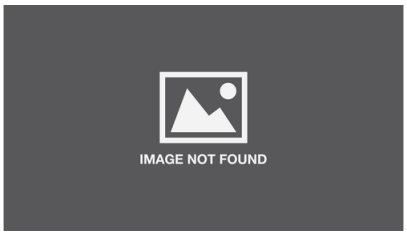
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 15.4 g |
| Dairy Free: | Yes | Sugar: | 3.4 g |
| Lactose Free: | Yes | Sodium: | 210 mg |
| Soy Free: | Yes | Fat (total): | 2.4 g |
| Egg Free: | Yes | Fat (Sat): | 0.3 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 19.3 g |
| Fish Free: | No | Sugar (per 100g) | 4.3 g |
| Red Meat Free: | No | Sodium (per 100g): | 263 mg |
| Tomato Free: | No | Fat (total, per 100g): | 3.0 g |
| Sesame Free: | No | Fat (Sat, per 100g): | 0.4 g |
| Energy: | 445 kJ (106 Cal) | Energy (per 100g): | 557 kJ (133 Cal) |
| Protein: | 4.4 g | Protein (per 100g): | 5.5 g |

**Tuesday - 10/11/2026**

## Pumpkin Hummus w/ Veggie Sticks & Crackers (Al) (Afternoon Tea) [Allergy]

Serving Size: 80 g




Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 16.2 g |
| Dairy Free: | Yes | Sugar: | 2.0 g |
| Lactose Free: | Yes | Sodium: | 137 mg |
| Soy Free: | Yes | Fat (total): | 3.8 g |
| Egg Free: | Yes | Fat (Sat): | 0.6 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 20.2 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.5 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 172 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 4.8 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.7 g |
| Energy: | 486 kJ (116 Cal) | Energy (per 100g): | 607 kJ (145 Cal) |
| Protein: | 3.2 g | Protein (per 100g): | 4.0 g |

**Wednesday - 11/11/2026**

## 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 |

**Wednesday - 11/11/2026**

## 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 |

**Wednesday - 11/11/2026**

## 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 |

**Wednesday - 11/11/2026**

## 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 |

**Wednesday - 11/11/2026**

## Roast Chicken, Lettuce & Cheesy Carrot Sandwich (Lunch)

Serving Size: 140 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 (29%), Iceberg Lettuce (11%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Carrot (3%), White Pepper (White Pepper, Rice).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

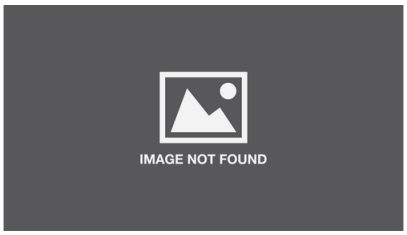
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 29.0 g |
| Dairy Free: | No | Sugar: | 1.4 g |
| Lactose Free: | No | Sodium: | 320 mg |
| Soy Free: | No | Fat (total): | 8.2 g |
| Egg Free: | Yes | Fat (Sat): | 3.2 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 20.7 g |
| Fish Free: | Yes | Sugar (per 100g) | 1.0 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 229 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 5.8 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.3 g |
| Energy: | 1160 kJ (277 Cal) | Energy (per 100g): | 827 kJ (198 Cal) |
| Protein: | 18.4 g | Protein (per 100g): | 13.2 g |

**Wednesday - 11/11/2026**

## Roast Beef, Cucumber, Carrot & Lentil 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).), Beef (27%), Cucumber (10%), Carrot (7%), Roasted Carrot (4%), Brown Lentils (3%) (Brown Lentils, Water, Ascorbic Acid), Olive Oil, Cumin.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 28.8 g |
| Dairy Free: | Yes | Sugar: | 1.7 g |
| Lactose Free: | Yes | Sodium: | 316 mg |
| Soy Free: | No | Fat (total): | 5.9 g |
| Egg Free: | Yes | Fat (Sat): | 1.4 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 19.2 g |
| Fish Free: | Yes | Sugar (per 100g) | 1.2 g |
| Red Meat Free: | No | Sodium (per 100g): | 210 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 3.9 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.9 g |
| Energy: | 1130 kJ (271 Cal) | Energy (per 100g): | 755 kJ (181 Cal) |
| Protein: | 21.9 g | Protein (per 100g): | 14.6 g |

**Wednesday - 11/11/2026**

## 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 - 11/11/2026**

## 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 - 11/11/2026**

## 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 - 11/11/2026**

## Teriyaki Beef & Avocado Sushi (Lunch) [Allergy]

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 - 11/11/2026**

## Tropicana Pizza (Afternoon Tea)

Serving Size: 70 g



Ingredients

Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Pineapple, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Raw Sugar, Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate), Garlic (Minced Garlic (99%), Citric Acid (1%)), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 23.0 g |
| Dairy Free: | No | Sugar: | 3.1 g |
| Lactose Free: | No | Sodium: | 290 mg |
| Soy Free: | No | Fat (total): | 7.4 g |
| Egg Free: | Yes | Fat (Sat): | 3.0 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 32.9 g |
| Fish Free: | Yes | Sugar (per 100g) | 4.4 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 415 mg |
| Tomato Free: | No | Fat (total, per 100g): | 10.6 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 4.2 g |
| Energy: | 823 kJ (197 Cal) | Energy (per 100g): | 1180 kJ (281 Cal) |
| Protein: | 8.2 g | Protein (per 100g): | 11.7 g |

**Wednesday - 11/11/2026**

## LF Tropicana Pizza (Al) (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Pineapple, Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Raw Sugar, Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate), Garlic (Minced Garlic (99%), Citric Acid (1%)), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 21.5 g |
| Dairy Free: | No | Sugar: | 3.6 g |
| Lactose Free: | Yes | Sodium: | 291 mg |
| Soy Free: | No | Fat (total): | 8.5 g |
| Egg Free: | Yes | Fat (Sat): | 4.0 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 30.6 g |
| Fish Free: | Yes | Sugar (per 100g) | 5.1 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 416 mg |
| Tomato Free: | No | Fat (total, per 100g): | 12.2 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 5.8 g |
| Energy: | 822 kJ (196 Cal) | Energy (per 100g): | 1170 kJ (281 Cal) |

**Wednesday - 11/11/2026**

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

Serving Size: 70 g



Ingredients

Roast Chicken Breast (29%), Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Pineapple, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Carrot, Onion, Zucchini, Raw Sugar, Capsicum, Tomato Paste (Citric Acid), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate), Garlic (Minced Garlic (99%), Citric Acid (1%)), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 18.9 g |
| Dairy Free: | Yes | Sugar: | 2.9 g |
| Lactose Free: | Yes | Sodium: | 164 mg |
| Soy Free: | No | Fat (total): | 4.2 g |
| Egg Free: | Yes | Fat (Sat): | 0.9 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 27.0 g |
| Fish Free: | Yes | Sugar (per 100g) | 4.1 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 234 mg |
| Tomato Free: | No | Fat (total, per 100g): | 6.0 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.3 g |
| Energy: | 627 kJ (150 Cal) | Energy (per 100g): | 896 kJ (214 Cal) |
| Protein: | 8.0 g | Protein (per 100g): | 11.4 g |

**Wednesday - 11/11/2026**

## GF & DF Tropicana Chicken Pizza Pocket (Al) (Afternoon Tea) [Allergy]

Serving Size: 90 g



Ingredients

Gluten Free Slider Bun ((Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium, Baking Powder, Sea Salt, Buckwheat, Flaxseed, Spirulina), Vegetable Oil, Vinegar, Yeast.), Chicken, Pineapple, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Salt, Bamboo Fibre, Acid(270), Fructose, Gelling Agent(406), Colour(160a).), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Pepper.

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 21.0 g |
| Dairy Free: | Yes | Sugar: | 4.6 g |
| Lactose Free: | Yes | Sodium: | 236 mg |
| Soy Free: | Yes | Fat (total): | 6.8 g |
| Egg Free: | Yes | Fat (Sat): | 3.1 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 23.4 g |
| Fish Free: | Yes | Sugar (per 100g) | 5.1 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 262 mg |
| Tomato Free: | No | Fat (total, per 100g): | 7.5 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 3.4 g |
| Energy: | 723 kJ (173 Cal) | Energy (per 100g): | 804 kJ (192 Cal) |
| Protein: | 5.7 g | Protein (per 100g): | 6.3 g |

**Wednesday - 11/11/2026**

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

Serving Size: 70 g




Ingredients

Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), Pineapple, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Salt, Bamboo Fibre, Acid(270), Fructose, Gelling Agent(406), Colour(160a).), Cannellini Beans, Water, Red Capsicum Strips (7%) (Red Peppers, Water, Vinegar, Salt, Sugar), Onion (1.5%), Carrot (1.5%), Beetroot (0.5%), Celery, Roasted Capsicum, Zucchini, Olive Oil, Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Potato Starch, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 22.7 g |
| Dairy Free: | Yes | Sugar: | 2.4 g |
| Lactose Free: | Yes | Sodium: | 234 mg |
| Soy Free: | No | Fat (total): | 4.0 g |
| Egg Free: | Yes | Fat (Sat): | 2.7 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 32.4 g |
| Fish Free: | Yes | Sugar (per 100g) | 3.4 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 334 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 5.7 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 3.9 g |
| Energy: | 616 kJ (147 Cal) | Energy (per 100g): | 880 kJ (210 Cal) |
| Protein: | 3.7 g | Protein (per 100g): | 5.3 g |

**Thursday - 12/11/2026**

## 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 |

**Thursday - 12/11/2026**

## 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 |

**Thursday - 12/11/2026**

## 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 |

**Thursday - 12/11/2026**

## 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 |

**Thursday - 12/11/2026**

## Amits Chicken Curry w/ Rice & Broccoli (Lunch)

Serving Size: 220 g



Ingredients

Basmati Rice (34%), Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Broccoli (9%), Chicken Breast, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Yellow Pigeon Peas, Carrot, Onion, Zucchini, Corn Kernals, Tomato Paste (Citric Acid), Olive Oil, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Garlic (Minced Garlic (99%), Citric Acid (1%)), Ground Coriander, Paprika, Curry Powder (0%) (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper), Ground Turmeric, Potato Starch.

Allergy Information

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

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 36.6 g |
| Dairy Free: | Yes | Sugar: | 4.6 g |
| Lactose Free: | Yes | Sodium: | 104 mg |
| Soy Free: | No | Fat (total): | 2.6 g |
| Egg Free: | Yes | Fat (Sat): | 0.7 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 16.6 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.1 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 47 mg |
| Tomato Free: | No | Fat (total, per 100g): | 1.2 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.3 g |
| Energy: | 997 kJ (238 Cal) | Energy (per 100g): | 453 kJ (108 Cal) |
| Protein: | 15.0 g | Protein (per 100g): | 6.8 g |

**Thursday - 12/11/2026**

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

Serving Size: 220 g



Ingredients

Basmati Rice (34%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Tomato Crushed (13%) (Tomatoes (99%), Salt, Food Acid (330)), Peas (9%), Broccoli (9%), Yellow Pigeon Peas (6%), Onion (4%), Carrot (4%), Zucchini, Corn Kernals (2%), Tomato Paste (Citric Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Olive Oil, Ground Coriander, Ground Turmeric, Paprika, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

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

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 46.5 g |
| Dairy Free: | Yes | Sugar: | 10.9 g |
| Lactose Free: | Yes | Sodium: | 55 mg |
| Soy Free: | No | Fat (total): | 2.3 g |
| Egg Free: | Yes | Fat (Sat): | 0.6 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 21.1 g |
| Fish Free: | Yes | Sugar (per 100g) | 5.0 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 25 mg |
| Tomato Free: | No | Fat (total, per 100g): | 1.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.3 g |
| Energy: | 1100 kJ (263 Cal) | Energy (per 100g): | 500 kJ (120 Cal) |
| Protein: | 10.7 g | Protein (per 100g): | 4.9 g |

**Thursday - 12/11/2026**

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

Serving Size: 220 g




Ingredients

Brown Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Broccoli, Cauliflower, Pumpkin, Chickpeas, Coconut Cream (Coconut Cream (74%), Water, Thickener (415)), Peas, Onion, Carrot, Sultana (Sultanas, Vegetable Oil), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), White Pepper (White Pepper, Rice), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

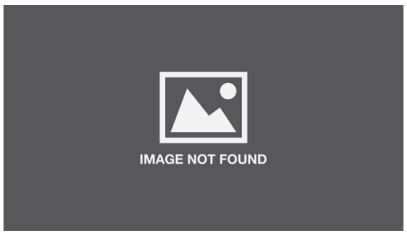
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 41.0 g |
| Dairy Free: | Yes | Sugar: | 10.7 g |
| Lactose Free: | Yes | Sodium: | 63 mg |
| Soy Free: | Yes | Fat (total): | 8.2 g |
| Egg Free: | Yes | Fat (Sat): | 4.5 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 18.6 g |
| Fish Free: | Yes | Sugar (per 100g) | 4.9 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 29 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 3.7 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.0 g |
| Energy: | 1170 kJ (279 Cal) | Energy (per 100g): | 531 kJ (127 Cal) |
| Protein: | 7.5 g | Protein (per 100g): | 3.4 g |

**Thursday - 12/11/2026**

## Watermelon & Mandarin w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 170 g




Ingredients

Watermelon (47%), Organic All Natural Yoghurt (29%) (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Mandarin.

Allergy Information

Contains Milk.:

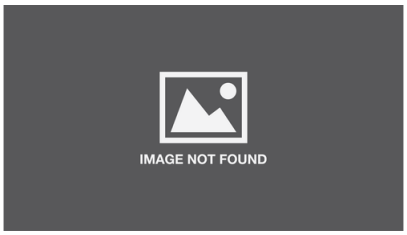
Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 13.4 g |
| Dairy Free: | No | Sugar: | 13.1 g |
| Lactose Free: | No | Sodium: | 33 mg |
| Soy Free: | Yes | Fat (total): | 1.7 g |
| Egg Free: | Yes | Fat (Sat): | 1.1 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 7.9 g |
| Fish Free: | Yes | Sugar (per 100g) | 7.7 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 19 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 1.0 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.6 g |
| Energy: | 359 kJ (86 Cal) | Energy (per 100g): | 211 kJ (51 Cal) |
| Protein: | 3.2 g | Protein (per 100g): | 1.9 g |

**Thursday - 12/11/2026**

## Watermelon & Mandarin w/ Coconut Yoghurt (Afternoon Tea) [Allergy]

Serving Size: 180 g




Ingredients

Coconut Yoghurt (56%) (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), Watermelon, Mandarin.

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 14.9 g |
| Dairy Free: | Yes | Sugar: | 7.4 g |
| Lactose Free: | Yes | Sodium: | 7 mg |
| Soy Free: | Yes | Fat (total): | 8.8 g |
| Egg Free: | Yes | Fat (Sat): | 8.4 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 8.3 g |
| Fish Free: | Yes | Sugar (per 100g) | 4.1 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 4 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 4.9 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 4.7 g |
| Energy: | 619 kJ (148 Cal) | Energy (per 100g): | 344 kJ (82 Cal) |
| Protein: | 1.7 g | Protein (per 100g): | 0.9 g |

**Friday - 13/11/2026**

## Organic Milk w/ Banana & Apple (Morning Tea)

Serving Size: 200 g



Ingredients

Full Cream **Milk** (42%), Banana (38%), Apple (21%).

Allergy Information

Contains Milk.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 29.4 g |
| Dairy Free: | No | Sugar: | 23.0 g |
| Lactose Free: | No | Sodium: | 38 mg |
| Soy Free: | Yes | Fat (total): | 4.4 g |
| Egg Free: | Yes | Fat (Sat): | 2.7 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 14.7 g |
| Fish Free: | Yes | Sugar (per 100g) | 11.5 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 19 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 2.2 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.4 g |
| Energy: | 788 kJ (188 Cal) | Energy (per 100g): | 394 kJ (94 Cal) |
| Protein: | 4.9 g | Protein (per 100g): | 2.5 g |

**Friday - 13/11/2026**

## Organic Soy Milk w/ Banana & Apple (Morning Tea) [Allergy]

Serving Size: 240 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 25.9 g |
| Dairy Free: | Yes | Sugar: | 18.8 g |
| Lactose Free: | Yes | Sodium: | 16 mg |
| Soy Free: | No | Fat (total): | 3.7 g |
| Egg Free: | Yes | Fat (Sat): | 0.4 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 10.8 g |
| Fish Free: | Yes | Sugar (per 100g) | 7.8 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 6 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 1.5 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.2 g |
| Energy: | 690 kJ (165 Cal) | Energy (per 100g): | 288 kJ (69 Cal) |
| Protein: | 4.4 g | Protein (per 100g): | 1.8 g |

**Friday - 13/11/2026**

## Organic Rice Milk w/ Banana & Apple (Morning Tea) [Allergy]

Serving Size: 240 g



Ingredients

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

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 33.7 g |
| Dairy Free: | Yes | Sugar: | 21.5 g |
| Lactose Free: | Yes | Sodium: | 64 mg |
| Soy Free: | Yes | Fat (total): | 1.6 g |
| Egg Free: | Yes | Fat (Sat): | less than 0.1 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 14.1 g |
| Fish Free: | Yes | Sugar (per 100g) | 9.0 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 27 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 0.7 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | less than 0.1 g |
| Energy: | 709 kJ (169 Cal) | Energy (per 100g): | 295 kJ (71 Cal) |
| Protein: | 2.2 g | Protein (per 100g): | 0.9 g |

**Friday - 13/11/2026**

## LF Milk w/ Banana & Apple (Morning Tea) [Allergy]

Serving Size: 240 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 29.2 g |
| Dairy Free: | No | Sugar: | 22.7 g |
| Lactose Free: | Yes | Sodium: | 38 mg |
| Soy Free: | Yes | Fat (total): | 2.6 g |
| Egg Free: | Yes | Fat (Sat): | 1.5 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 12.2 g |
| Fish Free: | Yes | Sugar (per 100g) | 9.4 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 16 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 1.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.6 g |
| Energy: | 713 kJ (170 Cal) | Energy (per 100g): | 297 kJ (71 Cal) |
| Protein: | 4.6 g | Protein (per 100g): | 1.9 g |

**Friday - 13/11/2026**

## Aussie Beef Burger w/ Beetroot (Lunch)

Serving Size: 180 g



Ingredients

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

Allergy Information

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

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 34.6 g |
| Dairy Free: | Yes | Sugar: | 4.5 g |
| Lactose Free: | Yes | Sodium: | 417 mg |
| Soy Free: | No | Fat (total): | 5.6 g |
| Egg Free: | Yes | Fat (Sat): | 1.5 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 19.2 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.5 g |
| Red Meat Free: | No | Sodium (per 100g): | 232 mg |
| Tomato Free: | No | Fat (total, per 100g): | 3.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.8 g |
| Energy: | 1220 kJ (292 Cal) | Energy (per 100g): | 680 kJ (162 Cal) |

**Friday - 13/11/2026**

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

Serving Size: 80 g



Ingredients

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

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 14.8 g |
| Dairy Free: | Yes | Sugar: | 2.3 g |
| Lactose Free: | Yes | Sodium: | 116 mg |
| Soy Free: | Yes | Fat (total): | 2.6 g |
| Egg Free: | Yes | Fat (Sat): | 1.0 g |
| Vegetarian: | No | Carbohydrates (per 100g): | 18.5 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.8 g |
| Red Meat Free: | No | Sodium (per 100g): | 145 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 3.2 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.3 g |
| Energy: | 589 kJ (141 Cal) | Energy (per 100g): | 737 kJ (176 Cal) |
| Protein: | 13.4 g | Protein (per 100g): | 16.7 g |

**Friday - 13/11/2026**

## GF & DF Veggie Burger Pattie (Al) (Lunch) [Allergy]

Serving Size: 80 g



Ingredients

Sweet Potato, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Black Beans, Broccoli, Carrot, Onion, Capsicum, Garlic Powder, Olive Oil, Potato Starch, Cumin, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.).

Allergy Information

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 20.4 g |
| Dairy Free: | Yes | Sugar: | 3.1 g |
| Lactose Free: | Yes | Sodium: | 92 mg |
| Soy Free: | Yes | Fat (total): | 5.3 g |
| Egg Free: | Yes | Fat (Sat): | 0.9 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 25.6 g |
| Fish Free: | Yes | Sugar (per 100g) | 3.9 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 115 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 6.7 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.1 g |
| Energy: | 642 kJ (153 Cal) | Energy (per 100g): | 802 kJ (192 Cal) |
| Protein: | 4.0 g | Protein (per 100g): | 5.0 g |

**Friday - 13/11/2026**

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

Serving Size: 88 g



Ingredients

Vita Weat **Sesame** & Poppy Seed (Wholegrain (60%)(Whole **Wheat** Flour), **Wheat** Flour, Vegetable Oil, Seeds (6%) (**Sesame**, Poppy), Starch (Maize), Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin).), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Non-animal Rennet, Non-animal Lipase))), Capsicum, Carrot, Celery, Cucumber.

Allergy Information

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

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 14.7 g |
| Dairy Free: | No | Sugar: | 2.3 g |
| Lactose Free: | No | Sodium: | 223 mg |
| Soy Free: | No | Fat (total): | 7.7 g |
| Egg Free: | Yes | Fat (Sat): | 3.8 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 16.7 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.6 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 253 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 8.7 g |
| Sesame Free: | No | Fat (Sat, per 100g): | 4.3 g |
| Energy: | 675 kJ (161 Cal) | Energy (per 100g): | 767 kJ (183 Cal) |
| Protein: | 6.7 g | Protein (per 100g): | 7.6 g |

**Friday - 13/11/2026**

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

Serving Size: 88 g



Ingredients

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

Allergy Information

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

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | No | Carbohydrates: | 14.3 g |
| Dairy Free: | No | Sugar: | 2.2 g |
| Lactose Free: | No | Sodium: | 224 mg |
| Soy Free: | No | Fat (total): | 8.0 g |
| Egg Free: | Yes | Fat (Sat): | 3.8 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 16.3 g |
| Fish Free: | Yes | Sugar (per 100g) | 2.5 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 255 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 9.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 4.3 g |
| Energy: | 681 kJ (163 Cal) | Energy (per 100g): | 774 kJ (185 Cal) |
| Protein: | 6.7 g | Protein (per 100g): | 7.6 g |

**Friday - 13/11/2026**

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

Serving Size: 30 g



Ingredients

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

Allergy Information

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

Nutrition Info

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

**Friday - 13/11/2026**

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

Serving Size: 50 g



Ingredients

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

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

| | | | |
|---|---|---|---|
| Gluten Free: | Yes | Carbohydrates: | 15.7 g |
| Dairy Free: | Yes | Sugar: | 0.2 g |
| Lactose Free: | Yes | Sodium: | 142 mg |
| Soy Free: | Yes | Fat (total): | 3.1 g |
| Egg Free: | Yes | Fat (Sat): | 0.4 g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 31.5 g |
| Fish Free: | Yes | Sugar (per 100g) | 0.3 g |
| Red Meat Free: | Yes | Sodium (per 100g): | 284 mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 6.1 g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.9 g |
| Energy: | 444 kJ (106 Cal) | Energy (per 100g): | 888 kJ (212 Cal) |
| Protein: | 3.4 g | Protein (per 100g): | 6.8 g |