Menu: Childcare Week 2 - 30.11.26 - 04.12.26

Monday - 30/11/2026

Pear, Hummus, Multigrain Corn Thins & Veggie Stick (Morning Tea)

Serving Size: 110 g



Ingredients

Pear (37%), Chickpeas, Carrot, Multigrain Corn Thins (11%) (Maize (78%), Sorghum (6%), Brown Rice (6%), Buckwheat (4.5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Cucumber, Lemon Juice, Olive Oil, Garlic Powder, White Pepper (White Pepper, Rice).

Allergy Information

:May Contain Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.5 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	80 mg
Soy Free:	Yes	Fat (total):	1.8 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	73 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	450 kJ (108 Cal)	Energy (per 100g):	409 kJ (98 Cal)
Protein:	3.4 g	Protein (per 100g):	3.1 g

Monday - 30/11/2026

Tex-Mex Black Bean Rice Bake (Lunch)

Serving Size: 200 g



Ingredients

Brown Rice, Black Beans, Tomato Passata (Tomato (99%), Citric Acid), Beef Mince, Corn Kernals, Onion, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Capsicum, Carrot, Tomato Paste (Citric Acid), Cumin, Garlic (Minced Garlic (99%), Citric Acid (1%)), Olive Oil, Paprika, Ground Turmeric.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.6 g
Dairy Free:	No	Sugar:	5.1 g
Lactose Free:	No	Sodium:	184 mg
Soy Free:	Yes	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	2.9 g
Vegetarian:	No	Carbohydrates (per 100g):	14.8 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	92 mg
Tomato Free:	No	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1140 kJ (273 Cal)	Energy (per 100g):	571 kJ (136 Cal)
Protein:	16.3 g	Protein (per 100g):	8.2 g

Monday - 30/11/2026

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

Monday - 30/11/2026

Vegetable Stroganoff & Rice (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Brown Rice (38%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Chickpeas, Cauliflower (6%), Green Beans (6%), Coconut Cream (Coconut Extract (63%), Water, Stabiliser (466)), Mushroom (4%), Onion (3%), Tomato Paste (Citric Acid), Tamari (Organic **Soya** Beans, Rice, Salt, Water), Olive Oil, Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Garlic (Minced Garlic (99%), Citric Acid (1%)), Potato Starch, Nutritional Yeast, Paprika, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Cracked Black Pepper.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.2 g
Dairy Free:	Yes	Sugar:	9.2 g
Lactose Free:	Yes	Sodium:	140 mg
Soy Free:	No	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.6 g
Fish Free:	Yes	Sugar (per 100g)	4.6 g
Red Meat Free:	Yes	Sodium (per 100g):	70 mg
Tomato Free:	No	Fat (total, per 100g):	2.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	985 kJ (235 Cal)	Energy (per 100g):	492 kJ (118 Cal)
Protein:	6.5 g	Protein (per 100g):	3.3 g

Monday - 30/11/2026

Cheesy Tomato Pinwheel w/ Apple (Afternoon Tea)

Serving Size: 110 g



Ingredients

Apple (45%), Plain Flour Perfection (**Wheat**), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Mozzarella Cheese (11%) (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Fetta (4.5%) (Pasteurised **Milk**, Vegetable Oil, Salt, Lactic Acid, Culture, Non-animal Rennet), Semi Dried Tomato (4.5%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil, Raw Sugar, Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Yeast (Sorbitan Monostearate).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

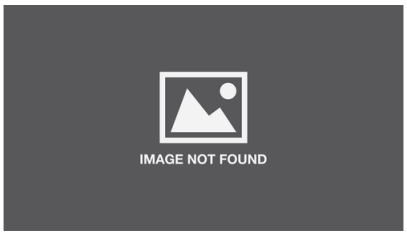
Nutrition Info

Gluten Free:	No	Carbohydrates:	28.8 g
Dairy Free:	No	Sugar:	8.5 g
Lactose Free:	No	Sodium:	372 mg
Soy Free:	No	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.1 g
Fish Free:	Yes	Sugar (per 100g)	7.7 g
Red Meat Free:	Yes	Sodium (per 100g):	338 mg
Tomato Free:	No	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	911 kJ (218 Cal)	Energy (per 100g):	828 kJ (198 Cal)
Protein:	7.0 g	Protein (per 100g):	6.4 g

Monday - 30/11/2026

GF & DF Pumpkin Pinwheel w/ Apple (Al) (Afternoon Tea) [Allergy]

Serving Size: 110 g



Ingredients

Apple (45%), 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)), Chickpeas, Pumpkin (8%), Water, Olive Oil, 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).), Raw Sugar, Nutritional Yeast, Curry Powder (Fennel, Garlic, Ginger, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.6 g
Dairy Free:	Yes	Sugar:	9.1 g
Lactose Free:	Yes	Sodium:	111 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.8 g
Fish Free:	Yes	Sugar (per 100g)	8.3 g
Red Meat Free:	Yes	Sodium (per 100g):	101 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	774 kJ (185 Cal)	Energy (per 100g):	703 kJ (168 Cal)
Protein:	1.9 g	Protein (per 100g):	1.8 g

Tuesday - 01/12/2026

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

Tuesday - 01/12/2026

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

Tuesday - 01/12/2026

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

Tuesday - 01/12/2026

Wholemeal Tuna Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220 g



Ingredients

Water, Tuna (18%) (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Broccoli, Steamed (9%), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Skim **Milk** Powder, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), **Wheat** Flour, Parsley, White Pepper (White Pepper, Rice).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.8 g
Dairy Free:	No	Sugar:	4.9 g
Lactose Free:	No	Sodium:	217 mg
Soy Free:	Yes	Fat (total):	7.3 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	No	Carbohydrates (per 100g):	13.6 g
Fish Free:	No	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	99 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1160 kJ (277 Cal)	Energy (per 100g):	528 kJ (126 Cal)
Protein:	20.8 g	Protein (per 100g):	9.5 g

Tuesday - 01/12/2026

Wholemeal Chicken Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Chicken, Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Broccoli, Steamed (9%), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Skim **Milk** Powder, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), **Wheat** Flour, Parsley, White Pepper (White Pepper, Rice).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	45.7 g
Dairy Free:	No	Sugar:	6.2 g
Lactose Free:	No	Sodium:	117 mg
Soy Free:	Yes	Fat (total):	8.6 g
Egg Free:	Yes	Fat (Sat):	4.9 g
Vegetarian:	No	Carbohydrates (per 100g):	20.8 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	53 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2 g
Energy:	1480 kJ (354 Cal)	Energy (per 100g):	674 kJ (161 Cal)
Protein:	20.1 g	Protein (per 100g):	9.1 g

Tuesday - 01/12/2026

GF & DF Creamy Chicken Pasta w/ Broccoli (Al) (Lunch) [Allergy]

Serving Size: 220 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Chicken, Organic Multigrain Gluten Free Fusilli (Organic Corn Flour (75%), Organic Rice Flour (10%), Organic Buckwheat Flour (10%), Organic Quinoa Flour (5%)), Water, Broccoli, Capsicum, Carrot, Celery, Onion, 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), 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).), Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.1 g
Dairy Free:	Yes	Sugar:	4.7 g
Lactose Free:	Yes	Sodium:	111 mg
Soy Free:	Yes	Fat (total):	7.1 g
Egg Free:	Yes	Fat (Sat):	2.4 g
Vegetarian:	No	Carbohydrates (per 100g):	15.0 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	50 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1090 kJ (260 Cal)	Energy (per 100g):	495 kJ (118 Cal)

Tuesday - 01/12/2026

GF & DF Creamy Pasta w/ Broccoli (Al) (Lunch) [Allergy]

Serving Size: 240 g



Ingredients

Rice Milk (Water, Rice Flour, Canola Oil,Calcium Phosphate, Potassium Carbonate, Calcium Chloride, Salt.), Cannellini Beans, Organic Multigrain Gluten Free Fusilli (Organic Corn Flour (75%), Organic Rice Flour (10%), Organic Buckwheat Flour (10%), Organic Quinoa Flour (5%)), Water, Broccoli (8%), Corn Kernals, Capsicum, Carrot, Celery, Onion, 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), 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).), Garlic (Minced Garlic (99%), Citric Acid (1%)), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	43.9 g
Dairy Free:	Yes	Sugar:	5.8 g
Lactose Free:	Yes	Sodium:	185 mg
Soy Free:	Yes	Fat (total):	6.5 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.3 g
Fish Free:	Yes	Sugar (per 100g)	2.4 g
Red Meat Free:	Yes	Sodium (per 100g):	77 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1160 kJ (277 Cal)	Energy (per 100g):	484 kJ (116 Cal)

Tuesday - 01/12/2026

Cheese & Vita-Weats w/ Tomato (Afternoon Tea)

Serving Size: 56 g



Ingredients

Tomato (36%), 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:	13.2 g
Dairy Free:	No	Sugar:	1.1 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):	23.6 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	365 mg
Tomato Free:	No	Fat (total, per 100g):	14.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.5 g
Energy:	650 kJ (155 Cal)	Energy (per 100g):	1160 kJ (277 Cal)
Protein:	6.1 g	Protein (per 100g):	10.9 g

Tuesday - 01/12/2026

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

Serving Size: 30 g



Ingredients

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

Allergy Information

Contains Milk.:May Contain Soy, Sesame.

Nutrition Info

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

Tuesday - 01/12/2026

Plant Cheese & Brown Rice Crackers (Al) (Afternoon Tea) [Allergy]

Serving Size: 30 g



Ingredients

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:	13.6 g
Dairy Free:	Yes	Sugar:	0.1 g
Lactose Free:	Yes	Sodium:	189 mg
Soy Free:	Yes	Fat (total):	5.8 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	45.4 g
Fish Free:	Yes	Sugar (per 100g)	0.4 g
Red Meat Free:	Yes	Sodium (per 100g):	632 mg
Tomato Free:	Yes	Fat (total, per 100g):	19.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	14.1 g
Energy:	468 kJ (112 Cal)	Energy (per 100g):	1560 kJ (372 Cal)
Protein:	1.0 g	Protein (per 100g):	3.2 g

Tuesday - 01/12/2026

Cheese & Vita-Weats (No Tomato) (Afternoon Tea) [Allergy]

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

Tuesday - 01/12/2026

White Bean Dip & Vita-Weats w/ Tomato (Al) (Afternoon Tea) [Allergy]

Serving Size: 65 g



Ingredients

Cannellini Beans (34%), Tomato (31%), 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).), Olive Oil, Lemon Juice, Cumin, Garlic Powder.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.1 g
Dairy Free:	Yes	Sugar:	1.6 g
Lactose Free:	Yes	Sodium:	147 mg
Soy Free:	No	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.7 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	Yes	Sodium (per 100g):	226 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	No	Fat (Sat, per 100g):	0.9 g
Energy:	504 kJ (120 Cal)	Energy (per 100g):	775 kJ (185 Cal)
Protein:	3.6 g	Protein (per 100g):	5.5 g

Wednesday - 02/12/2026

Spinach & Lentil Dip w/ Tortilla & Crudites (Al) (Morning Tea) [Allergy]

Serving Size: 87.69999694824219 g



Ingredients

Carrot, Cucumber, 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)), Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Capsicum, Onion, Baby Spinach, Olive Oil, Cumin.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	10.3 g
Dairy Free:	Yes	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	59 mg
Soy Free:	No	Fat (total):	2.1 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	68 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	328 kJ (78 Cal)	Energy (per 100g):	374 kJ (89 Cal)
Protein:	3.0 g	Protein (per 100g):	3.4 g

Wednesday - 02/12/2026

Spinach & Cheese Dip w/ Tortilla & Crudites (Morning Tea)

Serving Size: 87 g



Ingredients

Carrot (23%), Cucumber (23%), Wholemeal Wrap (14%) (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)), Capsicum (11%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Ricotta (Whey (**Milk**), Pasteurised Cow's **Milk**, Salt, Acetic Acid), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Baby Spinach (4.5%), Onion, Olive Oil, 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:	8.3 g
Dairy Free:	No	Sugar:	3.0 g
Lactose Free:	No	Sodium:	118 mg
Soy Free:	No	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.6 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	136 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.1 g
Energy:	455 kJ (109 Cal)	Energy (per 100g):	523 kJ (125 Cal)
Protein:	4.0 g	Protein (per 100g):	4.6 g

Wednesday - 02/12/2026

Spinach & Lentil Dip W/ Brown Rice Crackers (Al) (Morning Tea) [Allergy]

Serving Size: 50 g



Ingredients

Brown Lentils (Brown Lentils, Water, Ascorbic Acid), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Onion, Baby Spinach, Olive Oil, Cumin.

Allergy Information

:May Contain Milk, Soy, Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.7 g
Dairy Free:	Yes	Sugar:	0.9 g
Lactose Free:	Yes	Sodium:	90 mg
Soy Free:	Yes	Fat (total):	2.8 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.3 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	Yes	Sodium (per 100g):	181 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	420 kJ (100 Cal)	Energy (per 100g):	839 kJ (201 Cal)
Protein:	3.1 g	Protein (per 100g):	6.2 g

Wednesday - 02/12/2026

Spaghetti Meatballs w/ Cheddar Cheese (Lunch)

Serving Size: 200 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), Onion, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Carrot, Zucchini, 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.), Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic Powder, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	34.1 g
Dairy Free:	No	Sugar:	5.8 g
Lactose Free:	No	Sodium:	214 mg
Soy Free:	No	Fat (total):	11.2 g
Egg Free:	Yes	Fat (Sat):	6.1 g
Vegetarian:	No	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	2.9 g
Red Meat Free:	No	Sodium (per 100g):	107 mg
Tomato Free:	No	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g

Wednesday - 02/12/2026

Spaghetti Meatballs (No Cheese) (Lunch) [Allergy]

Serving Size: 180 g



Ingredients

Water, Wholemeal Pasta (20%) (Organic Whole **Wheat** Durum Semolina), Beef Mince (19%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Onion, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Carrot, Zucchini, 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.), Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic Powder, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	34.0 g
Dairy Free:	Yes	Sugar:	5.7 g
Lactose Free:	Yes	Sodium:	83 mg
Soy Free:	No	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	No	Carbohydrates (per 100g):	18.9 g
Fish Free:	Yes	Sugar (per 100g)	3.2 g
Red Meat Free:	No	Sodium (per 100g):	46 mg
Tomato Free:	No	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	1090 kJ (261 Cal)	Energy (per 100g):	607 kJ (145 Cal)

Wednesday - 02/12/2026

Spaghetti Meatballs w/ Nomato Vegetable Sauce (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Water, Beef Mince (20%), Wholemeal Pasta (18%) (Organic Whole **Wheat** Durum Semolina), Onion, Cannellini Beans, Carrot, Zucchini, 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.), Beetroot, Celery, Roasted Capsicum, Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Paprika, Potato Starch, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier, Chia, Flaxseed, Psyllium, Citric Acid.), Garlic Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Pepper.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.3 g
Dairy Free:	Yes	Sugar:	3.4 g
Lactose Free:	Yes	Sodium:	120 mg
Soy Free:	No	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	No	Carbohydrates (per 100g):	16.2 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	No	Sodium (per 100g):	60 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	1100 kJ (263 Cal)	Energy (per 100g):	551 kJ (132 Cal)
Protein:	20.0 g	Protein (per 100g):	10.0 g

Wednesday - 02/12/2026

GF & DF Spaghetti Meatballs (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 (15%), Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Capsicum, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Paprika, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Garlic Powder, White Pepper (White Pepper, Rice), Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	45.5 g
Dairy Free:	Yes	Sugar:	6.0 g
Lactose Free:	Yes	Sodium:	88 mg
Soy Free:	Yes	Fat (total):	4.8 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	No	Carbohydrates (per 100g):	22.7 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	No	Sodium (per 100g):	44 mg
Tomato Free:	No	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	1230 kJ (294 Cal)	Energy (per 100g):	615 kJ (147 Cal)
Protein:	14.9 g	Protein (per 100g):	7.4 g

Wednesday - 02/12/2026

Vegetable Balls w/ Wholemeal Spaghetti (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Water, Wholemeal Pasta (14%) (Organic Whole **Wheat** Durum Semolina), Sweet Potato, Organic Brown Lentils, Carrot, Onion, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), 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), Garlic Powder, Parsley, White Pepper (White Pepper, Rice), Pepper.

Allergy Information

Contains Gluten, Wheat.:May Contain Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	42.9 g
Dairy Free:	Yes	Sugar:	9.6 g
Lactose Free:	Yes	Sodium:	66 mg
Soy Free:	Yes	Fat (total):	4.1 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.4 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	33 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1060 kJ (254 Cal)	Energy (per 100g):	531 kJ (127 Cal)
Protein:	7.6 g	Protein (per 100g):	3.8 g

Wednesday - 02/12/2026

Spaghetti Vegetable Balls w/ Cheddar Cheese (Al) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Water, Tomato Crushed (Tomatoes (99%), Salt, Food Acid (330)), Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Sweet Potato, Organic Brown Lentils, Carrot, Onion, Zucchini, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Garlic, Bay Leaves, Parsley, Peppercorns, Thyme, Olive Oil), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), 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), Garlic Powder, Parsley, White Pepper (White Pepper, Rice), Pepper.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	42.1 g
Dairy Free:	No	Sugar:	9.0 g
Lactose Free:	No	Sodium:	129 mg
Soy Free:	Yes	Fat (total):	7.4 g
Egg Free:	Yes	Fat (Sat):	3.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.0 g
Fish Free:	Yes	Sugar (per 100g)	4.5 g
Red Meat Free:	Yes	Sodium (per 100g):	65 mg
Tomato Free:	No	Fat (total, per 100g):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	1210 kJ (289 Cal)	Energy (per 100g):	605 kJ (145 Cal)

Wednesday - 02/12/2026

Sticky Date Pudding w/ Orange Wedges (Afternoon Tea)

Serving Size: 110 g



Ingredients

Orange (45%), Dates (14%), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Water, Banana, Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Unsalted Butter (Pasteurised Cream (From **Milk**), Water), Olive Oil, Raw Sugar, Cinnamon, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.9 g
Dairy Free:	No	Sugar:	18.6 g
Lactose Free:	No	Sodium:	123 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.2 g
Fish Free:	Yes	Sugar (per 100g)	17.0 g
Red Meat Free:	Yes	Sodium (per 100g):	112 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	825 kJ (197 Cal)	Energy (per 100g):	750 kJ (179 Cal)
Protein:	2.5 g	Protein (per 100g):	2.3 g

Wednesday - 02/12/2026

GF & DF Sticky Date Pudding w/ Orange Wedges (Al) (Afternoon Tea) [Allergy]

Serving Size: 110 g



Ingredients

Orange (45%), 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, Olive Oil, Dates (3.5%), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon, 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:	36.2 g
Dairy Free:	Yes	Sugar:	12.7 g
Lactose Free:	Yes	Sodium:	163 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.9 g
Fish Free:	Yes	Sugar (per 100g)	11.5 g
Red Meat Free:	Yes	Sodium (per 100g):	149 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	870 kJ (208 Cal)	Energy (per 100g):	791 kJ (189 Cal)
Protein:	1.5 g	Protein (per 100g):	1.3 g

Thursday - 03/12/2026

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 - 03/12/2026

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 - 03/12/2026

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 - 03/12/2026

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 - 03/12/2026

Mean Green Mac & Cheese w/ Carrot Batons (Lunch)

Serving Size: 220 g



Ingredients

Water, Wholemeal Pasta (Organic Whole **Wheat** Durum Semolina), Carrot (9%), Broccoli (8%), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Skim **Milk** Powder, Baby Spinach, **Wheat** Flour, Olive Oil, Unsalted Butter (Pasteurised Cream (From **Milk**), Water), White Pepper (White Pepper, Rice).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.1 g
Dairy Free:	No	Sugar:	7.2 g
Lactose Free:	No	Sodium:	135 mg
Soy Free:	Yes	Fat (total):	8.8 g
Egg Free:	Yes	Fat (Sat):	4.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.0 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	61 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1160 kJ (276 Cal)	Energy (per 100g):	525 kJ (126 Cal)
Protein:	11.6 g	Protein (per 100g):	5.3 g

Thursday - 03/12/2026

DF Pumpkin & Pea Pasta (Al) (Lunch) [Allergy]

Serving Size: 200 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 (17%), Cannellini Beans, Peas (10%), 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:	40.6 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	108 mg
Soy Free:	Yes	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.3 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	54 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1040 kJ (248 Cal)	Energy (per 100g):	519 kJ (124 Cal)
Protein:	8.8 g	Protein (per 100g):	4.4 g

Thursday - 03/12/2026

GF & DF Pumpkin & Pea Pasta (Al) (Lunch) [Allergy]

Serving Size: 200 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 (17%), Cannellini Beans, Peas (10%), 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:	41.6 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	108 mg
Soy Free:	Yes	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.8 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	54 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1020 kJ (244 Cal)	Energy (per 100g):	510 kJ (122 Cal)
Protein:	7.5 g	Protein (per 100g):	3.7 g

Thursday - 03/12/2026

Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60 g



Ingredients

Beef Mince (20%), Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), **Wheat** Flour, Wholemeal Flour (**Wheat**), 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.), Water, Carrot, Celery, Onion, Kale (5%), Poppy Seeds, Olive Oil, White Pepper (White Pepper, Rice), Garlic Powder.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	11.5 g
Dairy Free:	No	Sugar:	0.9 g
Lactose Free:	No	Sodium:	37 mg
Soy Free:	No	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	No	Carbohydrates (per 100g):	19.1 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	No	Sodium (per 100g):	61 mg
Tomato Free:	Yes	Fat (total, per 100g):	14.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.9 g
Energy:	613 kJ (146 Cal)	Energy (per 100g):	1020 kJ (244 Cal)
Protein:	5.1 g	Protein (per 100g):	8.5 g

Thursday - 03/12/2026

GF & DF Vegetable Empanada (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)), Sweet Potato, Chickpeas, Garlic Powder, Onion, Peas, Olive Oil, Raw Sugar, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Cumin.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.2 g
Dairy Free:	Yes	Sugar:	3.1 g
Lactose Free:	Yes	Sodium:	97 mg
Soy Free:	Yes	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	48.6 g
Fish Free:	Yes	Sugar (per 100g)	5.2 g
Red Meat Free:	Yes	Sodium (per 100g):	162 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	726 kJ (174 Cal)	Energy (per 100g):	1210 kJ (289 Cal)
Protein:	2.9 g	Protein (per 100g):	4.9 g

Thursday - 03/12/2026

Vegetable Sausage Roll (Al) (Afternoon Tea) [Allergy]

Serving Size: 60 g



Ingredients

Sweet Potato, Chickpeas, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), **Wheat** Flour, Wholemeal Flour (**Wheat**), Water, Garlic Powder, Onion, Peas, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Cumin, Olive Oil.

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.8 g
Dairy Free:	No	Sugar:	1.5 g
Lactose Free:	No	Sodium:	40 mg
Soy Free:	Yes	Fat (total):	9.4 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	34.7 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	Yes	Sodium (per 100g):	67 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.9 g
Energy:	788 kJ (188 Cal)	Energy (per 100g):	1310 kJ (314 Cal)
Protein:	4.0 g	Protein (per 100g):	6.6 g

Thursday - 03/12/2026

GF & DF Beef & Kale Sausage 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.), Beef Mince (19%), Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Carrot, Onion, Celery, Olive Oil, Kale (0.5%), Garlic Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper (White Pepper, Rice).

Allergy Information

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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.4 g
Dairy Free:	Yes	Sugar:	1.3 g
Lactose Free:	Yes	Sodium:	88 mg
Soy Free:	No	Fat (total):	8.4 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	No	Carbohydrates (per 100g):	29.0 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	147 mg
Tomato Free:	Yes	Fat (total, per 100g):	14.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.5 g
Energy:	688 kJ (164 Cal)	Energy (per 100g):	1150 kJ (274 Cal)
Protein:	4.3 g	Protein (per 100g):	7.1 g

Friday - 04/12/2026

Banana & Watermelon w/ Strawberry Organic Yoghurt (Morning Tea)

Serving Size: 196 g



Ingredients

Banana (46%), Organic All Natural Yoghurt (25%) (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Watermelon (25%), Strawberries, Chia Seeds, Honey.

Allergy Information

Contains Milk.:May Contain Soy.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.6 g
Dairy Free:	No	Sugar:	19.3 g
Lactose Free:	No	Sodium:	31 mg
Soy Free:	Yes	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.0 g
Fish Free:	Yes	Sugar (per 100g)	9.8 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	622 kJ (149 Cal)	Energy (per 100g):	318 kJ (76 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g

Friday - 04/12/2026

Banana & Watermelon w/ Strawberry Coconut Yoghurt (Morning Tea) [Allergy]

Serving Size: 220 g



Ingredients

Banana (41%), Coconut Yoghurt (41%) (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 (14%), Strawberries, Chia Seeds, Honey.

Allergy Information

:May Contain Soy.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.3 g
Dairy Free:	Yes	Sugar:	15.5 g
Lactose Free:	Yes	Sodium:	6 mg
Soy Free:	Yes	Fat (total):	8.7 g
Egg Free:	Yes	Fat (Sat):	7.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.9 g
Fish Free:	Yes	Sugar (per 100g)	7.0 g
Red Meat Free:	Yes	Sodium (per 100g):	3 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.5 g
Energy:	884 kJ (211 Cal)	Energy (per 100g):	402 kJ (96 Cal)
Protein:	2.8 g	Protein (per 100g):	1.3 g

Friday - 04/12/2026

Chicken, Cucumber & Cheesy Sweet Corn Sandwich (Lunch)

Serving Size: 145 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 (28%), Cucumber (10%), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Carrot, Corn Kernals (3%), Onion, Olive Oil, White Pepper (White Pepper, Rice).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.8 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	309 mg
Soy Free:	No	Fat (total):	7.9 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	No	Carbohydrates (per 100g):	19.8 g
Fish Free:	Yes	Sugar (per 100g)	1.1 g
Red Meat Free:	Yes	Sodium (per 100g):	213 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8 g
Energy:	1140 kJ (273 Cal)	Energy (per 100g):	788 kJ (188 Cal)
Protein:	18.2 g	Protein (per 100g):	12.6 g

Friday - 04/12/2026

Roast Beef, Cheese & Baked Bean Sandwich (Lunch)

Serving Size: 160 g



Ingredients

7 Grain Bread (Unbleached Wholegrain **Wheat** Flour (46%), Water, Whole & Kibbled Grains (12%) (**Wheat**, Triticale (**Wheat**, **Rye**), Linseed, Sunflower, **Rye**, **Barley**, **Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Beef (25%), Iceberg Lettuce, Cheese Slices ((Pasteurised **Milk**, Salt, Starter Cultures (**Milk**), Enzyme (Non Animal Rennet)), Cannellini Beans (4.5%), Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cumin, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.2 g
Dairy Free:	No	Sugar:	1.1 g
Lactose Free:	No	Sodium:	454 mg
Soy Free:	No	Fat (total):	11.5 g
Egg Free:	Yes	Fat (Sat):	5.4 g
Vegetarian:	No	Carbohydrates (per 100g):	17.6 g
Fish Free:	Yes	Sugar (per 100g)	0.7 g
Red Meat Free:	No	Sodium (per 100g):	284 mg
Tomato Free:	No	Fat (total, per 100g):	7.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.3 g
Energy:	1400 kJ (335 Cal)	Energy (per 100g):	876 kJ (209 Cal)

Friday - 04/12/2026

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 - 04/12/2026

Cheese & Baked Bean Sandwich (Lunch) [Allergy]

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).), Iceberg Lettuce, Cheese Slices ((Pasteurised **Milk**, Salt, Starter Cultures (**Milk**), Enzyme (Non Animal Rennet)), Cannellini Beans, Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cumin, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.2 g
Dairy Free:	No	Sugar:	1.1 g
Lactose Free:	No	Sodium:	418 mg
Soy Free:	No	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.5 g
Fish Free:	Yes	Sugar (per 100g)	1.0 g
Red Meat Free:	Yes	Sodium (per 100g):	348 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.7 g
Energy:	1050 kJ (251 Cal)	Energy (per 100g):	874 kJ (209 Cal)
Protein:	11.6 g	Protein (per 100g):	9.7 g

Friday - 04/12/2026

Roast Beef & Baked Bean Sandwich (Lunch) [Allergy]

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 (32%), Iceberg Lettuce, Cannellini Beans (5%), Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil, Garlic (Minced Garlic (99%), Citric Acid (1%)), Balsamic Vinegar (Red Wine Vinegar, Grape Must, Sugar), Raw Sugar, Tamari (Organic **Soya** Beans, Rice, Salt, Water), Cumin, Italian Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.2 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	348 mg
Soy Free:	No	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	No	Carbohydrates (per 100g):	18.8 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	No	Sodium (per 100g):	232 mg
Tomato Free:	No	Fat (total, per 100g):	4.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1220 kJ (291 Cal)	Energy (per 100g):	812 kJ (194 Cal)
Protein:	25.7 g	Protein (per 100g):	17.2 g

Friday - 04/12/2026

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 - 04/12/2026

Cheesy Bean Quesadillas (AI) (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.:

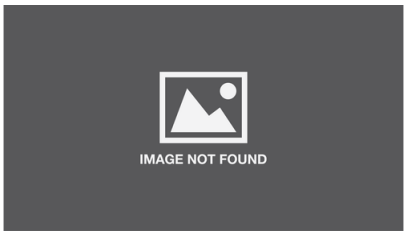
Nutrition Info

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

Friday - 04/12/2026

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

Friday - 04/12/2026

Mexican Bean 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)), Tomato Passata (Tomato (99%), Citric Acid), 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, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.5 g
Dairy Free:	Yes	Sugar:	2.4 g
Lactose Free:	Yes	Sodium:	138 mg
Soy Free:	No	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.0 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	209 mg
Tomato Free:	No	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	487 kJ (116 Cal)	Energy (per 100g):	737 kJ (176 Cal)
Protein:	3.6 g	Protein (per 100g):	5.5 g

Friday - 04/12/2026

Mexican Bean 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)), Tomato Passata (Tomato (99%), Citric Acid), 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 Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.5 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	138 mg
Soy Free:	Yes	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.6 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	230 mg
Tomato Free:	No	Fat (total, per 100g):	16.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.4 g
Energy:	743 kJ (178 Cal)	Energy (per 100g):	1240 kJ (296 Cal)
Protein:	5.1 g	Protein (per 100g):	8.6 g

Friday - 04/12/2026

Mexican Bean 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)), Tomato Passata (Tomato (99%), Citric Acid), 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:	15.7 g
Dairy Free:	No	Sugar:	2.0 g
Lactose Free:	No	Sodium:	182 mg
Soy Free:	No	Fat (total):	5.1 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.8 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	275 mg
Tomato Free:	No	Fat (total, per 100g):	7.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2 g
Energy:	581 kJ (139 Cal)	Energy (per 100g):	881 kJ (211 Cal)
Protein:	5.9 g	Protein (per 100g):	9.0 g