Menu: Childcare Week 4 - 16.11.26 - 20.11.26

Monday - 16/11/2026

Melon & Blueberry Coconut Yoghurt Crunch (Al) (Morning Tea) [Allergy]

Serving Size: 180 g



Ingredients

Rockmelon (56%), Coconut Yoghurt (35%) (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), Flaked Corn (Corn, Sugar, Salt, Emulsifier (Sunflower Lecithin)), Blueberries, Chia Seeds, Honey.

Allergy Information

:May Contain Soy.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.2 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	48 mg
Soy Free:	Yes	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	5.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.7 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	27 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	609 kJ (146 Cal)	Energy (per 100g):	339 kJ (81 Cal)
Protein:	2.2 g	Protein (per 100g):	1.2 g

Monday - 16/11/2026

Melon & Blueberry Coconut Yoghurt w/ Oats (Al) (Morning Tea) [Allergy]

Serving Size: 160 g



Ingredients

Rockmelon (63%), Blueberry Coconut Yoghurt (31%) (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics), Blueberry Blend (Blueberry (6%), Water, Sugar, Rice Starch, Natural Flavour, Natural Colour, Sodium Citrate)), Rolled **Oats**.

Allergy Information

Contains Gluten.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.8 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	17 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	4.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.6 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	11 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.7 g
Energy:	497 kJ (119 Cal)	Energy (per 100g):	311 kJ (74 Cal)
Protein:	2.3 g	Protein (per 100g):	1.4 g

Monday - 16/11/2026

Melon & Blueberry Organic Yoghurt w/ Oats (Morning Tea)

Serving Size: 167 g



Ingredients

Honeydew Melon, Organic All Natural Yoghurt (30%) (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Rockmelon (30%), Rolled **Oats** (6%), Blueberries, Chia Seeds, Honey.

Allergy Information

Contains Gluten, Milk.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	17.0 g
Dairy Free:	No	Sugar:	12.0 g
Lactose Free:	No	Sodium:	53 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.2 g
Fish Free:	Yes	Sugar (per 100g)	7.2 g
Red Meat Free:	Yes	Sodium (per 100g):	32 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	504 kJ (121 Cal)	Energy (per 100g):	302 kJ (72 Cal)
Protein:	4.8 g	Protein (per 100g):	2.9 g

Monday - 16/11/2026

Macaroni & Cheese w/ Peas & Carrot (Lunch)

Serving Size: 220 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Cauliflower, Carrot (4.5%), Peas (4.5%), Skim **Milk** Powder, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), **Wheat** Flour, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), Olive Oil, Nutritional Yeast, White Pepper (White Pepper, Rice), Ground Turmeric.

Allergy Information

Contains Wheat, Milk.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	37.1 g
Dairy Free:	No	Sugar:	7.5 g
Lactose Free:	No	Sodium:	104 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.9 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	47 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8 g
Energy:	1160 kJ (278 Cal)	Energy (per 100g):	528 kJ (126 Cal)
Protein:	10.7 g	Protein (per 100g):	4.9 g

Monday - 16/11/2026

DF Pumpkin Pasta w/ Peas & Carrot (Al) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Pumpkin (15%), Peas (14%), Cannellini Beans, Carrot (4.5%), Gluten Free Plain Flour (Gluten Free Starches (Maize, Tapioca), Gluten Free Flours (Rice, Maize), Rice Bran, Thickeners (415)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Onion, Nutritional Yeast, Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	41.6 g
Dairy Free:	Yes	Sugar:	6.9 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	Yes	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.9 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	52 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1070 kJ (256 Cal)	Energy (per 100g):	487 kJ (116 Cal)
Protein:	9.3 g	Protein (per 100g):	4.2 g

Monday - 16/11/2026

GF & DF Pumpkin Pasta w/ Peas & Carrot (Al) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Organic Multigrain Gluten Free Fusilli (Organic Corn Flour (75%), Organic Rice Flour (10%), Organic Buckwheat Flour (10%), Organic Quinoa Flour (5%)), Water, Pumpkin (15%), Peas (14%), Cannellini Beans, Carrot, Gluten Free Plain Flour (Gluten Free Starches (Maize, Tapioca), Gluten Free Flours (Rice, Maize), Rice Bran, Thickeners (415)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Onion, Nutritional Yeast, Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.7 g
Dairy Free:	Yes	Sugar:	6.3 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	Yes	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	52 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1050 kJ (252 Cal)	Energy (per 100g):	479 kJ (114 Cal)
Protein:	8.0 g	Protein (per 100g):	3.6 g

Monday - 16/11/2026

Mexican Beef Nachos (Afternoon Tea)

Serving Size: 60 g



Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Beef Mince (11%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Black Beans, Carrot, Onion, Corn Kernals, Capsicum, Cumin, Olive Oil, Paprika, Tomato Paste (Citric Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Ground Turmeric.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.4 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	130 mg
Soy Free:	Yes	Fat (total):	10.6 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	No	Carbohydrates (per 100g):	27.3 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	217 mg
Tomato Free:	No	Fat (total, per 100g):	17.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.0 g
Energy:	803 kJ (192 Cal)	Energy (per 100g):	1340 kJ (320 Cal)
Protein:	6.8 g	Protein (per 100g):	11.4 g

Monday - 16/11/2026

Mexican Beef Burrito (Afternoon Tea)

Serving Size: 66 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Beef Mince (10%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Black Beans, Carrot, Onion, Corn Kernals, Capsicum, Cumin, Olive Oil, Paprika, Tomato Paste (Citric Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Ground Turmeric.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.6 g
Dairy Free:	No	Sugar:	2.1 g
Lactose Free:	No	Sodium:	174 mg
Soy Free:	No	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.1 g
Vegetarian:	No	Carbohydrates (per 100g):	23.6 g
Fish Free:	Yes	Sugar (per 100g)	3.2 g
Red Meat Free:	No	Sodium (per 100g):	264 mg
Tomato Free:	No	Fat (total, per 100g):	9.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.7 g
Energy:	641 kJ (153 Cal)	Energy (per 100g):	972 kJ (232 Cal)
Protein:	7.6 g	Protein (per 100g):	11.6 g

Monday - 16/11/2026

Mexican Beef Burrito (No Cheese) (Afternoon Tea) [Allergy]

Serving Size: 66 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Black Beans, Carrot, Onion, Corn Kernals, Capsicum, Cumin, Olive Oil, Paprika, Tomato Paste (Citric Acid), Garlic (Minced Garlic (99%), Citric Acid (1%)), Ground Turmeric.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.3 g
Dairy Free:	Yes	Sugar:	2.5 g
Lactose Free:	Yes	Sodium:	127 mg
Soy Free:	No	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	24.7 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	No	Sodium (per 100g):	193 mg
Tomato Free:	No	Fat (total, per 100g):	6.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	571 kJ (136 Cal)	Energy (per 100g):	865 kJ (207 Cal)
Protein:	6.0 g	Protein (per 100g):	9.1 g

Monday - 16/11/2026

Cheesy Bean Quesadillas (Al) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Mozzarella Cheese (17%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Refried Beans (12%) ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Capsicum, Black Beans (6%), Corn Kernals, Olive Oil.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

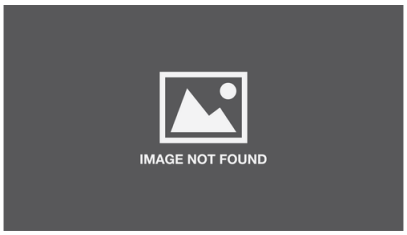
Nutrition Info

Gluten Free:	No	Carbohydrates:	15.1 g
Dairy Free:	No	Sugar:	1.6 g
Lactose Free:	No	Sodium:	202 mg
Soy Free:	No	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	337 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.5 g
Energy:	563 kJ (135 Cal)	Energy (per 100g):	938 kJ (224 Cal)
Protein:	5.9 g	Protein (per 100g):	9.8 g

Monday - 16/11/2026

GF & DF Bean Quesadillas (Al) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Wrap (Tapioca Starch (53%), Water, White Corn Masa Flour (8%), Stabilisers (Glycerin, Xanthan Gum), Quinoa Flour (4%), Amaranth Flour, Emulsifier (Mono- And Di-glycerides Of Fatty Acids), Salt.), Refried Beans ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Capsicum, Black Beans, Corn Kernals, Olive Oil.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.8 g
Dairy Free:	Yes	Sugar:	1.3 g
Lactose Free:	Yes	Sodium:	227 mg
Soy Free:	Yes	Fat (total):	1.2 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	39.7 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	379 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5 g
Energy:	500 kJ (120 Cal)	Energy (per 100g):	834 kJ (199 Cal)
Protein:	1.7 g	Protein (per 100g):	2.8 g

Tuesday - 17/11/2026

Italian Focaccia w/ Capsicum & Olives (Morning Tea)

Serving Size: 60 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), Water, Olive Oil, Red Capsicum Strips (7%) (Red Peppers, Water, Vinegar, Salt, Sugar), Kalamata Olives (3.5%) (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	18.9 g
Dairy Free:	No	Sugar:	1.4 g
Lactose Free:	No	Sodium:	268 mg
Soy Free:	No	Fat (total):	9.1 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.6 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	447 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.6 g
Energy:	785 kJ (188 Cal)	Energy (per 100g):	1310 kJ (313 Cal)
Protein:	6.4 g	Protein (per 100g):	10.6 g

Tuesday - 17/11/2026

DF Focaccia w/ Capsicum, Olives (Al) (Morning Tea) [Allergy]

Serving Size: 60 g



Ingredients

Pineapple, Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Water, Olive Oil, Red Capsicum Strips (7%) (Red Peppers, Water, Vinegar, Salt, Sugar), Kalamata Olives (3.5%) (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate).

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.5 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	200 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	34.2 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	334 mg
Tomato Free:	Yes	Fat (total, per 100g):	10.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8 g
Energy:	655 kJ (156 Cal)	Energy (per 100g):	1090 kJ (261 Cal)
Protein:	3.1 g	Protein (per 100g):	5.1 g

Tuesday - 17/11/2026

GF & DF Focaccia (Al) (Morning Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Pizza Base (Water, Corn Starch, Rice Flour, Potato Starch, Faba Flour, Vegetable Fibre, Canola Oil, Dextrose, Sodium Bicarbonate, Salt, Yeast, Lentil Flour, Sourdough), 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).), Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Chickpeas, Pumpkin, Kalamata Olives (Kalamata Olives, Water, Salt, Wine Vinegar, Extra Virgin Olive Oil), Olive Oil, Nutritional Yeast, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.3 g
Dairy Free:	Yes	Sugar:	2.7 g
Lactose Free:	Yes	Sodium:	500 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	53.9 g
Fish Free:	Yes	Sugar (per 100g)	4.6 g
Red Meat Free:	Yes	Sodium (per 100g):	833 mg
Tomato Free:	Yes	Fat (total, per 100g):	11.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.5 g
Energy:	845 kJ (202 Cal)	Energy (per 100g):	1410 kJ (337 Cal)
Protein:	1.1 g	Protein (per 100g):	1.9 g

Tuesday - 17/11/2026

Beef Bolognaise Pasta Bake (Lunch)

Serving Size: 200 g



Ingredients

Beef Mince (19%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (16%) (Organic Whole **Wheat** Durum Semolina), Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), 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:	31.8 g
Dairy Free:	No	Sugar:	4.4 g
Lactose Free:	No	Sodium:	100 mg
Soy Free:	Yes	Fat (total):	7.6 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	No	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	No	Sodium (per 100g):	50 mg
Tomato Free:	No	Fat (total, per 100g):	3.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7 g
Energy:	1180 kJ (283 Cal)	Energy (per 100g):	591 kJ (141 Cal)
Protein:	18.8 g	Protein (per 100g):	9.4 g

Tuesday - 17/11/2026

Beef Bolognaise Pasta SML (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Beef Mince, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), 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:	35.4 g
Dairy Free:	Yes	Sugar:	4.5 g
Lactose Free:	Yes	Sodium:	48 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	17.7 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	No	Sodium (per 100g):	24 mg
Tomato Free:	No	Fat (total, per 100g):	2.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1130 kJ (271 Cal)	Energy (per 100g):	567 kJ (136 Cal)
Protein:	16.8 g	Protein (per 100g):	8.4 g

Tuesday - 17/11/2026

GF & DF Beef Bolognaise (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Beef Mince (20%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Organic Multigrain Gluten Free Fusilli (Organic Corn Flour (75%), Organic Rice Flour (10%), Organic Buckwheat Flour (10%), Organic Quinoa Flour (5%)), Water, Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper (White Pepper, Rice).

Allergy Information

Nutrition Info

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

Tuesday - 17/11/2026

Beef Chow Mein Sml (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef Mince (24%), Rice Noodles (Rice 72%, Water, Potato Starch, Salt, Food Acid (Lactic Acid)), Cabbage White, Carrot, Onion, Peas, Potato Starch, Garlic (Minced Garlic (99%), Citric Acid (1%)), Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil, Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.7 g
Dairy Free:	Yes	Sugar:	3.2 g
Lactose Free:	Yes	Sodium:	147 mg
Soy Free:	No	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	No	Carbohydrates (per 100g):	7.8 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	No	Sodium (per 100g):	73 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	670 kJ (160 Cal)	Energy (per 100g):	335 kJ (80 Cal)
Protein:	14.8 g	Protein (per 100g):	7.4 g

Tuesday - 17/11/2026

Cheesy Vegetable Pasta (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Tomato Passata (20%) (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Onion (5%), Cheddar Cheese (5%) (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Capsicum (4.5%), Carrot (4.5%), Zucchini (4.5%), Cannellini Beans, Celery (2.5%), 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, Milk.:May Contain Soy.

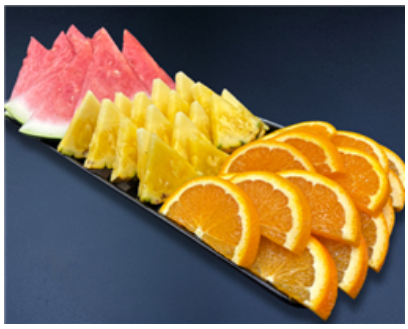
Nutrition Info

Gluten Free:	No	Carbohydrates:	58.8 g
Dairy Free:	No	Sugar:	8.9 g
Lactose Free:	No	Sodium:	120 mg
Soy Free:	Yes	Fat (total):	7.2 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.4 g
Fish Free:	Yes	Sugar (per 100g)	4.4 g
Red Meat Free:	Yes	Sodium (per 100g):	60 mg
Tomato Free:	No	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	1540 kJ (369 Cal)	Energy (per 100g):	771 kJ (184 Cal)
Protein:	12.4 g	Protein (per 100g):	6.2 g

Tuesday - 17/11/2026

Pineapple, Orange & Watermelon (Afternoon Tea)

Serving Size: 120 g



Ingredients

Watermelon, Orange, Pineapple.

Allergy Information

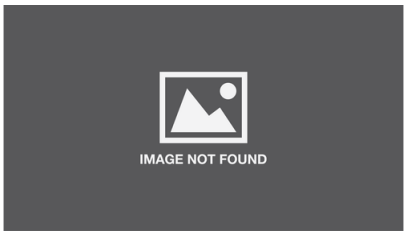
Nutrition Info

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

Wednesday - 18/11/2026

Mango, Hummus, Spliits & Veggie Sticks (Morning Tea)

Serving Size:



Ingredients

No Information

Allergy Information

Nutrition Info

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

Wednesday - 18/11/2026

Chicken & Cheese Burrito (Lunch)

Serving Size: 148 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Chicken Thigh (21%), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Iceberg Lettuce, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Olive Oil, Cumin, Ground Turmeric, Paprika.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	23.9 g
Dairy Free:	No	Sugar:	3.7 g
Lactose Free:	No	Sodium:	337 mg
Soy Free:	No	Fat (total):	13.2 g
Egg Free:	Yes	Fat (Sat):	7.5 g
Vegetarian:	No	Carbohydrates (per 100g):	16.2 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	Yes	Sodium (per 100g):	228 mg
Tomato Free:	No	Fat (total, per 100g):	8.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.1 g
Energy:	1230 kJ (293 Cal)	Energy (per 100g):	828 kJ (198 Cal)
Protein:	17.1 g	Protein (per 100g):	11.6 g

Wednesday - 18/11/2026

GF & DF chicken enchilada (Al) (Lunch) [Allergy]

Serving Size: 170 g



Ingredients

Chicken Thigh (26%), Gluten Free Wrap (Tapioca Starch (53%), Water, White Corn Masa Flour (8%), Stabilisers (Glycerin, Xanthan Gum), Quinoa Flour (4%), Amaranth Flour, Emulsifier (Mono- And Di-glycerides Of Fatty Acids), Salt.), Tomato Passata (Tomato (99%), Citric Acid), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), 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).), Onion, Kidney Beans, Capsicum, Carrot, Celery, Zucchini, Olive Oil, Tomato Paste (Citric Acid), Cumin, Ground Turmeric, Paprika, Garlic (Minced Garlic (99%), Citric Acid (1%)).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.6 g
Dairy Free:	Yes	Sugar:	4.2 g
Lactose Free:	Yes	Sodium:	361 mg
Soy Free:	Yes	Fat (total):	9.8 g
Egg Free:	Yes	Fat (Sat):	5.3 g
Vegetarian:	No	Carbohydrates (per 100g):	18.0 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	212 mg
Tomato Free:	No	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.1 g
Energy:	1150 kJ (274 Cal)	Energy (per 100g):	675 kJ (161 Cal)
Protein:	13.6 g	Protein (per 100g):	8.0 g

Wednesday - 18/11/2026

Cheesy Bean Enchilada (Al) (Lunch) [Allergy]

Serving Size: 190 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Refried Beans (32%) ((Pinto Beans (60%), Water, Salt, Sunflower Oil, Onion Powder, Cumin, Garlic Powder, Chili Powder, Paprika)), Tomato Passata (Tomato (99%), Citric Acid), Mozzarella Cheese (8%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Kidney Beans, Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Cumin, Ground Turmeric, Paprika.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	39.1 g
Dairy Free:	No	Sugar:	4.4 g
Lactose Free:	No	Sodium:	667 mg
Soy Free:	No	Fat (total):	9.6 g
Egg Free:	Yes	Fat (Sat):	5.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.6 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	Yes	Sodium (per 100g):	351 mg
Tomato Free:	No	Fat (total, per 100g):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6 g
Energy:	1330 kJ (318 Cal)	Energy (per 100g):	699 kJ (167 Cal)
Protein:	13.8 g	Protein (per 100g):	7.3 g

Wednesday - 18/11/2026

DF Chicken Burrito (Al) (Lunch) [Allergy]

Serving Size: 133.5 g



Ingredients

Wholemeal Wrap (Wholemeal **Wheat** Flour (49%), Water, **Wheat** Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured **Wheat** Flour, Raising Agents (341, 450, 500), Stabiliser (412), **Wheat** Gluten, Acidity Regulator (297), Iodised Salt, **Soy** Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Chicken Thigh (22%), Iceberg Lettuce, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Olive Oil, Cumin, Ground Turmeric, Paprika.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.0 g
Dairy Free:	Yes	Sugar:	3.9 g
Lactose Free:	Yes	Sodium:	238 mg
Soy Free:	No	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	3.2 g
Vegetarian:	No	Carbohydrates (per 100g):	21.0 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	Yes	Sodium (per 100g):	178 mg
Tomato Free:	No	Fat (total, per 100g):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	981 kJ (234 Cal)	Energy (per 100g):	735 kJ (176 Cal)
Protein:	12.5 g	Protein (per 100g):	9.4 g

Wednesday - 18/11/2026

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

Serving Size: 60 g



Ingredients

Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Baby Spinach, Creamed Corn (Sweet Corn (40%), Water, Sugar, Thickener (1442), Salt, Acidity Regulator (330)), Olive Oil, Nutritional Yeast, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

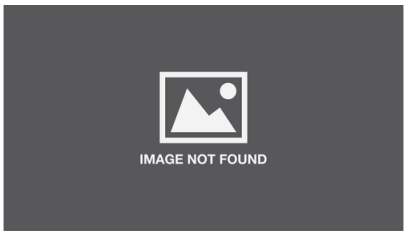
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.5 g
Dairy Free:	Yes	Sugar:	1.6 g
Lactose Free:	Yes	Sodium:	132 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	42.5 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	219 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	726 kJ (174 Cal)	Energy (per 100g):	1210 kJ (289 Cal)
Protein:	3.5 g	Protein (per 100g):	5.9 g

Wednesday - 18/11/2026

GF Spinach & Fetta Roll (Al) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Gluten Free Puff Pastry (Gluten Free Pastry (Maize Starch, Rice Flour, Yellow Pea Flour, Besan Flour, Faba Bean Flour, Thickener (464, 415), Flaxseed Flour, Bamboo Fibre, Potato Starch, Dextrose, Buckwheat Flour, Salt), Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, **Soybean** Lecithin), Antioxidant (307b), Natural Colour (160a)), Vegetable Fibre.), Baby Spinach, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Fetta (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion.

Allergy Information

Contains Milk, Soy.:May Contain Egg, Peanut, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.7 g
Dairy Free:	No	Sugar:	1.3 g
Lactose Free:	No	Sodium:	232 mg
Soy Free:	No	Fat (total):	12.4 g
Egg Free:	Yes	Fat (Sat):	7.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.8 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	387 mg
Tomato Free:	Yes	Fat (total, per 100g):	20.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	878 kJ (210 Cal)	Energy (per 100g):	1460 kJ (350 Cal)
Protein:	4.4 g	Protein (per 100g):	7.3 g

Wednesday - 18/11/2026

Spinach & Fetta Rolls w/ Orange Wedges (Afternoon Tea)

Serving Size: 100 g



Ingredients

Orange (40%), Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), **Wheat** Flour, Wholemeal Flour (**Wheat**), 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).), Baby Spinach (5%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion, Fetta (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Ricotta (Whey (**Milk**), Pasteurised Cow's **Milk**, Salt, Acetic Acid), Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.8 g
Dairy Free:	No	Sugar:	4.2 g
Lactose Free:	No	Sodium:	142 mg
Soy Free:	No	Fat (total):	12.2 g
Egg Free:	Yes	Fat (Sat):	7.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.8 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	142 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.7 g
Energy:	854 kJ (204 Cal)	Energy (per 100g):	854 kJ (204 Cal)

Thursday - 19/11/2026

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

Thursday - 19/11/2026

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

Thursday - 19/11/2026

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

Thursday - 19/11/2026

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

Thursday - 19/11/2026

Not So Chilli Con Carne w/ Rice & Corn Cobs (Lunch)

Serving Size: 220 g



Ingredients

Basmati Rice (34%), Beef Mince, Corn Cob (9%), Kidney Beans, Tomato Passata (Tomato (99%), Citric Acid), Black Beans, Carrot, Onion, Capsicum, Celery, Tomato Paste (Citric Acid), Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil, Potato Starch, Garlic (Minced Garlic (99%), Citric Acid (1%)), Cumin, Paprika, Garlic Powder, Onion Powder, Oregano, Dried, Pepper.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.4 g
Dairy Free:	Yes	Sugar:	4.2 g
Lactose Free:	Yes	Sodium:	202 mg
Soy Free:	No	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	13.8 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	92 mg
Tomato Free:	No	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	980 kJ (234 Cal)	Energy (per 100g):	445 kJ (106 Cal)
Protein:	13.9 g	Protein (per 100g):	6.3 g

Thursday - 19/11/2026

GF & DF Bean Burrito Bowl (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Tomato Passata (Tomato (99%), Citric Acid), Black Beans, Kidney Beans, Carrot, Onion, Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Red Lentils (Red Lentils, Vegetable Oil), Paprika, Olive Oil, Tomato Paste (Citric Acid), Oregano, Dried, Cumin, Ground Coriander, Garlic (Minced Garlic (99%), Citric Acid (1%)), Cinnamon, Nutmeg.

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	38.6 g
Dairy Free:	Yes	Sugar:	8.4 g
Lactose Free:	Yes	Sodium:	99 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.3 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	49 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	980 kJ (234 Cal)	Energy (per 100g):	490 kJ (117 Cal)
Protein:	8.9 g	Protein (per 100g):	4.5 g

Thursday - 19/11/2026

Beef & Vegetable Risotto SML (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef (23%), Arborio Rice, Broccoli, Carrot, Onion, Pumpkin, Zucchini, Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.5 g
Dairy Free:	Yes	Sugar:	3.3 g
Lactose Free:	Yes	Sodium:	104 mg
Soy Free:	Yes	Fat (total):	12.7 g
Egg Free:	Yes	Fat (Sat):	2.4 g
Vegetarian:	No	Carbohydrates (per 100g):	11.3 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	No	Sodium (per 100g):	52 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1170 kJ (279 Cal)	Energy (per 100g):	584 kJ (140 Cal)
Protein:	16.9 g	Protein (per 100g):	8.4 g

Thursday - 19/11/2026

Cheddar Cheese & Multigrain Vita-Weats (Afternoon Tea)

Serving Size: 36 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, Starter Cultures (**Milk**), Enzyme (Non Animal Rennet)).

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:	12.6 g
Dairy Free:	No	Sugar:	0.6 g
Lactose Free:	No	Sodium:	204 mg
Soy Free:	No	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.1 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	Yes	Sodium (per 100g):	566 mg
Tomato Free:	Yes	Fat (total, per 100g):	22.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	11.7 g
Energy:	634 kJ (152 Cal)	Energy (per 100g):	1760 kJ (421 Cal)
Protein:	6.0 g	Protein (per 100g):	16.6 g

Thursday - 19/11/2026

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

Thursday - 19/11/2026

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

Serving Size: 50 g



Ingredients

Beetroot (33%), Chickpeas, Organic Brown Rice Crackers (28%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Lemon Juice, Olive Oil, Cumin, Garlic Powder.

Allergy Information

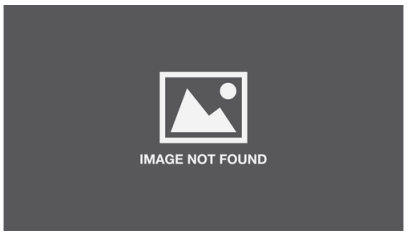
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.4 g
Dairy Free:	Yes	Sugar:	1.0 g
Lactose Free:	Yes	Sodium:	117 mg
Soy Free:	Yes	Fat (total):	2.1 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.8 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	234 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	352 kJ (84 Cal)	Energy (per 100g):	705 kJ (168 Cal)
Protein:	2.4 g	Protein (per 100g):	4.8 g

Friday - 20/11/2026

Organic Yoghurt w/ Banana & Mango Chia (Morning Tea)

Serving Size: 150 g



Ingredients

Banana, Organic All Natural Yoghurt (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Mango, Chia Seeds, Honey.

Allergy Information

Contains Milk.:May Contain Soy.

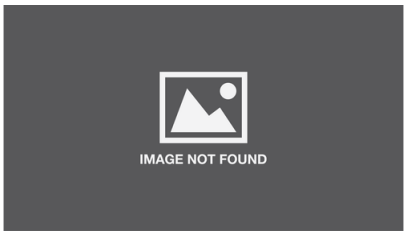
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.9 g
Dairy Free:	No	Sugar:	16.7 g
Lactose Free:	No	Sodium:	30 mg
Soy Free:	Yes	Fat (total):	2.2 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.3 g
Fish Free:	Yes	Sugar (per 100g)	11.1 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	567 kJ (135 Cal)	Energy (per 100g):	378 kJ (90 Cal)
Protein:	3.9 g	Protein (per 100g):	2.6 g

Friday - 20/11/2026

Coconut Yoghurt w/ Banana & Mango Chia (Morning Tea) [Allergy]

Serving Size: 200 g



Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Banana, Mango, Chia Seeds, Honey.

Allergy Information

:May Contain Soy.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.6 g
Dairy Free:	Yes	Sugar:	14.1 g
Lactose Free:	Yes	Sodium:	5 mg
Soy Free:	Yes	Fat (total):	9.4 g
Egg Free:	Yes	Fat (Sat):	8.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.8 g
Fish Free:	Yes	Sugar (per 100g)	7.1 g
Red Meat Free:	Yes	Sodium (per 100g):	3 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2 g
Energy:	890 kJ (213 Cal)	Energy (per 100g):	445 kJ (106 Cal)
Protein:	2.6 g	Protein (per 100g):	1.3 g

Friday - 20/11/2026

Tuna, Cheese & Cucumber Sandwich (Lunch)

Serving Size: 120 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).), Cucumber (17%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Tuna (6%) (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), All Natural Yoghurt (**Milk**, **Milk** Solids, Skim **Milk**, Live Yoghurt Cultures (Incl. L.Acidophilus)), Chives, White Pepper (White Pepper, Rice).

Allergy Information

Contains Gluten, Wheat, Fish, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	27.9 g
Dairy Free:	No	Sugar:	1.5 g
Lactose Free:	No	Sodium:	357 mg
Soy Free:	No	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	No	Carbohydrates (per 100g):	23.2 g
Fish Free:	No	Sugar (per 100g)	1.2 g
Red Meat Free:	Yes	Sodium (per 100g):	298 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.8 g
Energy:	1020 kJ (244 Cal)	Energy (per 100g):	850 kJ (203 Cal)
Protein:	10.9 g	Protein (per 100g):	9.0 g

Friday - 20/11/2026

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

Friday - 20/11/2026

Roast Chicken, Pumpkin Hummus & Spinach 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%), Tomato, Chickpeas, Pumpkin, Baby Spinach (3.5%), Olive Oil, Lemon Juice, Garlic Powder, White Pepper (White Pepper, Rice).

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.6 g
Dairy Free:	Yes	Sugar:	1.2 g
Lactose Free:	Yes	Sodium:	308 mg
Soy Free:	No	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	No	Carbohydrates (per 100g):	21.1 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	220 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	1130 kJ (271 Cal)	Energy (per 100g):	810 kJ (194 Cal)
Protein:	18.4 g	Protein (per 100g):	13.2 g

Friday - 20/11/2026

Teriyaki Chicken & Avocado Sushi (Lunch)

Serving Size: 200 g



Ingredients

Short Grain Rice, Chicken Breast (16%), White Vinegar, Avocado (8%), 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:	46.5 g
Dairy Free:	Yes	Sugar:	6.1 g
Lactose Free:	Yes	Sodium:	287 mg
Soy Free:	No	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	No	Carbohydrates (per 100g):	23.2 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	144 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	1180 kJ (281 Cal)	Energy (per 100g):	588 kJ (141 Cal)
Protein:	14.6 g	Protein (per 100g):	7.3 g

Friday - 20/11/2026

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

Friday - 20/11/2026

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

Friday - 20/11/2026

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)

Friday - 20/11/2026

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

Friday - 20/11/2026

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

Friday - 20/11/2026

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