

# **Menu: Childcare Week 1**

Monday - 09/08/2021

## Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



### Ingredients

Organic Full Cream Milk (100%)

### Allergy Information

Contains Milk

### Nutrition Info

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

Monday - 09/08/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

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

### Allergy Information

Contains Milk

### Nutrition Info

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

Monday - 09/08/2021

## Beef Stroganoff & Sweet Potato Mash (Lunch)

Serving Size: 200g



### Ingredients

Sweet Potato (30%), Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef (16%), Milk, Onion, Cream, Mushrooms, Green Beans, Carrot, Cauliflower, Tomato Paste (Citric Acid), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Tamari (Organic Soya Beans, Rice, Salt, Water), Spring Onion, Maize Cornflour (Gluten Free), Garlic, Paprika

### Allergy Information

Contains Milk, Soybeans

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.3g
Dairy Free:	No	Sugar:	6.1g
Lactose Free:	No	Sodium:	313mg
Soy Free:	No	Energy (per 100g):	427kJ (102Cal)
Egg Free:	Yes	Protein (per 100g):	8.1g
Vegetarian:	No	Fat (total, per 100g):	4.7g
Energy:	854kJ (204Cal)	Fat (Sat, per 100g):	1.9g
Protein:	16.1g	Carbohydrates (per 100g):	6.1g
Fat (total):	n/a	Sugar (per 100g)	3.0g
Fat (Sat):	3.7g	Sodium (per 100g):	156mg

Monday - 09/08/2021

## GF & DF Beef Stroganoff & Sweet Potato Mash (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Sweet Potato (45%), Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Beef (13%), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Onion, Mushrooms, Green Beans, Carrot, Cauliflower, Tomato Paste (Citric Acid), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Tamari (Organic Soya Beans, Rice, Salt, Water), Spring Onion, Maize Cornflour (Gluten Free), Garlic, Paprika, White Pepper

### Allergy Information

Contains Soybeans

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.0g
Dairy Free:	Yes	Sugar:	6.7g
Lactose Free:	Yes	Sodium:	245mg
Soy Free:	No	Energy (per 100g):	359kJ (86Cal)
Egg Free:	Yes	Protein (per 100g):	6.4g
Vegetarian:	Yes	Fat (total, per 100g):	2.7g
Energy:	718kJ (171Cal)	Fat (Sat, per 100g):	0.8g
Protein:	12.8g	Carbohydrates (per 100g):	8.0g
Fat (total):	n/a	Sugar (per 100g)	3.4g
Fat (Sat):	1.6g	Sodium (per 100g):	122mg

Monday - 09/08/2021

## GF & DF Vegie Stroganoff & Sweet Potato Mash (AI) (Lunch) [Allergy]

Serving Size:



### Ingredients

No Information

### Allergy Information

### Nutrition Info

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

Monday - 09/08/2021

## Tropicana Pizza (Afternoon Tea)

Serving Size: 70g



### Ingredients

Mozzarella Cheese (19%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Filtered Water, Pineapple, Wholemeal Flour, Plain Flour, Tomato Puree, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Onion, Carrot, Celery, Raw Sugar, Tomato Paste (Citric Acid), Olive Oil, Yeast (Yeast, Rehydration Agent (Sorbitan Monostearate), Ascorbic Acid), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Garlic, Spring Onion, Italian Mixed Herbs, Parsley, White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.7g
Dairy Free:	No	Sugar:	2.4g
Lactose Free:	No	Sodium:	90mg
Soy Free:	No	Energy (per 100g):	1080kJ (257Cal)
Egg Free:	Yes	Protein (per 100g):	10.2g
Vegetarian:	Yes	Fat (total, per 100g):	10.4g
Energy:	754kJ (180Cal)	Fat (Sat, per 100g):	3.9g
Protein:	7.1g	Carbohydrates (per 100g):	29.6g
Fat (total):	n/a	Sugar (per 100g)	3.4g
Fat (Sat):	2.7g	Sodium (per 100g):	128mg

Monday - 09/08/2021

## GF & DF Tropicana Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



### Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Pineapple, Onion, Semi Dried Tomato, Spinach, Pepitas, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Olive Oil, Italian Mixed Herbs

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.4g
Dairy Free:	Yes	Sugar:	5.2g
Lactose Free:	Yes	Sodium:	131mg
Soy Free:	Yes	Energy (per 100g):	1070kJ (254Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	10.6g
Energy:	639kJ (153Cal)	Fat (Sat, per 100g):	1.4g
Protein:	2.1g	Carbohydrates (per 100g):	47.4g
Fat (total):	n/a	Sugar (per 100g)	8.6g
Fat (Sat):	0.8g	Sodium (per 100g):	219mg



Monday - 09/08/2021

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

Serving Size: 70g



### Ingredients

Lactose Free Cheese (19%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Filtered Water, Pineapple (18%), Wholemeal Flour, Plain Flour, Tomato Puree, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Onion, Carrot, Celery, Raw Sugar, Tomato Paste (Citric Acid), Olive Oil, Yeast (Yeast, Rehydration Agent (Sorbitan Monostearate), Ascorbic Acid), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Garlic, Spring Onion, Italian Mixed Herbs, Parsley, White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.9g
Dairy Free:	No	Sugar:	2.5g
Lactose Free:	Yes	Sodium:	104mg
Soy Free:	No	Energy (per 100g):	1190kJ (284Cal)
Egg Free:	Yes	Protein (per 100g):	10.6g
Vegetarian:	Yes	Fat (total, per 100g):	13.0g
Energy:	832kJ (199Cal)	Fat (Sat, per 100g):	6.0g
Protein:	7.4g	Carbohydrates (per 100g):	29.9g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	4.2g	Sodium (per 100g):	148mg

Monday - 09/08/2021

## GF & DF Tomato Dip w/ Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



### Ingredients

Semi Dried Tomato, Brown Rice Crackers (28%) (Brown Rice Flour, Rice Bran Oil (10%)), Kalamata Olives (Water, Salt, Lactic Acid), Capers, Olive Oil, Fresh Herbs

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.4g
Dairy Free:	Yes	Sugar:	3.5g
Lactose Free:	Yes	Sodium:	275mg
Soy Free:	Yes	Energy (per 100g):	1030kJ (247Cal)
Egg Free:	Yes	Protein (per 100g):	4.2g
Vegetarian:	Yes	Fat (total, per 100g):	11.6g
Energy:	517kJ (123Cal)	Fat (Sat, per 100g):	1.9g
Protein:	2.1g	Carbohydrates (per 100g):	30.8g
Fat (total):	n/a	Sugar (per 100g)	7.0g
Fat (Sat):	0.9g	Sodium (per 100g):	550mg

Tuesday - 10/08/2021

## Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



### Ingredients

Organic Full Cream Milk (100%)

### Allergy Information

Contains Milk

### Nutrition Info

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

Tuesday - 10/08/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

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

### Allergy Information

Contains Milk

### Nutrition Info

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

Tuesday - 10/08/2021

## GF & DF Spinach & Tomato Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Tomato Puree (20%), Gluten Free Pasta (15%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Filtered Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Leek, Onion, Spinach (5%), Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.7g
Dairy Free:	Yes	Sugar:	8.0g
Lactose Free:	Yes	Sodium:	60mg
Soy Free:	Yes	Energy (per 100g):	346kJ (83Cal)
Egg Free:	Yes	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	1.1g
Energy:	693kJ (165Cal)	Fat (Sat, per 100g):	0.3g
Protein:	4.7g	Carbohydrates (per 100g):	16.4g
Fat (total):	n/a	Sugar (per 100g)	4.0g
Fat (Sat):	0.5g	Sodium (per 100g):	30mg

Tuesday - 10/08/2021

## LF Cheesy Tomato & Spinach Risoni (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Tomato Puree, Risoni Pasta (15%) (Durum Wheat Semolina, Water), Filtered Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Leek, Lactose Free Cheese (5%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Spinach (5%), Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	31.3g
Dairy Free:	No	Sugar:	7.1g
Lactose Free:	Yes	Sodium:	112mg
Soy Free:	Yes	Energy (per 100g):	420kJ (100Cal)
Egg Free:	Yes	Protein (per 100g):	4.1g
Vegetarian:	Yes	Fat (total, per 100g):	2.7g
Energy:	840kJ (201Cal)	Fat (Sat, per 100g):	1.3g
Protein:	8.1g	Carbohydrates (per 100g):	15.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	2.7g	Sodium (per 100g):	56mg

Tuesday - 10/08/2021

## Chicken, Tomato & Spinach Risoni Pasta Bake (Lunch)

Serving Size: 200g



### Ingredients

Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (25%), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Risoni, Onion, Carrot, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Oregano, Spinach, White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	14.0g
Dairy Free:	No	Sugar:	4.5g
Lactose Free:	No	Sodium:	329mg
Soy Free:	Yes	Energy (per 100g):	444kJ (106Cal)
Egg Free:	Yes	Protein (per 100g):	8.9g
Vegetarian:	No	Fat (total, per 100g):	5.0g
Energy:	889kJ (212Cal)	Fat (Sat, per 100g):	1.6g
Protein:	17.9g	Carbohydrates (per 100g):	7.0g
Fat (total):	n/a	Sugar (per 100g)	2.2g
Fat (Sat):	3.3g	Sodium (per 100g):	165mg

Tuesday - 10/08/2021

## Warm Apple & Cinnamon Pie (Afternoon Tea)

Serving Size: 60g



### Ingredients

Apple (49%) (Apple, Antioxidant (Ascorbic Acid), Calcium Chloride), Filtered Water, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Sultana, Maize Cornflour (Gluten Free), Cinnamon

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	16.5g
Dairy Free:	No	Sugar:	7.6g
Lactose Free:	No	Sodium:	3mg
Soy Free:	Yes	Energy (per 100g):	871kJ (208Cal)
Egg Free:	Yes	Protein (per 100g):	2.6g
Vegetarian:	Yes	Fat (total, per 100g):	9.6g
Energy:	522kJ (125Cal)	Fat (Sat, per 100g):	6.0g
Protein:	1.6g	Carbohydrates (per 100g):	27.5g
Fat (total):	n/a	Sugar (per 100g)	12.6g
Fat (Sat):	3.6g	Sodium (per 100g):	5mg



Tuesday - 10/08/2021

## Gf & Df Apple & Pear Strudel (AI) (Afternoon Tea) [Allergy]

Serving Size: 70g



### Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Apple (25%) (Apple, Antioxidant (Ascorbic Acid), Calcium Chloride), Filtered Water, Pear (12%) (Diced Pears (62% Min), Refined Fruit Juice), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Cinnamon

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.5g
Dairy Free:	Yes	Sugar:	5.8g
Lactose Free:	Yes	Sodium:	85mg
Soy Free:	Yes	Energy (per 100g):	684kJ (163Cal)
Egg Free:	Yes	Protein (per 100g):	0.8g
Vegetarian:	Yes	Fat (total, per 100g):	3.9g
Energy:	479kJ (114Cal)	Fat (Sat, per 100g):	0.3g
Protein:	0.6g	Carbohydrates (per 100g):	40.7g
Fat (total):	n/a	Sugar (per 100g)	8.3g
Fat (Sat):	0.2g	Sodium (per 100g):	122mg

Tuesday - 10/08/2021

## Gf & Lf Yoghurt & Stewed Apple (AI) (Afternoon Tea) [Allergy]

Serving Size: 135g



### Ingredients

Yoghurt (60%) (Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Lactase Enzyme, Cultures), Apple (40%) (Apple, Antioxidant (Ascorbic Acid), Calcium Chloride), Cinnamon

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.6g
Dairy Free:	No	Sugar:	10.4g
Lactose Free:	Yes	Sodium:	49mg
Soy Free:	Yes	Energy (per 100g):	195kJ (47Cal)
Egg Free:	Yes	Protein (per 100g):	2.9g
Vegetarian:	Yes	Fat (total, per 100g):	0.2g
Energy:	263kJ (63Cal)	Fat (Sat, per 100g):	less than 0.1g
Protein:	4.0g	Carbohydrates (per 100g):	8.6g
Fat (total):	n/a	Sugar (per 100g)	7.7g
Fat (Sat):	less than 0.1g	Sodium (per 100g):	36mg

Tuesday - 10/08/2021

## Gf & Df Coconut Yoghurt & Apple (Al) (Afternoon Tea) [Allergy]

Serving Size: 125g



### Ingredients

Yoghurt Coconut (60%) (Water, Coconut Cream, Tapioca Starch, Cultures.), Apple (40%) (Apple, Antioxidant (Ascorbic Acid), Calcium Chloride), Cinnamon

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.0g
Dairy Free:	Yes	Sugar:	6.3g
Lactose Free:	Yes	Sodium:	5mg
Soy Free:	Yes	Energy (per 100g):	368kJ (88Cal)
Egg Free:	Yes	Protein (per 100g):	0.7g
Vegetarian:	Yes	Fat (total, per 100g):	5.4g
Energy:	461kJ (110Cal)	Fat (Sat, per 100g):	5.0g
Protein:	0.9g	Carbohydrates (per 100g):	9.6g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	6.3g	Sodium (per 100g):	4mg

Wednesday - 11/08/2021

## Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



### Ingredients

Organic Full Cream Milk (100%)

### Allergy Information

Contains Milk

### Nutrition Info

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

Wednesday - 11/08/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

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

### Allergy Information

Contains Milk

### Nutrition Info

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

## GF & DF Vegetable Curry & Brown Rice (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Brown Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Pumpkin, Coconut Cream (Organic Coconut Meat Extracted (Coconut Cream)), Chickpeas (7%), Peas, Onion, Carrot, Sultana, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Garlic, Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour), White Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	38.1g
Dairy Free:	Yes	Sugar:	11.2g
Lactose Free:	Yes	Sodium:	97mg
Soy Free:	Yes	Energy (per 100g):	500kJ (119Cal)
Egg Free:	Yes	Protein (per 100g):	2.9g
Vegetarian:	Yes	Fat (total, per 100g):	4.2g
Energy:	1000kJ (239Cal)	Fat (Sat, per 100g):	2.2g
Protein:	5.7g	Carbohydrates (per 100g):	19.1g
Fat (total):	n/a	Sugar (per 100g)	5.6g
Fat (Sat):	4.4g	Sodium (per 100g):	49mg

## Chicken & Potato Curry w/ Brown Rice (Lunch)

Serving Size: 200g



### Ingredients

Brown Rice, Skim Milk (Skim Milk, Milk Solids), Chicken Breast (11%), Potato (8%), Green Beans, Onion, Red Capsicum, Unsalted Butter (Cream, Water), Plain Flour, Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour)

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	33.6g
Dairy Free:	No	Sugar:	5.3g
Lactose Free:	No	Sodium:	85mg
Soy Free:	Yes	Energy (per 100g):	523kJ (125Cal)
Egg Free:	Yes	Protein (per 100g):	7.4g
Vegetarian:	No	Fat (total, per 100g):	2.8g
Energy:	1050kJ (250Cal)	Fat (Sat, per 100g):	1.5g
Protein:	14.7g	Carbohydrates (per 100g):	16.8g
Fat (total):	n/a	Sugar (per 100g)	2.6g
Fat (Sat):	3.0g	Sodium (per 100g):	43mg

## Tuna & Potato Curry w/ Brown Rice (Lunch)

Serving Size: 200g



### Ingredients

Brown Rice (35%), Skim Milk (Skim Milk, Milk Solids), Tuna (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Potato, Green Beans, Onion, Red Capsicum, Unsalted Butter (Cream, Water), Plain Flour, Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour)

### Allergy Information

Contains Wheat, Contains Gluten, Fish, Milk

### Nutrition Info

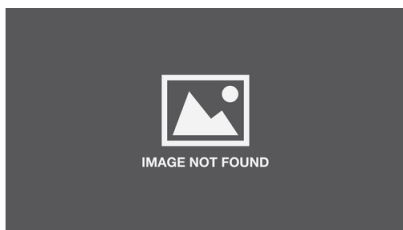
Gluten Free:	No	Carbohydrates:	33.6g
Dairy Free:	No	Sugar:	5.3g
Lactose Free:	No	Sodium:	141mg
Soy Free:	Yes	Energy (per 100g):	506kJ (121Cal)
Egg Free:	Yes	Protein (per 100g):	6.6g
Vegetarian:	No	Fat (total, per 100g):	2.6g
Energy:	1010kJ (242Cal)	Fat (Sat, per 100g):	1.5g
Protein:	13.1g	Carbohydrates (per 100g):	16.8g
Fat (total):	n/a	Sugar (per 100g)	2.6g
Fat (Sat):	2.9g	Sodium (per 100g):	70mg



Wednesday - 11/08/2021

## Wholemeal Cheese Filled Rolls (Afternoon Tea)

Serving Size:



### Ingredients

No Information

### Allergy Information

### Nutrition Info

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

## GF & DF Garlic Bread (AI) (Afternoon Tea) [Allergy]

Serving Size: 46g



### Ingredients

Gluten Free Dinner Roll (Water, Maize Starch, Modified Starch (1442), Maltodextrin, Vegetable Oil, Rice Flour, Maize Flour, Faba Bean Flour, Yeast, Thickeners (415, 464), Psyllium Husk Powder, Apple Cider Vinegar, Iodised Salt), Nuttelex, Garlic

### Allergy Information

Contains Wheat, Soybeans:May Contain Sesame Seeds

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.8g
Dairy Free:	Yes	Sugar:	0.3g
Lactose Free:	Yes	Sodium:	161mg
Soy Free:	Yes	Energy (per 100g):	1380kJ (330Cal)
Egg Free:	Yes	Protein (per 100g):	2.0g
Vegetarian:	Yes	Fat (total, per 100g):	15.7g
Energy:	635kJ (152Cal)	Fat (Sat, per 100g):	2.7g
Protein:	0.9g	Carbohydrates (per 100g):	43.1g
Fat (total):	n/a	Sugar (per 100g)	0.6g
Fat (Sat):	1.2g	Sodium (per 100g):	351mg

Thursday - 12/08/2021

## Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



### Ingredients

Organic Full Cream Milk (100%)

### Allergy Information

Contains Milk

### Nutrition Info

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

Thursday - 12/08/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

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

### Allergy Information

Contains Milk

### Nutrition Info

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

Thursday - 12/08/2021

## Mean Green Mac & Cheese (Lunch)

Serving Size: 200g



### Ingredients

Macaroni (44%), Skim Milk (Skim Milk, Milk Solids), Broccoli (10%), Unsalted Butter (Cream, Water), Onion, Plain Flour, Cheddar Cheese (2.5%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennet), Spinach (1.5%), White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	29.7g
Dairy Free:	No	Sugar:	4.8g
Lactose Free:	No	Sodium:	81mg
Soy Free:	Yes	Energy (per 100g):	487kJ (116Cal)
Egg Free:	Yes	Protein (per 100g):	5.4g
Vegetarian:	Yes	Fat (total, per 100g):	3.4g
Energy:	974kJ (233Cal)	Fat (Sat, per 100g):	2.2g
Protein:	10.8g	Carbohydrates (per 100g):	14.8g
Fat (total):	n/a	Sugar (per 100g)	2.4g
Fat (Sat):	4.3g	Sodium (per 100g):	40mg

Thursday - 12/08/2021

## GF & LF Mean Green Cheese Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Lactose Free Milk (40%) (Full Cream Milk, Enzyme (Lactase)), Gluten Free Pasta (18%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Filtered Water, Broccoli (13%), Gluten Free Plain Flour (Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Lactose Free Cheese (3%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Onion, Spinach, White Pepper

### Allergy Information

Contains Milk

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.5g
Dairy Free:	No	Sugar:	5.2g
Lactose Free:	No	Sodium:	100mg
Soy Free:	Yes	Energy (per 100g):	645kJ (154Cal)
Egg Free:	Yes	Protein (per 100g):	4.5g
Vegetarian:	Yes	Fat (total, per 100g):	6.8g
Energy:	1290kJ (308Cal)	Fat (Sat, per 100g):	2.2g
Protein:	9.0g	Carbohydrates (per 100g):	18.8g
Fat (total):	n/a	Sugar (per 100g)	2.6g
Fat (Sat):	4.4g	Sodium (per 100g):	50mg

Thursday - 12/08/2021

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

Serving Size: 200g



### Ingredients

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

### Allergy Information

### Nutrition Info

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

Thursday - 12/08/2021

## Blueberry Muffin W/ Egg (Afternoon Tea)

Serving Size: 60g



### Ingredients

Blueberries (23%), Natural Yoghurt (Milk, Milk Solids, Skim Milk, Live Yoghurt Cultures (Incl. L.acidophilus)), Plain Flour, Wholemeal Flour, Milk, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Free Range Egg, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Baking Soda (Sodium Bicarbonate)

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	16.5g
Dairy Free:	No	Sugar:	5.5g
Lactose Free:	No	Sodium:	51mg
Soy Free:	No	Energy (per 100g):	934kJ (223Cal)
Egg Free:	No	Protein (per 100g):	5.6g
Vegetarian:	No	Fat (total, per 100g):	10.1g
Energy:	560kJ (134Cal)	Fat (Sat, per 100g):	1.7g
Protein:	3.4g	Carbohydrates (per 100g):	27.5g
Fat (total):	n/a	Sugar (per 100g)	9.1g
Fat (Sat):	1.0g	Sodium (per 100g):	85mg



Thursday - 12/08/2021

## Blueberry Muffin (AI) (Egg Free) (Afternoon Tea) [Allergy]

Serving Size: 60g



### Ingredients

Milk, Blueberries, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Self Raising Flour, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar)

### Allergy Information

Contains Wheat, Contains Gluten, Milk

### Nutrition Info

Gluten Free:	No	Carbohydrates:	23.6g
Dairy Free:	No	Sugar:	6.0g
Lactose Free:	No	Sodium:	227mg
Soy Free:	No	Energy (per 100g):	1210kJ (289Cal)
Egg Free:	Yes	Protein (per 100g):	5.7g
Vegetarian:	No	Fat (total, per 100g):	12.0g
Energy:	726kJ (173Cal)	Fat (Sat, per 100g):	1.7g
Protein:	3.4g	Carbohydrates (per 100g):	39.3g
Fat (total):	n/a	Sugar (per 100g)	10.0g
Fat (Sat):	1.0g	Sodium (per 100g):	379mg

Thursday - 12/08/2021

## GF & DF Blueberry Muffin (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



### Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana, Blueberries (14%), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Cinnamon

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.9g
Dairy Free:	Yes	Sugar:	7.7g
Lactose Free:	Yes	Sodium:	93mg
Soy Free:	Yes	Energy (per 100g):	1110kJ (266Cal)
Egg Free:	Yes	Protein (per 100g):	1.5g
Vegetarian:	Yes	Fat (total, per 100g):	10.7g
Energy:	667kJ (159Cal)	Fat (Sat, per 100g):	0.9g
Protein:	0.9g	Carbohydrates (per 100g):	51.5g
Fat (total):	n/a	Sugar (per 100g)	12.8g
Fat (Sat):	0.6g	Sodium (per 100g):	155mg

Friday - 13/08/2021

## Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



### Ingredients

Organic Full Cream Milk (100%)

### Allergy Information

Contains Milk

### Nutrition Info

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

Friday - 13/08/2021

## Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



### Ingredients

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

### Allergy Information

Contains Milk

### Nutrition Info

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

Friday - 13/08/2021

## Beef Brisket & Gravy Roll w/ Coleslaw (Lunch)

Serving Size: 140g



### Ingredients

Wholemeal Mini Torp (46%) (Unbleached Wholemeal Wheat Flour (56%), Water, Baker's Yeast, Wheat Gluten, Iodised Salt, Vegetable Oil, Soy Flour, Vinegar, Sugar, Emulsifiers From Vegetable Source (481, 472 (E)), Vitamins (Thiamin, Folic Acid)), Beef Brisket (19%), Cabbage, Tomato Puree, Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Purple Cabbage, Onion, Natural Yoghurt (Milk, Milk Solids, Skim Milk, Live Yoghurt Cultures (Incl. L.acidophilus)), Gravy (Maize Starch, Salt, Vegetable Protein (Corn), Onion, Natural Caramel, Vegetable Oil), Carrot, Spring Onion, Olive Oil, Lemon Juice, Garlic, Cumin, Ground Coriander, White Pepper

### Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

### Nutrition Info

Gluten Free:	No	Carbohydrates:	32.2g
Dairy Free:	No	Sugar:	2.3g
Lactose Free:	No	Sodium:	457mg
Soy Free:	No	Energy (per 100g):	817kJ (195Cal)
Egg Free:	Yes	Protein (per 100g):	13.5g
Vegetarian:	No	Fat (total, per 100g):	4.6g
Energy:	1140kJ (273Cal)	Fat (Sat, per 100g):	1.4g
Protein:	18.9g	Carbohydrates (per 100g):	23.0g
Fat (total):	n/a	Sugar (per 100g)	1.7g
Fat (Sat):	1.9g	Sodium (per 100g):	326mg

Friday - 13/08/2021

## Cheese & Lentil Veggie Burger (Al) (Lunch) [Allergy]

Serving Size: 196g



### Ingredients

Wholemeal Knot Roll (51%) (Unbleached Wholemeal Wheat Flour (63%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Canola Oil, Soy Flour, Vinegar, Sugar, Emulsifiers From Vegetable Source (481, 472 (E)), Vitamins (Thiamin, Folic Acid)), Cheese Slices (8%) ( (Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Onion, Sweet Potato, Lentils (4.5%), Carrot, Zucchini, Corn, Potato, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Red Capsicum, Olive Oil, Parsley, Garlic Powder, White Pepper

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	52.6g
Dairy Free:	No	Sugar:	4.0g
Lactose Free:	No	Sodium:	676mg
Soy Free:	No	Energy (per 100g):	857kJ (205Cal)
Egg Free:	Yes	Protein (per 100g):	8.2g
Vegetarian:	Yes	Fat (total, per 100g):	5.7g
Energy:	1680kJ (401Cal)	Fat (Sat, per 100g):	2.6g
Protein:	16.0g	Carbohydrates (per 100g):	26.8g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	5.0g	Sodium (per 100g):	345mg

Friday - 13/08/2021

## GF & DF Lentil Veggie Pattie w/ Mash (AL) (Lunch) [Allergy]

Serving Size: 200g



### Ingredients

Sweet Potato, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Onion, Lentils (4.5%), Carrot, Zucchini, Corn, Potato, Gluten Free Bread (Water, Organic Rice Flour, Tapioca Starch, Organic Pumpkin (11%), Organic Rice Flour, Organic Buckwheat Flour, Organic Sunflower Oil, Cultured Rice Flour, Salt (Non-Iodised), Vegetable Gum (Guar)), Red Capsicum, Olive Oil, Parsley, Garlic Powder, White Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.8g
Dairy Free:	Yes	Sugar:	9.0g
Lactose Free:	Yes	Sodium:	68mg
Soy Free:	Yes	Energy (per 100g):	355kJ (85Cal)
Egg Free:	Yes	Protein (per 100g):	2.3g
Vegetarian:	Yes	Fat (total, per 100g):	1.3g
Energy:	710kJ (170Cal)	Fat (Sat, per 100g):	0.2g
Protein:	4.5g	Carbohydrates (per 100g):	14.4g
Fat (total):	n/a	Sugar (per 100g)	4.5g
Fat (Sat):	0.3g	Sodium (per 100g):	34mg

Friday - 13/08/2021

## Cheddar Cheese & Multigrain Vita-Weats (Afternoon Tea)

Serving Size: 45g



### Ingredients

Vita-Weat Crackers (56%) (Wholegrain (50%) [Whole-Wheat Flour], Wheat Flour, Vegetable Oil, Cornflour, Sugar, Salt, Malt Extract [From Barley], Emulsifier (Soy Lecithin), Yeast), Cheddar Cheese (44%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennet)

### Allergy Information

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

### Nutrition Info

Gluten Free:	No	Carbohydrates:	17.4g
Dairy Free:	No	Sugar:	0.9g
Lactose Free:	No	Sodium:	308mg
Soy Free:	No	Energy (per 100g):	1800kJ (429Cal)
Egg Free:	Yes	Protein (per 100g):	15.8g
Vegetarian:	Yes	Fat (total, per 100g):	21.0g
Energy:	809kJ (193Cal)	Fat (Sat, per 100g):	10.4g
Protein:	7.1g	Carbohydrates (per 100g):	38.7g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	4.7g	Sodium (per 100g):	685mg



Friday - 13/08/2021

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

Serving Size: 30g



### Ingredients

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

### Allergy Information

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

### Nutrition Info

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

Friday - 13/08/2021

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

Serving Size: 30g



### Ingredients

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

### Allergy Information

Contains Milk

### Nutrition Info

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

Friday - 13/08/2021

## Sweet Potato Hummus & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



### Ingredients

Brown Rice Crackers (30%) (Brown Rice Flour, Rice Bran Oil (10%)), Sweet Potato (24%), Chickpeas (24%), Filtered Water, Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.0g
Dairy Free:	Yes	Sugar:	1.0g
Lactose Free:	Yes	Sodium:	43mg
Soy Free:	Yes	Energy (per 100g):	803kJ (192Cal)
Egg Free:	Yes	Protein (per 100g):	4.5g
Vegetarian:	Yes	Fat (total, per 100g):	5.8g
Energy:	401kJ (96Cal)	Fat (Sat, per 100g):	1.2g
Protein:	2.2g	Carbohydrates (per 100g):	30.0g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	0.6g	Sodium (per 100g):	86mg