

Menu: Childcare Week 2

Tuesday - 27/04/2021

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 - 27/04/2021

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 - 27/04/2021

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

Serving Size: 200g



Ingredients

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

Allergy Information

Contains Milk:

Nutrition Info

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

Tuesday - 27/04/2021

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

Serving Size: 200g



Ingredients

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

Allergy Information

Nutrition Info

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

Tuesday - 27/04/2021

Beef Bolognaise Pasta Bake (Lunch)

Serving Size: 200g



Ingredients

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

Allergy Information

Contains Wheat, Contains Gluten, Milk:May Contain Egg

Nutrition Info

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

Tuesday - 27/04/2021

Cheddar Cheese & Multigrain Corn Thins (Afternoon Tea)

Serving Size: 28g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Tuesday - 27/04/2021

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

Serving Size: 30g



Ingredients

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

Allergy Information

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

Nutrition Info

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

Tuesday - 27/04/2021

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

Serving Size: 30g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Tuesday - 27/04/2021

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

Serving Size: 50g



Ingredients

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

Allergy Information

Nutrition Info

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

Wednesday - 28/04/2021

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 - 28/04/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Wednesday - 28/04/2021

Roast Beef, Cheese & Tomato Relish Sandwich (Lunch)

Serving Size: 136g



Ingredients

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

Allergy Information

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

Nutrition Info

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

Wednesday - 28/04/2021

Chicken, Cucumber & Cheesy Sweet Corn Sandwich (Lunch)

Serving Size: 140g



Ingredients

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

Allergy Information

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

Nutrition Info

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

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

Wednesday - 28/04/2021

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

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

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

Wednesday - 28/04/2021

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

Thursday - 29/04/2021

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 - 29/04/2021

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 - 29/04/2021

Mexican Bean Nachos w/ Sweet Corn Cobs (Lunch)

Serving Size: 163g



Ingredients

Corn Cob (26%), Corn Chips (22%) (Cornflour (72%), Vegetable Oil, Water, Salt), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Puree, Red Kidney Beans (Red Kidney Beans, Water, Salt), Filtered Water, Onion, Carrot, Celery, Red Capsicum, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Paprika, Turmeric, White Pepper

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	31.7g
Dairy Free:	No	Sugar:	4.1g
Lactose Free:	No	Sodium:	296mg
Soy Free:	Yes	Energy (per 100g):	799kJ (191Cal)
Egg Free:	Yes	Protein (per 100g):	6.2g
Vegetarian:	Yes	Fat (total, per 100g):	9.1g
Energy:	1300kJ (311Cal)	Fat (Sat, per 100g):	4.2g
Protein:	10.1g	Carbohydrates (per 100g):	19.4g
Fat (total):	n/a	Sugar (per 100g)	2.5g
Fat (Sat):	6.9g	Sodium (per 100g):	182mg

Thursday - 29/04/2021

GF & DF Chicken & Sweet Potato Enchilada w/Rice (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Brown Basmati Rice, Chicken Thigh, Sweet Potato Wrap (Water, Sweet Potato Flour (19%), Mixed Wholegrain Flours (Sorghum Flour, Brown Rice Flour, Corn Flour, Millet Flour, Teff Flour, Quinoa Flour, Amaranth Flour), Potato Flour, Corn Starch, Tapioca Starch, White Rice Flour, Thickeners (Cellulose, Xanthan Gum, Guar Gum), Pea Protein, Carrot Powder, Tomato Powder, Inulin, Sourdough (Fermented From Quinoa, Corn And Rice Flour), Sunflower Oil, Acidifiers (Citric Acid, Malic Acid, Tartaric Acid), Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Salt, Psyllium, Yeast, (Sorbic Acid), Flour Treatment Agent (Ascorbic Acid)), Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Red Kidney Beans (Red Kidney Beans, Water, Salt), Black Beans (Black Beans, Water), Lentils (Lentils, Water, Ascorbic Acid), Red Lentil Dried, Leek, Olive Oil, Filtered Water, Cumin, Paprika, Coriander Ground, Garlic, Turmeric, Oregano, Chilli Powder, Cinnamon, Nutmeg

Allergy Information

:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.7g
Dairy Free:	Yes	Sugar:	5.6g
Lactose Free:	Yes	Sodium:	174mg
Soy Free:	Yes	Energy (per 100g):	566kJ (135Cal)
Egg Free:	Yes	Protein (per 100g):	7.2g
Vegetarian:	No	Fat (total, per 100g):	2.9g
Energy:	1130kJ (271Cal)	Fat (Sat, per 100g):	0.7g
Protein:	14.4g	Carbohydrates (per 100g):	18.9g
Fat (total):	n/a	Sugar (per 100g)	2.8g
Fat (Sat):	1.4g	Sodium (per 100g):	87mg

Thursday - 29/04/2021

GF & DF Bean & Sweet Potato Enchilada w/ Rice (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Brown Basmati Rice, Refried Beans, Sweet Potato Wrap (Water, Sweet Potato Flour (19%), Mixed Wholegrain Flours (Sorghum Flour, Brown Rice Flour, Corn Flour, Millet Flour, Teff Flour, Quinoa Flour, Amaranth Flour), Potato Flour, Corn Starch, Tapioca Starch, White Rice Flour, Thickeners (Cellulose, Xanthan Gum, Guar Gum), Pea Protein, Carrot Powder, Tomato Powder, Inulin, Sourdough (Fermented From Quinoa, Corn And Rice Flour), Sunflower Oil, Acidifiers (Citric Acid, Malic Acid, Tartaric Acid), Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Salt, Psyllium, Yeast, (Sorbic Acid), Flour Treatment Agent (Ascorbic Acid)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Puree, Red Kidney Beans (Red Kidney Beans, Water, Salt), Black Beans (Black Beans, Water), Lentils (Lentils, Water, Ascorbic Acid), Red Lentil Dried, Onion, Leek, Filtered Water, Olive Oil, Coriander Ground, Cumin, Paprika, Garlic, Oregano, Chilli Powder, Cinnamon, Nutmeg

Allergy Information

:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.3g
Dairy Free:	Yes	Sugar:	5.1g
Lactose Free:	Yes	Sodium:	332mg
Soy Free:	Yes	Energy (per 100g):	518kJ (124Cal)
Egg Free:	Yes	Protein (per 100g):	4.7g
Vegetarian:	Yes	Fat (total, per 100g):	1.5g
Energy:	1040kJ (247Cal)	Fat (Sat, per 100g):	0.3g
Protein:	9.4g	Carbohydrates (per 100g):	21.1g
Fat (total):	n/a	Sugar (per 100g)	2.5g
Fat (Sat):	0.6g	Sodium (per 100g):	166mg

Thursday - 29/04/2021

Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60g



Ingredients

Filtered Water, Beef (15%), Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Onion, Carrot, Celery, Kale (3.5%), Olive Oil, Garlic Powder, White Pepper

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	11.2g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	No	Sodium:	40mg
Soy Free:	No	Energy (per 100g):	1030kJ (246Cal)
Egg Free:	Yes	Protein (per 100g):	8.1g
Vegetarian:	No	Fat (total, per 100g):	14.3g
Energy:	617kJ (147Cal)	Fat (Sat, per 100g):	7.9g
Protein:	4.9g	Carbohydrates (per 100g):	18.7g
Fat (total):	n/a	Sugar (per 100g)	1.0g
Fat (Sat):	4.7g	Sodium (per 100g):	66mg

Thursday - 29/04/2021

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

Serving Size: 60g



Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Beef, Filtered Water, 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)), Onion, Carrot, Celery, Kale, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Garlic, Olive Oil, Rosemary, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.9g
Dairy Free:	Yes	Sugar:	2.3g
Lactose Free:	Yes	Sodium:	95mg
Soy Free:	Yes	Energy (per 100g):	790kJ (189Cal)
Egg Free:	Yes	Protein (per 100g):	6.7g
Vegetarian:	No	Fat (total, per 100g):	6.8g
Energy:	474kJ (113Cal)	Fat (Sat, per 100g):	1.4g
Protein:	4.0g	Carbohydrates (per 100g):	31.5g
Fat (total):	n/a	Sugar (per 100g)	3.9g
Fat (Sat):	0.8g	Sodium (per 100g):	158mg

Thursday - 29/04/2021

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

Serving Size: 60g



Ingredients

Filtered Water, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Chickpeas (8%), Red Capsicum (8%), Corn, Onion, Carrot, Celery, Kale, Garlic, Olive Oil, Cumin, Thyme, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	10.9g
Dairy Free:	Yes	Sugar:	0.8g
Lactose Free:	Yes	Sodium:	17mg
Soy Free:	Yes	Energy (per 100g):	842kJ (201Cal)
Egg Free:	Yes	Protein (per 100g):	3.7g
Vegetarian:	Yes	Fat (total, per 100g):	12.2g
Energy:	505kJ (121Cal)	Fat (Sat, per 100g):	7.1g
Protein:	2.2g	Carbohydrates (per 100g):	18.2g
Fat (total):	n/a	Sugar (per 100g)	1.3g
Fat (Sat):	4.3g	Sodium (per 100g):	28mg

Thursday - 29/04/2021

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

Serving Size: 60g



Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Chickpeas, Red Capsicum, Corn, Onion, Carrot, Celery, Kale, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Garlic, Olive Oil, Cumin, Thyme, White Pepper

Allergy Information

Nutrition Info

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

Friday - 30/04/2021

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 - 30/04/2021

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 - 30/04/2021

Wholemeal Cheese Burger (Lunch)

Serving Size: 136g



Ingredients

Wholemeal Picnic Roll (37%) (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 (22%), Cheese Slices (12%) ((Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Onion, Carrot, Zucchini, 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)), Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Garlic, Garlic Powder, Paprika, Italian Mixed Herbs, White Pepper

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.4g
Dairy Free:	No	Sugar:	2.7g
Lactose Free:	No	Sodium:	452mg
Soy Free:	No	Energy (per 100g):	910kJ (217Cal)
Egg Free:	Yes	Protein (per 100g):	12.9g
Vegetarian:	No	Fat (total, per 100g):	8.4g
Energy:	1240kJ (296Cal)	Fat (Sat, per 100g):	4.1g
Protein:	17.6g	Carbohydrates (per 100g):	19.4g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	5.6g	Sodium (per 100g):	332mg

Friday - 30/04/2021

Avocado & Cucumber Sushi (Lunch)

Serving Size: 200g



Ingredients

Sushi Rice (58%), Avocado (17%), Cucumber (14%), White Vinegar, Raw Sugar, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Nori, Salt

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.9g
Dairy Free:	Yes	Sugar:	6.1g
Lactose Free:	Yes	Sodium:	185mg
Soy Free:	Yes	Energy (per 100g):	595kJ (142Cal)
Egg Free:	Yes	Protein (per 100g):	2.6g
Vegetarian:	Yes	Fat (total, per 100g):	5.0g
Energy:	1190kJ (284Cal)	Fat (Sat, per 100g):	1.0g
Protein:	5.3g	Carbohydrates (per 100g):	21.5g
Fat (total):	n/a	Sugar (per 100g)	3.1g
Fat (Sat):	2.0g	Sodium (per 100g):	93mg

Friday - 30/04/2021

Teriyaki Chicken & Cucumber Sushi (Lunch)

Serving Size: 200g



Ingredients

Sushi Rice (58%), Chicken Breast (16%), Cucumber, White Vinegar, Raw Sugar, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Nori, Tamari (Organic Soya Beans, Rice, Salt, Water), Salt, Garlic, Ginger, Chilli

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.8g
Dairy Free:	Yes	Sugar:	6.0g
Lactose Free:	Yes	Sodium:	315mg
Soy Free:	No	Energy (per 100g):	550kJ (131Cal)
Egg Free:	Yes	Protein (per 100g):	7.4g
Vegetarian:	Yes	Fat (total, per 100g):	1.7g
Energy:	1100kJ (263Cal)	Fat (Sat, per 100g):	0.2g
Protein:	14.7g	Carbohydrates (per 100g):	21.4g
Fat (total):	n/a	Sugar (per 100g)	3.0g
Fat (Sat):	0.5g	Sodium (per 100g):	157mg

Friday - 30/04/2021

Tuna & Cucumber Sushi (Lunch)

Serving Size: 200g



Ingredients

Sushi Rice, Tuna (15%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Cucumber (13%), White Vinegar, Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Raw Sugar, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Nori, Chives, Salt, Lemon Juice

Allergy Information

Contains Fish, Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.9g
Dairy Free:	No	Sugar:	6.1g
Lactose Free:	No	Sodium:	279mg
Soy Free:	Yes	Energy (per 100g):	558kJ (133Cal)
Egg Free:	No	Protein (per 100g):	6.3g
Vegetarian:	No	Fat (total, per 100g):	2.2g
Energy:	1120kJ (267Cal)	Fat (Sat, per 100g):	0.8g
Protein:	12.7g	Carbohydrates (per 100g):	21.4g
Fat (total):	n/a	Sugar (per 100g)	3.1g
Fat (Sat):	1.5g	Sodium (per 100g):	140mg

Friday - 30/04/2021

GF & DF Beef Pattie w/ Sweet Potato Mash (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Sweet Potato (45%), Peas, Beef (15%), Onion, Zucchini, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Carrot, 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)), Filtered Water, Flax Seed, Olive Oil, Parsley, Paprika, Mixed Herbs, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.3g
Dairy Free:	Yes	Sugar:	8.1g
Lactose Free:	Yes	Sodium:	83mg
Soy Free:	Yes	Energy (per 100g):	443kJ (106Cal)
Egg Free:	Yes	Protein (per 100g):	7.0g
Vegetarian:	No	Fat (total, per 100g):	3.1g
Energy:	886kJ (212Cal)	Fat (Sat, per 100g):	0.9g
Protein:	13.9g	Carbohydrates (per 100g):	10.6g
Fat (total):	n/a	Sugar (per 100g)	4.0g
Fat (Sat):	1.7g	Sodium (per 100g):	42mg

Friday - 30/04/2021

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 - 30/04/2021

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

Serving Size: 35g



Ingredients

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

Allergy Information

Contains Fish, Milk

Nutrition Info

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

Friday - 30/04/2021

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

Serving Size: 35g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Friday - 30/04/2021

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

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Fish

Nutrition Info

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

Friday - 30/04/2021

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

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Sesame Seeds

Nutrition Info

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